

Boston Seniority

Elderly Commission

Martin J. Walsh, Mayor of Boston



FREE Summer 2016
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Check out our website at

www.boston.gov/departments/elderly-commission

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

www.facebook.com/BostonElderlyCommission

Commission on Affairs of the Elderly

Main number (617) 635-4366

Email articles and comments to

Bostonseniority@boston.gov

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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

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Mayor's Spotlight

The City of Boston's Commission on Affairs of the Elderly released data from its Age-Friendly Boston Initiative. The Age-Friendly Boston project challenges the city's public agencies, community groups, businesses, cultural, educational and religious institutions to consider how changes to policy and practice can enhance the quality of life for Boston's aging residents. The report focuses on Boston residents' feedback on growing older in Boston.

Mayor Martin J. Walsh was the first mayor in Massachusetts to adopt the age-friendly framework.

"This data is another step forward in our goal to make Boston a welcoming city for all, including our older residents," said Mayor Walsh. "I look forward towards achieving our goal to make Boston the most age-friendly city in America."

In response to the 2014 Aging in Boston report indicating an approximate 52% increase of the older population in Boston by 2030, Mayor Walsh signed onto the World Health Organization's (WHO) network of Age-Friendly Cities, through their United States partner AARP, and launched the Age-Friendly Boston Initiative.

Under Mayor Walsh's leadership, the Elderly Commission formed a partnership with UMass Boston Gerontology Institute, supported by a grant from the Tufts Health Plan Foundation, to conduct research based on the guidelines set forth by the WHO. In

the first phase of the initiative, it focused on gathering input directly from older residents about the strengths and weaknesses of growing older in Boston.

Key highlights from the data report include:

- An insufficient amount of housing is available to seniors in Boston, including housing with supports necessary for the elderly.
- About half of seniors are satisfied with the access and quality of health and social services in the city.
- The affordability of housing options to seniors is a barrier to maintaining one's home and to finding appropriate housing.
- Nearly 50% of all listening session recommendations centered on improving Boston's walkability.
- Feeling taken advantage of is one way seniors feel disrespected in their community.
- Seniors report a general lack of paid employment opportunities.

The methods for collecting the data included:

- A Civic Academy with Mayor Walsh on February 28th, 2015 to kick off the project.
- 23 listening sessions in every neighborhood organized, in most neighborhoods, with the help of "senior liaisons."
- 3 language specific listening sessions in Spanish, Chinese and Haitian-Creole (the top



three languages spoken by older residents in Boston).

- 3,700+ surveys completed-surveys available in the top six languages spoken in Boston.
- Consultations with service providers, non-profit organizations, senior groups, faith-based organizations, neighborhood associations and city departments.

Once the data is released, the next steps include appointing an advisory council and drafting an action plan.

Projects currently in the planning and implementation process are an Age-Friendly walking project with Walk Boston, a partnership with the Boston Parks and Recreation Department involving seniors' input in new park designs, a partnership with Tufts Human Nutrition Research on Aging Center to educate seniors on the new Senior MyPlate and seasonal cooking and walking event, and a partnership with Design for Aging (a subcommittee of the Boston Society of Architects) to utilize their expertise on city planning projects and the Walk Boston project.

As part of Mayor Walsh's ambitious Boston 2030 Housing Plan, the City of Boston is working to address the number of low-income senior households living in Boston who wish to remain in their existing housing as long as they are financially and physically able. Since 2014, almost 600 senior households have been able to retain their housing with City assistance. 325 low-income senior renters were able to retain their housing through homelessness prevention programs, and 260 senior homeowners were stabilized in their housing through major home repair programs

and foreclosure prevention services. Four new elderly affordable housing developments were completed in 2015, adding 192 units. In addition, the City now has three affordable senior developments in the pipeline, and has renewed its commitment to affordable senior housing, adding a new \$1.75 million budget line item in FY16.

Mayor Walsh also launched Seniors Save, a proactive heating system replacement program for senior citizen homeowners in Boston. Aging and inefficient heating systems are replaced before a catastrophic failure results in no heat for a senior. New, more energy efficient heating systems result in both capital and fuel savings for the senior homeowner, which can be used to stabilize the senior homeowner's budget for items such as food and medicine.

The Age-Friendly Boston Initiative report is available in full on Age-Friendly Boston's blog: https://agefriendlyboston.files.wordpress.com/2016/06/afb-report_6-15.pdf

Check out the Age-Friendly Boston Announcement video at: www.cityofboston.gov/cable/video_library.asp?id=17658

About Age-Friendly Societies The guiding principle of an Age-Friendly society focuses on designing livable communities that promote good health, strong civic participation and clear communication. That means safe, walkable streets; offering better housing and transportation options; improving access to key services and providing opportunities to be socially engaged. It means sustaining economic growth and enabling happier, healthier residents.

NAMI Family Support Group for the Elderly

If you are a senior caring for a family member with mental illness, please join Jane Boyer of the Elderly Commission and NAMI Mass for this New Midday Monthly gathering. NAMI Family Support Groups provide a secure, non-judgmental environment where caregivers can share common problems, discuss concerns, and benefit from the collective knowledge and experience of one another. Participants will gain help, hope, understanding, and comfort.

Group Leader: Sid Gelb, an experienced NAMI support group leader who is himself a parent of an adult child with mental illness, is the group's facilitator. He excels at relating to his groups and balancing a mixture of compassion, empathy and humor.

Location:

Meeting space has been generously donated by Ethos,
555 Amory Street, Jamaica Plain

*Easily accessible from the MBTA's Orange Line—Green St. stop

Dates:

Monday, August 15th
Monday, September 19th
Monday, October 3rd
Monday, November 21st
Monday, December 19th

Time:

Complimentary Lunch: 11:00 am - 12:00 pm
Support Group Meeting: 12:30 pm – 2:00 pm

Space is limited, registration is required.

Please contact Jane Boyer, Community Advocate for the Elderly Commission, at [617-635 -3994](tel:617-635-3994)/617-594-0035 (cell) or Jane.Boyer@boston.gov to register.



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

Bringing the Joy of Music to Elders in Jamaica Plain

By: Tahani Roman

MusicWorks is a pilot program of FriendshipWorks in collaboration with Goddard House Assisted Living. The music program is for Jamaica Plain residents age 60 and older. This is a free program and brings music to seniors in their homes through the process of volunteer matches (one-on-one volunteer visits). You do not have to be a musician to qualify for this program, just love music.



We match seniors and volunteers who have a similar interest in music. The volunteer visits them weekly or biweekly to share music and enjoy each other's company. The idea is to elicit thoughts, feelings, and memories associated with songs and build a meaningful relationship that decreases isolation.

In addition, we provide monthly music

concerts and workshops in senior buildings in Jamaica Plain. At these events we have musical performances with the goal of giving seniors an opportunity to enjoy a live and interactive experience as well as get to know one another.

Tonnio and William have been matched in the MusicWorks program at FriendshipWorks. They come together once a week and play percussion. Tonnio is a musician who is in his 80's and

William, age 22, is a student at Berklee College of Music. There is a 60 year gap in age between the two of them but what binds them together is

their love of music.

Tonnio, who has been playing since age six loves Afro-Cuban rhythms and William is of Latino descent and is familiar with Afro-Cuban rhythms. On Saturday afternoons William goes to visit Tonnio for one hour in Jamaica Plain and he brings his Cajon, which is a Peruvian percussion instrument. Tonnio

is a conga player and he takes them with him everywhere. Together they have a jam session and talk about some of the great percussionists such as Ray Barretto and Tito Puente. William recently had a concert at Berklee where he invited Tonnio to be a part of the performance. Tonnio received a standing ovation and was thrilled to be back on stage doing what he loves, performing.

“I live, dream, and breathe music” “I am a musician first, last, and always” said Tonnio.

If you or someone you know is interested in having a MusicWorks Friendly Visitor or volunteering, please contact the MusicWorks Coordinator, Tahani Roman at 617-482-1510 ext 142 or troman@fw4elders.org

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 or visit the Boston Fire Department on Facebook.

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



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Summertime Reminders

We should all become familiar with the traditional safety rules and suggestions for enjoying a safe summer: avoid extreme heat, use sunscreen, drink plenty of fluids, use mosquito repellent, cover up to avoid possible deadly mosquito bites, understand ocean riptides are serious, avoid foods left out for long periods of time, to name a few. The actual list is even longer.

Good tips:

Always let family/friends know where you are going, have a charged cell phone with you, know the rules and regulations of the parks and beaches that you will be visiting, know what the daily weather is at your vacation site and bring extra clothes in case there is a sudden change in the New England weather, and most importantly, know your limitations!

Less common summer health hazards:

Sharks - Your chances of encountering a shark are very thin. Yet, it is good to know what to do.

1. Avoid being in the water at twilight, when sharks are most active.
2. Don't go near the water if you are bleeding.
3. Don't wear shiny jewelry when you go swimming. It could look like fish scales to a shark!

Bears - When you are hiking in the mountains, your chances of running into a bear are very slim.

If one sees you and takes notice: don't panic.

1. Make yourself look as big as you can.
2. Speak calmly in low tones.
3. Wave your arms slowly so the bear sees you. The bear will see that you are not prey.
4. Move away SLOWLY DON'T RUN. HEAD SIDEWAYS!!

Help Us Learn More About Sleep!

If you are:

- 55-70 years old
- Non smoker
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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.

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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.

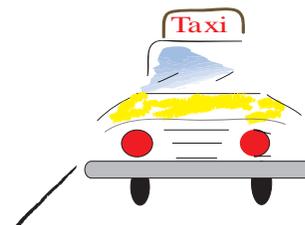
Rides are offered to non-emergency medical appointments. We kindly request advanced notification of appointments.

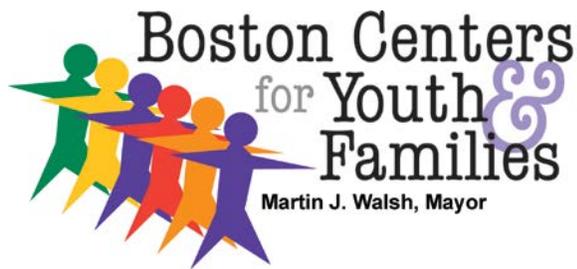
To schedule a ride, call 617-635-3000, Monday-Friday, 8 a.m. - 4 p.m.

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BCYF Neighborhood Block Parties

Mark your calendar and bring your friends and family to a fun and free BCYF Neighborhood Block Party! Select Thursday nights in July and August from 5:00 to 7:00 p.m., the BCYF Neighborhood Block Party will offer a variety of free activities including live music with Boston's own Lisa Bello, a cookout, snow cones, arts & crafts activities, face painting, swimming (as indicated below), resource tables with great information and giveaways staffed by our partners and other city agencies, and more.

This summer's schedule is as follows:

August 4 -

BCYF Blackstone Community Center at Ramsey Park, South End

August 18 -

BCYF Leahy-Holloran Community Center, Dorchester (swimming)

August 25 -

BCYF Paris Street Pool, East Boston (swimming)

In the case of rain or other weather issues, please check the BCYF Facebook page ([Facebook.com/BCYFBoston](https://www.facebook.com/BCYFBoston)) or Twitter at [@BCYFCenters](https://twitter.com/BCYFCenters) to check for cancellation. The Block Parties are generously supported by the Foundation for BCYF.

Stuttering Didn't Keep Him Out of the Spotlight

Perseverance and hard work helped actor James Earl Jones deal effectively with stuttering.

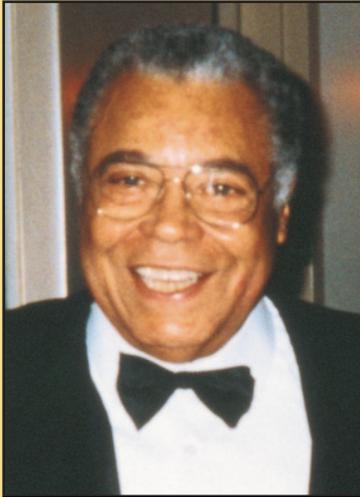


Photo credit: Joe Fulcher

Darth Vader didn't prevail in the movies, but you can.



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Since 1947—Helping Those Who Stutter

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StutteringHelp.org

tartamudez.org

Seniors Count is ON AIR

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2 PM and Mondays at 9 AM

WJIB 740 AM on Sundays on 7:30 AM



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Healthy,
Boston!**



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

SNAP & Boston Bounty Bucks

Ashmont/Peabody Square Farmers Market

1900 Dorchester Ave, Dorchester
Ashmont MBTA plaza
Friday, 3PM - 7 PM
June 24 - October 14 ●

Boston Medical Center Farmers Market

725 Albany St, South End
BMC Shapiro Building
Thursday, 12PM - 2PM
June 24 - September 30

Boston Public Market

100 Hanover St, Downtown
Above Haymarket Station
Monday, Wednesday, Friday, & Sunday,
8 AM - 8 PM
Year-Round Indoor Market

Boston Public Market Open Air Market

136 Blackstone St, Downtown
Outside Boston Public Market
Wednesday, 11 AM - 6 PM
May 18 - November 16 ●

Bowdoin Geneva Farmers Market

230 Bowdoin St, Dorchester
Bowdoin Street Health Center Parking Lot
Thursday, 1PM - 5PM
June 23 - October 27 ●

Charlestown Farmers Market

Main St & Austin St, Charlestown
Wednesday, 2 PM - 7 PM
June 22- October 26 ●

Codman Square Farmers Market

Talbot Ave & Washington St, Dorchester
Codman Square Park
Saturday, 10 AM - 3 PM
June 18 - October 22 ●

Copley Square Farmers Market

139 St. James Ave, Back Bay
Tuesday & Friday, 11 AM - 6 PM
May 10 - November 22 ●

Dewey Square Farmers Market

600 Atlantic Ave, Downtown
Across from South Station
Tuesday & Thursday, 11:30 AM - 6:30 PM
May 17 - November 22 ●

DotHouse Health Farmers Market

1353 Dorchester Ave, Dorchester
Tuesday, 11:30 AM - 1:30 PM
July 5 - October 11 ●

Dudley Town Common Farmers Market

Corner of Blue Hill Ave & Dudley St, Roxbury
Thursday, 3PM - 7PM
June 16- October 27 ●

East Boston Farmers Market

209 Sumner St, East Boston
Behind Maverick T station, Lewis Mall
Wednesday, 3:00 PM - 6:30 PM
July 6 - October 19 ●

Egleston Farmers Market

29-31 Germania St., Jamaica Plain
Across from Sam Adams Brewery
Saturday, 10 AM - 2 PM
May 14 - February 2

Fields Corner Farmers Market

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

Greenway Farmers Market

136 Blackstone St, Downtown
Outside Boston Public Market
Wednesday, 11 AM - 6 PM
May 18 - November 16 ●

The Farmers' Market at the Harvard Ed Portal

224 Western Ave, Allston
Friday, 3 PM - 7PM
June 24 - October 28 ●

Loring-Greenough House Farmers Market

12 South St, Jamaica Plain
Near the JP Monument
Thursday, 3:30 PM - 7:30 PM
June 2 - October 6

Mattapan Square Farmers Market

525 River St, Mattapan
Church of the Holy Spirit parking lot
Saturday, 10 AM - 1 PM
July 9 - October 8 ●

Mission Hill Farmers Market: Brigham Circle

Huntington Ave. & Francis St, Mission Hill
Across from Brigham & Women's Hospital
Thursday, 11AM - 6 PM
June 23 - November 17 ●

Mission Hill Farmers Market:

Roxbury Crossing

Tremont St & Columbus Ave, Mission Hill
Roxbury Crossing T Station
Tuesday & Friday, 11AM - 7 PM
June 21 - November 22 ●

Nubia Farm Stand at Dixwell Street

17 Dixwell St, Roxbury
Egleston Square
Tuesday, 12 PM - 3 PM
July 19 - October 11

Oak Square Farmers Market

640 Washington St., Brighton
Presentation School Foundation Parking Lot
Wednesday, 4 PM - 8 PM
June 1 - October 26 ●

ReVision Urban Farm Stand

1062 Blue Hill Ave, Dorchester
Friday, 3 PM - 7 PM
July 8 - October 14 ●

Roslindale Village Farmers Market

Adams Park, Washington St, Roslindale
Roslindale Square
Saturday, 9AM - 1:30PM
June 4 - November 19 ●

South Boston Farmers Market

446 W. Broadway, South Boston
W. Broadway Municipal Parking Lot
Monday, 12 PM - 6 PM
June 6 - October 31 ●

West Roxbury Farmers Market

at Corey Street

1857 Centre St., West Roxbury
Bank of America parking lot at Corey St.
Sunday, 11 AM - 2 PM
June 26 - October 30

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

Healthy Recipes

*All Healthy Recipes are carefully selected by our expert nutritionist
Melissa Carlson, MS, RD*

Sweet Corn Relish

Ingredients:

- 1 cup apple cider vinegar
- 1/4 cup sugar
- 1 teaspoon kosher salt
- 1 teaspoon prepared horseradish
- 2 cups fresh corn kernels (about 4 ears)
- 2 medium zucchini, diced
- 1/2 cup diced plum tomato
- 1/2 cup thinly sliced green onions
- 1 tablespoon chopped fresh flat-leaf parsley

Preparation:

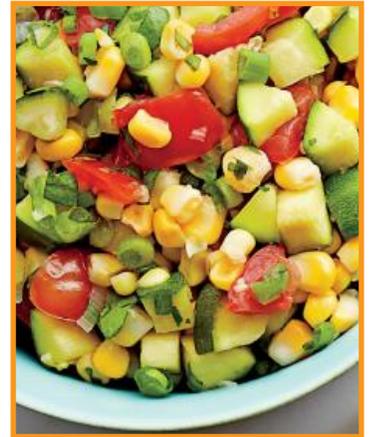
1. Stir together vinegar, sugar, and salt in a small saucepan. Bring to a boil

over medium-high heat; reduce heat to medium, and simmer 10 minutes or until reduced to about 1/2 cup. Remove from heat, and let stand 15 minutes. Stir in horseradish.

2. Stir together corn and next 4 ingredients in a medium bowl. Add vinegar mixture, and toss to coat. Serve immediately, or cover and chill up to 3 days.

Servings: Makes about 3 cups

Source: <http://www.myrecipes.com/recipe/sweet-corn-relish-0>



Summer Peach Salsa

Ingredients:

- 1 1/2 cups diced firm ripe peaches (about 4 small)
- 3/4 cup diced cherry tomatoes
- 1 fresh jalapeño, finely chopped
- 3 tablespoons chopped fresh basil
- 2 tablespoons finely chopped red onion
- 1 tablespoon lime juice
- 1/2 teaspoon brown sugar
- 1/4 teaspoon salt

Preparation:

1. Combine peaches, tomatoes, jalapeño, basil, onion, lime juice, brown sugar and salt in a medium bowl.

Servings: 10

Calories per serving: 18

Source: http://www.eatingwell.com/recipes/summer_peach_salsa.html



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. A guest artist will lead a creative exploration each month.

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

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 or 617-635-3992 for more information.

What is a Memory Café???

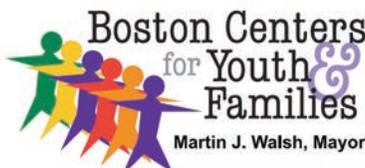
A Memory Cafe is a place where individuals with memory loss and their caregivers can get together in a safe, supportive and engaging environment. It is a time and place where people can interact, laugh, find support, share concerns and celebrate with other people experiencing memory challenges and their 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.



CITY OF BOSTON
Martin J. Walsh, Mayor



**Boston
Alzheimer's
Initiative**



 **FriendshipWorks**

Learn More, Breathe Better

Early intervention key to preventing and managing COPD

(Family Features) Only a few years ago, about one third of the population had not heard of Chronic Obstructive Pulmonary Disease (COPD), despite its status as one of the leading causes of death in the United States. Now, nearly a decade later, awareness of COPD is on the rise.

Because one key to managing COPD is early intervention, the more people are familiar with the symptoms, the greater the chances for earlier diagnosis and starting a treatment plan to help improve quality of life.

COPD is a serious respiratory disease that over time makes it increasingly difficult to breathe. In people with COPD, airways – tubes that carry air in and out of the lungs – become partially blocked. When severe, COPD can make the most basic of activities, such as taking a walk, doing light housework or even washing and dressing oneself, a challenge. Increased awareness of COPD is an important part of early detection and treatment efforts, as more than 15 million people are currently diagnosed with the disease in the United States and it is estimated that millions more have it without realizing.

About half of both primary care physicians and nurse practitioners cite the challenge of patients not fully disclosing symptoms as a barrier to diagnosis. Many people suffering from the signs of COPD – such as shortness of breath, chronic cough and

wheezing – often chalk them up to seasonal allergies, the common cold or simply consequences of growing older.



Luckily, in 2015, among those who have exhibited the symptoms, about three-quarters indicated they had spoken to their health care providers about these breathing issues, according to the results of the annual DocStyles and HealthStyles surveys of public health attitudes, knowledge, practices and lifestyle habits conducted each year by Porter Novelli. A majority of patients left these discussions with simple action items intended to help them manage their symptoms and prevent them from worsening.

One-in-seven American adults know someone suffering from the symptoms. The National Heart, Lung and Blood Institute (NHLBI), part of the National Institutes of Health, encourages anyone at risk to become familiar with COPD and talk to a health care provider as soon as possible. Early detection and intervention can greatly help improve outcomes.

Despite being the third leading cause of death, COPD, also known as emphysema or chronic bronchitis, is by no means a death sentence. While at present there is no cure, a variety of treatment options exist that can lead to an improved quality of life. For more information and resources, visit COPD.nhlbi.nih.gov, NHLBI's COPD Learn More Breathe Better program. Photo courtesy of Getty Images



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AUGUST 10, 2016

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AUGUST 17, 2016

FOOTLOOSE AND FANCY FREE

AUGUST 24, 2016

LONGWOOD SYMPHONY ORCHESTRA

AUGUST 31, 2016

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WITH COMMONWEALTH SHAKESPEARE COMPANY

For full concert details and a schedule of neighborhood performances,
visit WWW.LANDMARKSORCHESTRA.ORG or download our app.



THE NEXT CHAPTER

“Don’t Retire, Inspire”

By: Augusta Alban



Looking back helps you look forward.

After a very long illness, I am slowly returning to my old life. At the same time, I am finding that my old life no longer fits or belongs to me. It is time to let go and find things anew. This is called the process of life. I have done it before! All things end. The energy leaves the project you are on. That project may be you! You are feeling good now, but it’s just not quite the same as it used to be. My old life was just that: my old life. It was fun. I enjoyed it. I grew within it, and it grew with me.

Then came the winter Boston had over 120 inches of snow. I became part of that overused commercial “I’ve fallen and I can’t get up”. It played in my head as I slowly slid off the bed and gently landed on the cold floor.

Being on my own, there was no one to call, so I pulled a heavy blanket off the bed, found a pillow on the floor, assured myself I would be okay in the morning, and fell asleep. It worked! In the morning I arose, very slowly, got up a little cold, and hurting “just a little,” but all in all, I got up!

Wanting direction over most of my things, I have given most of them away -- you know -- antiques, furs, gold and the

like. Out of a home with five bedrooms, my only regret is one old table, the base of a beautiful square piano, that I did not keep. If that is my only regret, I thought to myself, not bad.

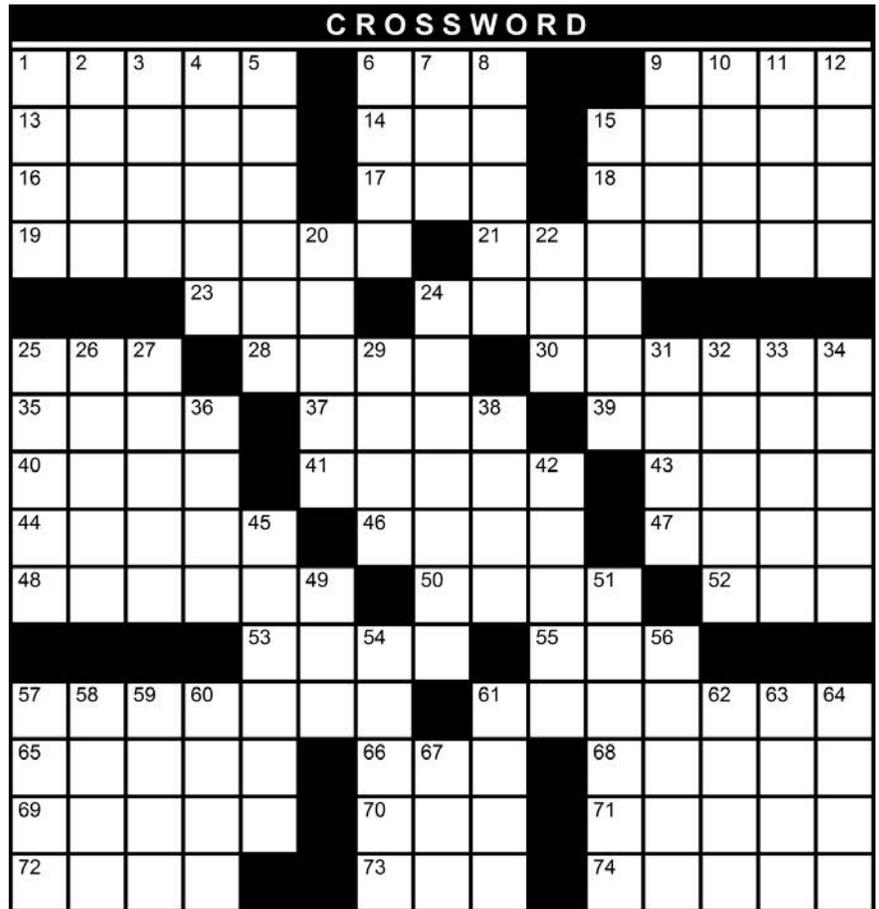
Look around at your life. See what you want to see. Now look again. See it anew. See how you could change the way it is and the way you look at it.

Make changes and let go. Just remember your life is your play. You can make of it what you will! Change the ending. Change the cast. Change where it takes place. Change to who you really have always wanted to be.

Not wanting to leave the burdens of my stuff to someone else, I have given most of my possessions away. Let someone else use them! The answer is to give them to your loved ones and then go visit them. When you do, you’ll be invited for lunch or dinner. Travel light: they are just things after all.

Make it clear, this is not a goodbye, it’s just moving on. I know life is so short, but if you get the message and let go, life can be wonderful.

The universe is a giving universe, but you must make room for new things, new places and new adventures.



ACROSS

1. Hacienda brick
6. World's oldest broadcasting company
9. Weary walk
13. For getting around, especially in city
14. Ostrich of Australia
15. Because of
16. It's plucked to foretell love
17. Adam's famous part
18. Modern day letter
19. *"No ____!"
21. *Mind/body/soul goal?
23. 7th letter of Greek alphabet
24. Eight bits
25. Experienced or consumed
28. ____-and-go-seek
30. Socrates' concern
35. Toward the lee
37. *Body sufferings
39. Art class support
40. Cash cache
41. Passed out cards
43. A small island
44. Full of emotion, in slang
46. Alpine lift
47. Guitar forerunner
48. Not digital
50. Crude group
52. Sixth sense
53. Movie-____
55. Anne Boleyn, a.k.a. ____ Bullen
57. *Calcium or magnesium
61. *Stress-related glands
65. Muse of love poetry
66. Cause annoyance
68. Prepare for winter takeoff
69. Red Cross supply
70. Bard's "before"
71. Runs in neutral
72. Fungal spore sacs
73. Jack Kerouac's Paradise
74. Deed hearings

DOWN

1. Current unit, pl.
2. Hold as a conviction
3. "The Simpsons" palindrome
4. Emergency pedal
5. Kind of fossil
6. Mountain in Germany
7. *Weight divided by height squared
8. Small secluded room
9. The largest of the small cats

10. *Meat quality
11. Like ear infection
12. Pineapple producer
15. "Get rid of" button
20. Water nymph
22. Had a meal
24. Verbally attack
25. *Type of yoga
26. Mork from Ork, e.g.
27. Major U.S. airline
29. *Selection of foods
31. Hard precipitation
32. Supplied equipment
33. Picts and Gauls
34. *Nightly necessity
36. Twelfth month of Jewish calendar
38. Prelude to a duel

42. Popular taste at a given time
45. Anti-Jewish riot
49. India's smallest state
51. *Exercise of the heart
54. North Pole workers
56. Attention-seeking
57. Arizona city
58. Wraths
59. Narcotics agent
60. Evening purse
61. Skater's jump
62. Cairo's waterway
63. Maple, to a botanist
64. *____ stress
67. Baseball stat



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Men and Stroke



Stroke is the fifth leading cause of death in men, killing almost the same number of men each year as prostate cancer and Alzheimer's disease combined. Stroke is a leading cause of long-term disability among American men. In addition, men have strokes at younger ages than women.

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 taking 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 Men at Risk of Stroke?

- **High blood pressure** is a main risk factor for stroke, yet nearly one in three men with high blood pressure does not know he has it.
- Smoking damages blood vessels, which can cause a stroke. Men are more likely to be **smokers** than women.
- Being **overweight or obese** increases your risk of stroke. Almost 3 in 4 American men are in weight ranges that increase their risk for stroke.
- More men than women have been diagnosed with **diabetes**, which increases your risk of stroke because it can cause disease of blood vessels in the brain.
- Men are more likely than women to drink too much **alcohol**, increasing the risk for stroke.
- **Being inactive** can increase the risk of stroke. Only 1 in 4 men gets enough physical activity, even though exercising only 30 minutes a day can decrease the risk of stroke.

Charles Stanley

Linda Stanley awoke to a loud noise in her home but was puzzled because she knew her husband Charles should have been at work. She searched the house and called his name, but she didn't hear any response. When she entered the living room, she found Charles lying on the floor. His work truck was still idling in the driveway. Linda wasted no time calling 9-1-1.

It turned out that Charles, who is African American, had a stroke even though he was only 52 years old. African-American men are at a greater risk of stroke than any other group of men and have strokes at younger ages.

"At first, I couldn't do anything. People on TV sounded like they were speaking a strange language," Charles remembers. "I got so frustrated!"

Charles spent 3 days in the intensive care unit and 4 weeks in a rehabilitation center. He worked with therapists to learn how to read, write, and walk again.

Charles realized that he had to make some changes in his lifestyle to avoid another stroke. He lost nearly 100 pounds and worked with his health care providers to get his blood pressure under control. He's also changed his eating habits and does an hour of cardio exercise every day.

Charles and Linda have advice for others at risk for stroke: "Take care of yourself. Get moving, lose weight, stop smoking—these steps will help people avoid a stroke," Charles recommends. His wife adds, "Know the signs of stroke. Be ready to call 9-1-1 if you think someone's having a stroke."

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 risk factors for 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 men live longer, healthier lives.

- CDC's [Division for Heart Disease and Stroke Prevention](#) provides resources to all 50 states to address heart disease and stroke.
- 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](#)[®] 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[®] aims to prevent 1 million heart attacks and strokes by 2017.

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

Knowing your chances of having a stroke 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

Physical Therapists Boost Falls Prevention Programs as our Nation Quickly Ages

This year, one-third of all Americans 65 years old and older will experience a fall. Some will quickly brush off the dirt and go about their day, but others won't be so lucky. Darryl Elliott, physical therapist and owner of Elliott Physical Therapy, believes falls are preventable and advocates for an annual check up to avoid catastrophic injury. The physical therapy profession has long been involved in fall-prevention efforts, guiding our seniors to ambulate safely, maintain mobility longer, and be more independent. Elliott urges, "Do not ignore the following warning signs. If you find yourself relying on handrails to negotiate stairs, having difficulty navigating dimly lit rooms or taking smaller steps when walking it is time to get evaluated by a professional."

Falls rank among the top burdens on our healthcare system—with \$34 billion shelled out for fall-related injuries in 2013 alone—and threaten the health of our nation. Falls land a member of our nation's elderly population in the emergency department every 13 seconds, and every 20 minutes an older adult dies from fall-related trauma, reports a survey conducted by Carnegie Mellon University's College of Engineering.



Moderate to severe injuries incurred during a fall can lead to further health declines and loss of independence among our seniors. A team approach with a solid foundation of communication is crucial to adequately prepare for the steady stream of baby boomers crossing the 65-year-old threshold. As part of a medical team, physical therapists are trained to identify each patient's risk factors, provide education and preventive strategies, and address impairments. The biggest risk factors for a fall include balance/strength impairments, medication interactions, safety issues in the home and community, and visual impairments.

A new study published in *The Journal of the American Geriatrics Society* in February 2016 titled "Exercise and Fall

Prevention: Narrowing the Research-to-Practice Gap and Enhancing Integration of Clinical and Community Practice,” reinforces the premise that falls are preventable with risk assessment and exercises that incorporate elements of balance, gait, and strength training. In fact, the study says, exercise has been shown to reduce the incidence of falls by up to 40%.

Dr. Janet Ma of Elliott Physical Therapy in Dorchester advises, “Physical therapy that consists of core strengthening and lower extremity exercises combined with balance training is an excellent solution for fall prevention. Another very simple and effective way to prevent and reduce the risk of falls is being aware of where your body is going to land. The majority of falls happen when someone is going to sit down because they believe that the chair or bed is closer than it actually is. A good tip is to back up completely until you feel the back of your legs touching the chair, reach back for any armrests or the seat, and then sit down. That way you're guaranteed to land in the chair and not on the ground, thus putting yourself at a decreased risk of injury and falls.”

The Journal of the American Geriatrics Society study also reveals some of the evidence-to-practice challenges in addressing this global public health crisis. Falls and their associated

healthcare costs can be reduced by better integrating research on exercise intervention into clinical practice and community programs, the study says.

As healthcare increasingly embraces prevention and wellness strategies, strong communication between physicians, physical therapists and other key stakeholders will help to capture our elders most at risk for falls. The physical therapists at Elliott Physical Therapy at 960 Morrissey Blvd in Dorchester strongly believe in patient education. Risk assessment, evidence-based falls prevention classes and skilled physical therapy intervention are the basis for a solid plan of attack.

Solution to "Healthy Lifestyle" Crossword Puzzle on page 19.

A	D	O	B	E		B	B	C		P	L	O	D			
M	E	T	R	O		E	M	U		D	U	E	T	O		
P	E	T	A	L		R	I	B		E	M	A	I	L		
S	M	O	K	I	N	G		B	A	L	A	N	C	E		
			E	T	A			B	Y	T	E					
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H	E	T	U	P			T	B	A	R		L	U	T	E	
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S	E	R	U	M				E	R	E		I	D	L	E	S
A	S	C	I					S	A	L		O	Y	E	R	S



A big thank you to our new friend Unidine, who has supported a number of our recent events—including coffee hours and the Older Americans Month Kickoff—with their delicious (and nutritious!) food. Innovative and quality-focused, they are an outstanding member of Boston’s business community.

Silver & Gold Senior Café

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Are you 55+ and looking for ways to relax, express your creative side, and add some thrill to your Mondays? Join us on Monday afternoons for our Senior Café!

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

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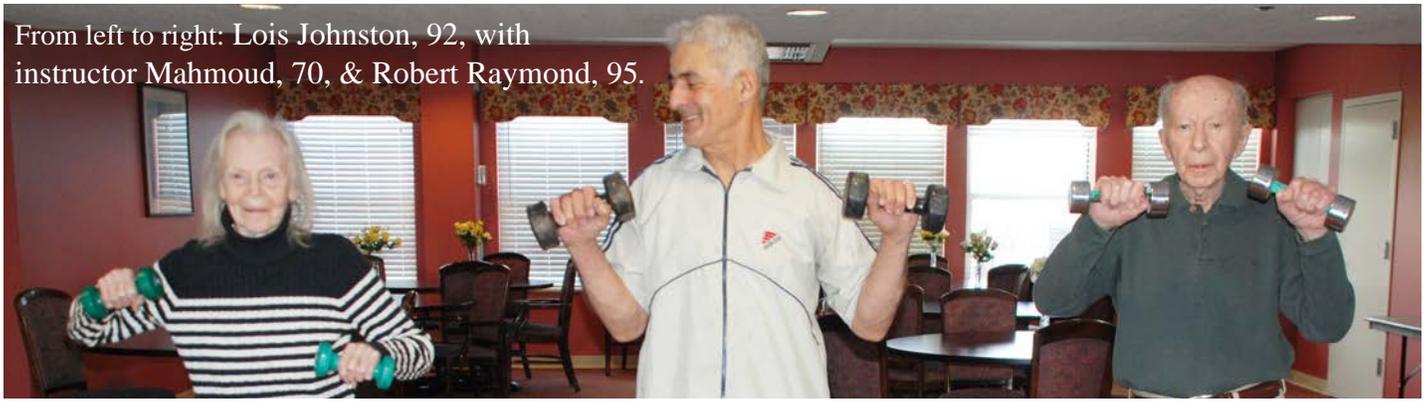
www.MountPleasantHome.org



www.bpl.org

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From left to right: Lois Johnston, 92, with instructor Mahmoud, 70, & Robert Raymond, 95.



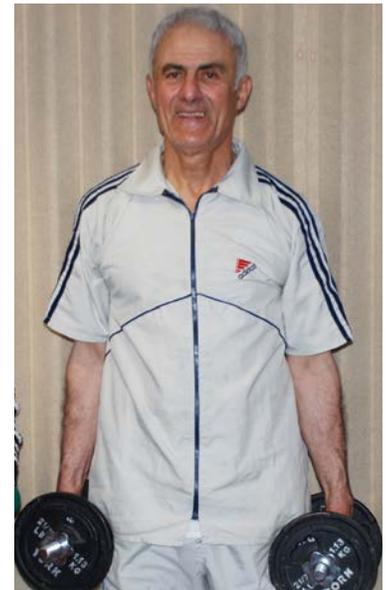
Exercise Classes

with

Mahmoud Arnous Gamil

Tuesdays / 11:00 am - 12:00 pm

617-536-7154



"I want to inspire other people," said former Olympic coach, Mahmoud Arnous Gamil, beaming after teaching his exercise class at St. Cecilia's House at 108 Kilmarnock Street, in Fenway. "I dedicated my life to improving peoples' quality of life. My joy is to help them reach their full potential and through exercise teach them how bending and reaching for day to day tasks can become easier."

Class participant Robert, who was at first hesitant about joining said, "He modified

the exercises to take into consideration my age and physical state. Mahmoud is quite energizing; I always feel better after a class with him." Lois, who has been attending the class for the past 3 years, mentions "I enjoy the whole class. There's variety, I like that."

"I am thankful to the Wingate Corporation, the Peterborough Senior Center, and Operation P.E.A.C.E., for helping support my class," says Mahmoud, who then proudly boasts, "and to my Olympians, of course!"

Advice for seniors on staying safe in hot weather

Risk of heat-related health problems increases with age

Summer is here and it's blazing hot! It is important to be aware of the health risks that higher temperatures can bring. Seniors and people with chronic medical conditions are particularly susceptible to hyperthermia and other heat-related illnesses. Knowing the signs and recognizing the dangers to avoid problems is essential. The National Institute on Aging (NIA), part of the National Institutes of Health, offers advice to help combat the dangers of hot weather.

Heat fatigue, heat syncope (sudden dizziness after prolonged exposure to the heat), heat cramps, heat exhaustion and heat stroke are forms of hyperthermia, which is caused by a failure of the body's heat-regulating mechanisms to deal with a hot environment. The combination of individual lifestyle, general health, and high temperatures can increase seniors' risk for heat-related problems.

Lifestyle factors can include not drinking enough fluids, living in housing without air conditioning, lack of mobility and access to transportation, overdressing, visiting overcrowded places and not understanding how to respond to hot weather conditions. On hot and humid days, seniors, particularly those with

chronic medical conditions like heart disease and diabetes, should stay indoors in cooler spaces, especially during



an air pollution alert. People without air conditioners should go to places that do have air conditioning, such as senior centers, shopping malls, movie theaters and libraries. Cooling centers, which may be set up by local public health agencies, religious groups and social service organizations in many communities, are another option.

There are many things that can increase risk for hyperthermia, including:

- Dehydration
- Age-related changes to the skin such as poor blood circulation and inefficient sweat production
- Use of multiple medications-it is important, however, to continue to take prescribed medication and discuss possible problems with a physician.
- Reduced sweating caused by medications such as diuretics, sedatives, tranquilizers and certain heart and blood pressure drugs
- High blood pressure or other health conditions that require changes in diet-people on salt-restricted diets may be at increased risk, however, salt pills should not be used without first consulting a doctor.

- Heart, lung and kidney diseases, as well as any illness that causes general weakness or fever
- Being substantially overweight or underweight
- Alcohol use

Heat stroke is a life-threatening form of hyperthermia. It occurs when the body is overwhelmed by heat and unable to control its temperature. Signs and symptoms of heat stroke include a significant increase in body temperature (generally above 104 degrees Fahrenheit), mental status changes (like confusion or combativeness), strong rapid pulse, dry flushed skin, lack of sweating, feeling faint, staggering or coma. It is critical to seek immediate emergency medical attention for a person with heat stroke symptoms, especially a senior.

If you suspect that someone is suffering from a heat-related illness:

- Call 911 if you suspect heat stroke.
- Get the person out of the heat and into a shady, air-conditioned or other cool place. Urge them to lie down.
- Apply a cold, wet cloth to the wrists, neck, armpits, and groin. These are places where blood passes close to the surface of the skin, and the cold cloths can help cool the blood.
- If the person can swallow safely, offer fluids such as water, fruit and vegetable

juices, but avoid alcohol and caffeine.

- Encourage the individual to shower, bathe or sponge off with cool water if it is safe to do so.

The Low Income Home Energy Assistance Program (LIHEAP) within the Administration for Children and Families in the U.S. Department of Health and Human Services helps eligible households pay for home cooling and heating costs. People interested in applying for assistance should contact their local or state LIHEAP agency or go to <http://www.acf.hhs.gov/programs/ocs/liheap>.

For a free copy of the NIA's AgePage on hyperthermia in English or in Spanish, contact the NIA Information Center at 1-800-222-2225 or go to <https://www.nia.nih.gov/health/publication/agepages>.

About the National Institute on Aging: The NIA leads the federal effort supporting and conducting research on aging and the medical, social, and behavioral issues of older people. The Institute's broad scientific program seeks to understand the nature of aging and to extend the healthy, active years of life. For more information on research, health and aging, go to www.nia.nih.gov.

About the National Institutes of Health (NIH): NIH, the nation's medical research agency, includes 27 Institutes and Centers and is a component of the U.S. Department of Health and Human Services. NIH is the primary federal agency conducting and supporting basic, clinical, and translational medical research, and is investigating the causes, treatments and cures for both common and rare diseases. For more information about NIH and its programs, visit www.nih.gov



Caliente! - City Hall Plaza, Boston

July 23, Saturday, 5:00 pm

Gospelfest - City Hall Plaza, Boston

August 7, Sunday, 5:00 pm

Hub On Wheels

September 18, Sunday, 8:00 am

City Hall Plaza, Boston

Tito Puente Latin Music Series

July 28, Thursday, 7:00 pm - Clave & Blues

Mission Hill Playground, Mission Hill

August 4, Thursday, 7:00 pm - Orquesta Homenaje

O'Day Playground, South End

August 11, Thursday, 7:00 pm - The Remedy

Lopresti Park, East Boston

Dorothy Curran Wednesday Night Concert Series

City Hall Plaza, Boston

August 3, Wednesday, 7:00 pm - Disco Party featuring Tavares

August 10, Wednesday, 7:00 pm - Disco Night featuring Stardust

August 24, Wednesday, 7:00 pm - Harold Melvins' Blue Notes

Free Ferry Day

August 25, Thursday

All Day

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Troops for Fitness

The Coca-Cola Troops for Fitness program offers free fitness activities instructed by military veterans at Boston parks and community centers citywide. Exercise programs include boot camps, cardio and strength training classes, running groups, family yoga, and Zumba, and more. Presented by the Boston Parks & Recreation Department, sponsored by The Coca Cola Foundation and the National Recreation and Park Association.

For a full schedule and information, please visit

www.boston.gov/parks or call (617)635-4505.

*Dates and times are subject to change





The Boston Harbor Hotel - 70 Rowes Wharf

Pop Soul - Tuesdays, 6:00 pm - 10:00 pm

July 26 - Pulse of Boston
August 2 - Soul Sound Revue
August 9 - Sweet Tooth & The Sugar Babies
August 16 - Ray Greene
August 23 - World Premier Band
August 30 - Soul City
September 6 - Soul Sound Revue

Blues Barge - Thursdays, 6:00 pm - 10:00 pm

July 28 - Jeff Pitchell
August 4 - Greg Burroughs
August 11 - Bruce Marshall
August 18 - James Montgomery
August 25 - Fat City Band
September 1 - Greg Burroughs
September 8 - Louis Bello

Rat Pack - Wednesdays, 6:00 pm - 10:00 pm

July 27 - Mike Dutra Strictly Sinatra Band
August 3 - Patrick Tobin
August 10 - Chris Jason Sinatra Live
August 17 - Justin Beech Band
August 24 - Bo & Bill Winiker Band
August 31 - Alex MacDougall Band
September 7 - Mike Dutra Strictly Sinatra Band

Movies - Fridays, Begin at Dusk

July 29 - Indiana Jones and The Last Crusade
August 5 - Back to the Future
August 12 - Toy Story
August 19 - The Sandlot
August 26 - Some Like it Hot
September 2 - Star Trek (2009)
September 9 - Mamma Mia!

*Entertainment subject to change

Check out the 2016 "Summer in the Parks" guide online at
www.cityofboston.gov/Parks/



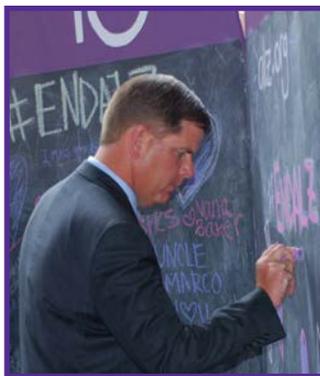
Coffee Hours with Mayor Walsh



Springhouse in West Roxbury



The Boston Alzheimer's Initiative and Alzheimer's Association MA/NH Chapter on City Hall Plaza for Alzheimer's Awareness Month



The CommuniQuilt Project at the Mattapan Branch of the Boston Public Library is completed.

*Great teamwork everyone,
the quilt looks fantastic!*

Blaze a Trail to the Boston Public Market! Age-Friendly Boston's collaboration with WalkBoston, the Jean Mayer USDA Human Nutrition Research Center on Aging, and the Boston Public Market Association in honor of Older Americans Month.



Have a Fun & Safe Summer Exploring Boston!

from
Mayor Martin J. Walsh
&
The Elderly Commission

