

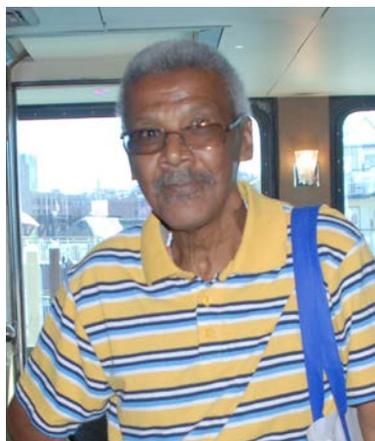
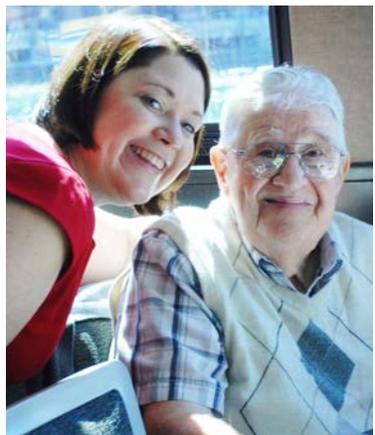
# Boston Seniority

*Elderly Commission*

Martin J. Walsh, Mayor of Boston



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**FREE**

**October 2016  
Volume 40  
Issue 9**

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**Commission on Affairs of the Elderly**

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# *Boston Seniority*

**Volume 40 Number 9**

**Published by the City of Boston**

*Commission on Affairs of the Elderly*

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# Mayor's Spotlight

## MAYOR WALSH LAUNCHES CITY'S FIRST MEMORY CAFE

*Memory Cafes are places where individuals experiencing memory loss and their caretakers can meet in a safe, social environment.*

First launched in July, Mayor Martin J. Walsh will continue to host the City's first Memory Cafe, "Thanks for the Memories," this fall. The cafes are a partnership between the Elderly Commission's Boston Alzheimer's Initiative and The Grove Hall Center for Youth and Families, in addition to other community partners.

Memory Cafes originated in the Netherlands in 1997 and have since spread to the UK, Australia and thirty-seven states across the US. They are places where individuals experiencing memory loss and their caretakers can meet in a safe, social environment to share resources and support one another.

"I understand the toll Alzheimer's takes on a family, and the love and patience that is required to care for someone with the disease. Memory cafes are one way Boston can help relieve the burden and provide additional support," said Mayor Walsh.

The first memory Cafe was held on July

11. There were 20 people from across Boston in attendance and they participated in a painting class led by Dot Art, and refreshments donated by the Haley House, Target South Bay and Grove Hall Stop and Shop. Others engaged in conversation, talking about their experiences living with Alzheimer's or taking care of someone with Alzheimer's and shared advice and support.



The August cafe attracted more residents and featured an art activity guided by Friendship Works and presentations by the Boston Alzheimer's Initiative, The Boston University Alzheimer's Disease Center, Boston Elder Info and Caregiver Homes.

On September 12, the theme of the café was "Meet Me at the Grove Hall BCYF Senior Center and Make Memories." Participants enjoyed classic film clips and engaged in discussion led by The I'm Still Here Foundation. The mission of the foundation is to develop and evaluate innovative, non-pharmacological approaches to helping people with cognitive challenges. The focus is on implementing inclusive community-based

Continued on page 4

arts and culture programming such as the event planned for the September 12 café.

In 2014, it was estimated that 10,000 Bostonians were grappling with Alzheimer's and other dementias. As the population of older adults in Boston continues to grow, more support is required to effectively respond to their needs - including emotional and social needs. Caring for loved ones experiencing dementia can be especially draining on caretakers, and programs like Memory Cafes are a place where caretakers will be able to get support and resources.

The Grove Hall Memory Cafe will meet monthly on the first Monday of the month, except when the Center is closed for City of Boston Holidays. On those days, the Cafe will resume on the following Monday.

Future cafe's will include art, music, featured speakers and trips to museums and movies in partnership with The I'm Still Here Foundation.

**WHEN:**

The first Monday of every month, 11:30 a.m. - 1:30 p.m.

**WHERE:**

Boston Center for Youth and Families  
Grove Hall  
51 Geneva Ave., Dorchester, MA 02121

**WHO:**

- ▶ Patricia McCormack, Boston Alzheimer's Initiative, and other Elderly Commission staff
- ▶ Boston Center for Youth and Families
- ▶ FriendshipWorks
- ▶ I'm Still Here Foundation





Mayor Martin Walsh and Jim Wessler, CEO of the Massachusetts/ New Hampshire Chapter of the Alzheimer’s Association receive recognition from Mike Simmons of Eli Lilly & Company Alzheimer’s Readiness Project, for their efforts to partner across government, healthcare and advocacy organizations to make the city of Boston Alzheimer’s ready and dementia friendly.



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The Senior Shuttle has multiple wheelchair accessible shuttles offering free door-to-door transportation to Boston residents age 60 or over.

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# 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, November 21st and 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](mailto:Jane.Boyer@boston.gov) to register.



National Alliance on Mental Illness

Massachusetts



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



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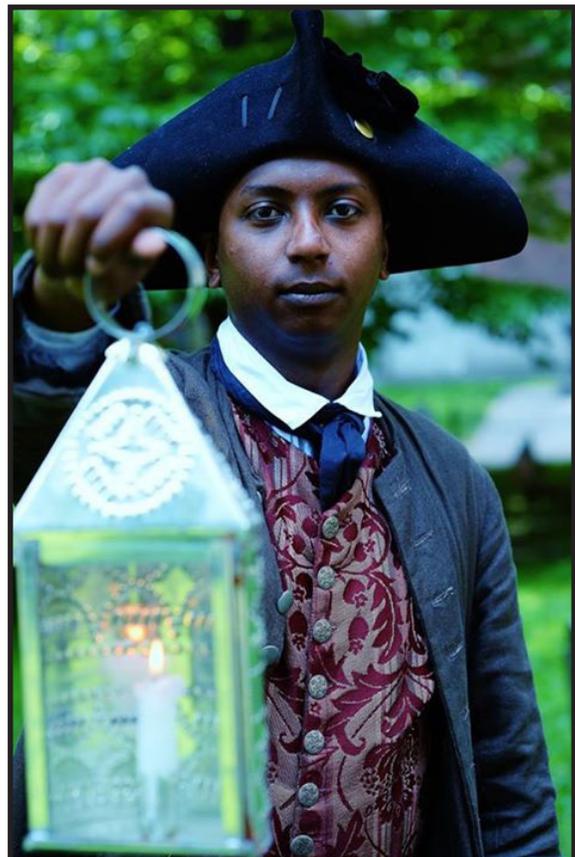
# Freedom Trail® New Lantern Tours Explore the Freedom Trail After Dark

Discover the Freedom Trail in a new light – after dark – on the official Freedom Trail® Lantern Tours. Freedom Trail Foundation announces the return of the unique Freedom Trail® Lantern Tours, offering visitors and residents the rare opportunity to experience the true dark history and mystery of the Freedom Trail by lantern-light!

After a successful pilot program last year, the new, annual Freedom Trail Lantern Tours will be offered on Thursdays, September 22 through October 27 and Saturdays, October 8 through October 29, at 7:00 p.m. from the ArtsBoston Booth at Faneuil Hall.

Fatal sword duels, the grave of a ruthless pirate, tales of scandalous murders, and the punishment and hanging of convicted witches: all real, and all explored on the Freedom Trail Lantern Tours. Investigate the ghoulish side of Boston's iconic red-lined path by lantern-light and hear historic tales too dark and macabre for day-time. Join a Freedom Trail® Player, darkly garbed with a lantern, and bring accounts of appalling crimes, spies and assassins, cold-blooded killings, and demonic possession to life on these 90-minute walking tours.

Led by 18th-century costumed guides, Freedom Trail Foundation walking tours are \$14 for adults, \$12 for seniors/students, and \$8 for children, and include a \$1 donation to the Freedom Trail Foundation's Preservation Fund, which helps support preservation projects at official Freedom Trail historic sites. Tickets may be purchased at the ArtsBoston Booth at Faneuil Hall (10:00 a.m. to 4:00 p.m.), the Boston Common Visitor Information Center (9:00 a.m. to 5:00 p.m.), Cheers Retail Gift Shop at Faneuil Hall Marketplace (10:00 a.m. to 9:00 p.m.), and online at [TheFreedomTrail.org](http://TheFreedomTrail.org) – tickets are discounted when purchased online. For more information, please contact the Freedom Trail Foundation at 617.357.8300 or visit [TheFreedomTrail.org](http://TheFreedomTrail.org).



# Monthly Memory Café

Monday, November 7th

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 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???*

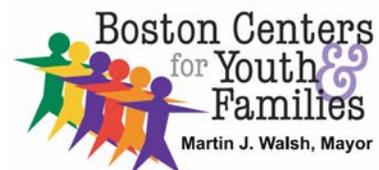
A Memory Cafe is a place where individuals with memory loss and their caregivers can get together in a safe, supportive and engaging environment. It is a time and place where people can interact, laugh, find support, share concerns and celebrate with other people experiencing memory challenges and their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



CITY OF BOSTON  
Martin J. Walsh, Mayor



**Boston  
Alzheimer's  
Initiative**



## **Aging in Place: How the Prevention and Wellness Trust Fund (PWTF) is Making Elderly Falls a Public Health Issue**

Arnetta Batty is a woman of conviction. She is 63 years old and a fierce advocate in the Dorchester community. She and her husband Carl, 64, run a business called Rounding the Bases, LLC, connecting community residents in recovery with various social services. She continues to be active and involved despite experiencing over 10 falls in the past year alone. She lives with several health conditions such as diabetes, lung disease, asthma, and poor eyesight. Arnetta is aware of the burden and possible consequences of just one fall. "We make it through the other conditions but it's the fall that puts someone in the hospital."

Falls are not just an individual burden but a societal one with deep financial effects – falls-related medical costs in the U.S. reached \$34 billion in 2013.

"You get older your balance goes, your legs aren't as strong as they used to be... your reflexes aren't as quick, things that you caught when you were 20, 30, 40 now become falls," said Carl.

The Prevention and Wellness Trust Fund (PWTF) aims to empower the elderly like Arnetta to live their fullest and safest lives. The mortality rates for elderly falls are 29.2 and 27.7 per 100,000 people for North Dorchester and Roxbury, where the PWTF services are focused. PWTF is tackling this major public health issue by connecting clinically-sound interventions and housing with community health services. Elderly falls prevention focuses on Tai Chi classes, Matter of Balance classes, and Elderly Falls Home Safety Assessments. These PWTF classes and home safety assessments are carried out by community health workers (CHWs) who have a strong presence in the community.

Arnetta's home safety assessment revealed helpful home improvements to prevent further falls: securing handrails, raising the bathroom toilet seat and installing bathtub grab bars. Her gratitude to Boston Public Health Commission for the referral and her positive experience with the CHW, Tammy of Boston Senior Home Care who conducted the assessment and connected her with home resources, led Arnetta to recommend it to 10 of her friends and even her 94 year old mother.

"Tammy presented herself in a very professional and likable way. She didn't

mind us asking questions and gave us the information we needed...the assessment showed us things we can change to keep me from falling as much as I did before. Tammy connected us to other resources to secure handrails, grab bars and raised toilet seats," Arnetta explained.

When asked what it would take to increase awareness of elderly falls as a public health issue, Arnetta was transparent in discussing the many barriers that must be considered. "The fear of falling is the worst fear in the world." Our most uncomfortable emotions are associated with falls – embarrassment, shame, fear of stigma. And with knowing that a fall can lead to more debilitating health complications and expensive hospitalizations, many avoid seeking help altogether.

The Battys are African-American and shared that the issue is always worse for people of color. When a history

of oppression is the context to health, access to care and services is more dismal. "Service providers must lead with race," Carl states. His sentiment is echoed in the work of PWTF in two of Boston's most vulnerable neighborhoods.

Aging is a natural part of the life process and it is evident that we need to better plan for the needs of our quickly aging population. By 2050, almost a quarter of the U.S. population will be 65 years and older, the time in life when 1/3 of people will experience a fall. The Battys shared that building trust is important to engage senior citizens with services and understanding that "although we are old, we still like to be social and mobile." PWTF is equipping seniors with the tools and skills necessary to reclaim their physical strength and independence so that they may stay out of hospitals and facilities and age in place within their homes and Boston's neighborhoods.

Source: <http://www.bphc.org/onlinenewsroom/Blog/Lists/Posts/Post.aspx?ID=1002>



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## Allergy or Food Intolerance

There is a difference between food intolerance and allergy and it is important to understand what they are.

It is recommended that you should keep a record of what and when you eat and the reaction. In doing so you may notice a pattern that you would want to discuss with your doctor. Your doctor might refer you to a specialist in allergies.

### Food Intolerance

Your body may lack a specific enzyme that is needed to digest a specific ingredient in certain foods.

#### Examples:

gluten in wheat or lactose in dairy products.

#### Symptoms you may experience:

Nausea, vomiting, diarrhea, heartburn, stomach pain, gas, cramps, bloating, headaches, irritability or nervousness

### Food Allergy

The body mistakes a food ingredient (usually a protein) as being harmful and your body defends itself using its antibodies. Food allergies can be very

serious and at times even deadly. A small amount of an allergic food will trigger an allergic reaction.

#### Example:

allergy to peanuts

Other serious allergies include antibiotics and bee stings

#### Symptoms you may experience:

Rash, hives, nausea, diarrhea, stomach pain or cramping.

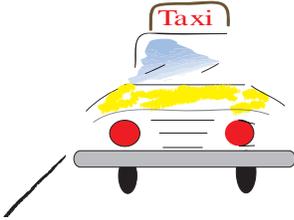
\*\*Serious symptoms of swelling, shortness of breath and passing out are medical emergencies.

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1. Church's focal point
6. \_\_\_-di-dah
9. Barber shop sound
13. L in AWOL
14. Chicken \_\_\_ \_\_\_ king
15. Tsar's pancakes
16. Put someone in a bind
17. Junior's junior
18. "An \_\_\_ of prevention..."
19. \*She popularized "Rachel" haircut
21. \*Pin-up girl and Charlie's Angel
23. Acorn producer
24. Cab payment
25. Rub-a-dub-\_\_\_
28. \*Prince wore fingerless gloves made of this
30. \*Fictional fashionista Bradshaw
35. Elevator inventor
37. \*\_\_\_ Farm, created by Russell Simmons
39. Gain knowledge
40. Winter Olympic event
41. Smidgeons
43. Roofed colonnade
44. Zagreb native
46. "That hurts!"
47. Big top
48. Ensnare
50. Do like buffaloes
52. Indigo extract
53. Get checkmated
55. Hi-\_\_\_
57. \*Hermès bag namesake Jane
60. \*"Vogue" editor in chief
64. Dugout vessel
65. Galley equipment
67. Samurai dagger
68. Questioner
69. Dark bread grain
70. Operatic solos
71. Ancient governors in Turkey
72. X
73. River in Hades

DOWN

1. "Fantastic Four" actress
2. Rock band Kings of \_\_\_
3. De Niro's ride, 1976
4. Notice, in Spanish
5. Hertz' offering

6. Have reclined
7. Boxer Laila
8. Israeli port
9. Talk like a drunk
10. In 1492, it sailed the ocean blue
11. Mark of a ruler
12. Dish with four and twenty blackbirds
15. With long winters and short, cool summers
20. Giraffe's striped-leg cousin
22. Pendulum's path
24. Prominent attribute
25. \*Gabbana's partner
26. 180 on a road
27. Prejudiced one
29. \*Shoe couturier
31. Catch one's breath
32. Ranked, as in by MPAA
33. Shoemaker without shoes, e.g.

34. Related on mother's side
36. Way to cook tuna
38. Old El Paso product
42. Harry Belafonte's daughter
45. Chatterbox
49. Hawaiian dish
51. Kind of block
54. Stall call
56. Rubberneck
57. Diamond's corner
58. Full of ink
59. Fish eggs, pl.
60. Small songbird
61. "Put a lid \_\_\_ \_\_\_!"
62. Home to the Jazz
63. Wine, neither red nor white
64. \*\_\_\_ Calloway, wearer of the Zoot Suit
66. Archaic "yes"

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# Healthy Recipes

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

## Pumpkin Soup

### Ingredients:

- 2 tablespoons butter
- ½ cup chopped onion
- 6 cups chicken or vegetable broth
- 3 cups pumpkin puree
- ¼ teaspoon ground ginger\*
- ¼ teaspoon ground cloves\*
- ¼ cup brown sugar
- 1 cup heavy cream
- salt and pepper to taste
- nutmeg (optional)

### Directions:

1. Heat the butter in a heavy saucepan and sauté the onion until it is soft.
2. Stir in the chicken broth, pumpkin, sugar and spices. Continue stirring and bring to a boil.
3. Lower the heat and simmer for 20 minutes, stirring occasionally.
4. Add the cream and adjust seasonings to taste. Carefully bring the soup to a boil. Sprinkle with nutmeg if desired to garnish.

**Serves:** 6-8

\*Feel free to substitute ½ teaspoon

allspice if you have it on hand.

Adapted from: [www.theheartofnewengland.com](http://www.theheartofnewengland.com)



## Roasted Root Vegetables

### Ingredients:

- 4 root vegetables (choose a variety from potatoes, rutabagas, turnips, parsnips, beets, sweet potatoes, etc.)
- 2 carrots, chopped
- 1 onion, chopped
- ¼ cup vegetable oil
- 3 tablespoons Parmesan cheese
- salt and pepper to taste

### Directions:

1. Preheat oven to 350°F degrees.
2. Cut vegetables into large chunks.
3. Place in a medium bowl and pour in oil. Add Parmesan, salt and pepper. Mix well.
4. Spread an even layer on a baking sheet.
5. Bake for one hour or until fork tender.

**Serves:** 4    **Calories:** 260 per serving

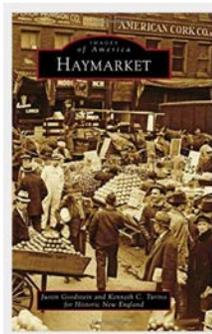
Source: Montana State University Extension Service

## **BOSTON PUBLIC LIBRARY'S FALL LOCAL AND FAMILY HISTORY SERIES**

Boston Public Library's fall Local & Family History Series continues, offering a wide range of topics from the Gilded Age and researching ancestors' artifacts to today's notable restaurants and the history of Haymarket:

- Lindsay Fulton discusses the tabulation of the federal censuses from 1790-1840, the records that survive, and the questions that were asked during each enumeration on **Wednesday, October 19, at 6 p.m.** in the Commonwealth Salon at the Central Library in Copley Square, located at 700 Boylston Street.

- The BPL's own Justin Goodstein explores the history of Haymarket, from its beginnings as an expansion of Quincy Market in the first half of the nineteenth century to its current incarnation as a host of an ever-changing and diverse population. **Wednesday, November 2, at 6 p.m.** in the Commonwealth Salon at the Central Library in Copley Square, located at 700 Boylston Street.



- James C. O'Connell shares stories of the most-beloved Boston restaurants of yesterday and today—illustrated with an extensive collection of historic menus,

postcards, and photos, discussing Dining out in Boston: A Culinary History on **Wednesday, November 16, at 6 p.m.** in the Commonwealth Salon at the Central Library in Copley Square, located at 700 Boylston Street.

- David A. Lambert helps attendees research World War I and World War II veterans through exploring how key resources such as family ephemera related to the service of the veteran, including dog tags, personal letters, or discharge papers, can give clues to the unit or the vessel to which their relative was attached. This Local & Family History Series lecture is presented on the 75th anniversary of the attack on Pearl Harbor. **Wednesday, December 7, at 6 p.m.** in the Commonwealth Salon at the Central Library in Copley Square, located 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).

## MAYOR WALSH LAUNCHES STREAMLINED APPROACH TO CONNECTING RESIDENTS WITH RECOVERY SERVICES



*The City of Boston's new hotline support system is designed to help people struggling with substance use and addiction.*

Mayor Martin J. Walsh launched 311 for Recovery Services, the City of Boston's new hotline support system designed to help people struggling with substance use and addiction to access recovery resources.

Anyone in the city of Boston can now call 311, twenty four hours a day, seven days a week to access:

- ▶ All levels of substance use/addiction treatment
- ▶ Recovery-related support services for friends and family

▶ Answers to general questions related to substance use/addiction

"We have an incredibly committed treatment community in the City and State health departments and across our city's network of providers, yet many people in Boston still need help accessing addiction recovery services," said Mayor Walsh. "311, the City of Boston's 24/7 hotline for constituent services, has proven successful at providing constituents access to basic municipal services. Under the leadership of the Mayor's Office of Recovery Services, this new initiative will offer residents access to comprehensive recovery services through 311."

311 operators will receive all recovery calls on the front end. Once a call is identified as a recovery services call, it will be referred to a Providing Access to Addictions Treatment, Hope and Support (PAATHS) Recovery Specialist. The call will be conferenced through to PAATHS. A Recovery Specialist will then work with the caller to determine the most relevant services based upon their need. BPHC projects that this 311 integration will increase the number of weekly PAATHS calls from 100 to 300, and consequently increase the number of people connected to vital recovery services.

PAATHS recovery specialists will

directly receive calls seven days a week, Monday through Friday, 8 a.m. to 6 p.m. and on weekends from noon to 4 p.m. All calls placed to 311 during recovery specialists' off hours will be referred to the State's comprehensive addiction support line, The Helpline, or to designated overnight recovery coach staff located within the Gavin Foundation.

"We anticipate that 311 for Recovery Services will increase constituents' overall awareness and access to recovery services in Boston," said Boston Public Health Commission (BPHC) Executive Director Monica Valdes Lupi, JD, MPH.

"The service supports our efforts to serve residents battling substance use and addiction, meeting people where they are with the support and services they need. People using the service will never be placed on hold and the recovery service specialists will be committed to identifying the unique path that best fits their recovery needs."

311 for Recovery Services is coordinated by the Mayor's Office of Recovery Services (ORS) and is supported by full-time recovery specialist staff members located at PAATHS. PAATHS, a program within BPHC, is the City of Boston's comprehensive program providing access to all levels of addiction treatment services.

311 for Recovery Services was funded through the FY17 budget process.

The FY17 investment will enable the program to scale up its services through integration with the Boston 311 service to meet increased demand for these services. The Mayor's Office of Recovery Services has prioritized increasing access to care and decreasing barriers and has partnered with Boston 311, the city's innovative and nationally recognized municipal service application, to meet this goal. In addition to the full time recovery specialists at PAATHS, this initiative depends on a strong continuum of key partnerships at the City, State, and local provider level, including:

- ▶ Boston 311, City of Boston (311)
- ▶ Department of Innovation and Technology, City of Boston (DoIT)
- ▶ The Massachusetts Substance Abuse Information and Education Helpline, Massachusetts Department of Public Health's Bureau of Substance Abuse Services (The Helpline),
- ▶ Gavin Foundation

"311 for Recovery Services is set up in such a way that there is always someone available to help," said ORS Director Jennifer Tracey. "While some treatment placements are not available for access overnight, thanks to our strong partnership continuum, there is always a trained recovery professional available to talk."



**Greater Boston 2016 Walk to End Alzheimer's**

Photos by:  
Isabel Leon



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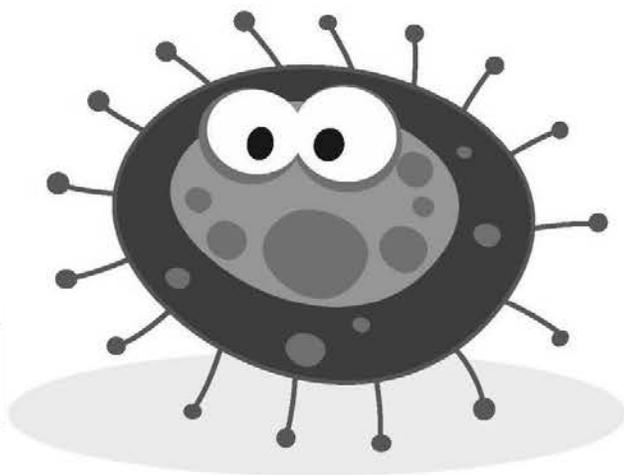


Call 617-525-8719 or email  
[sleepstudy@partners.org](mailto:sleepstudy@partners.org)

**Solution to "Fashion Icon"  
Crossword Puzzle on page 13**

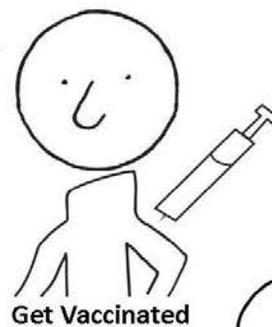
A	L	T	A	R		L	A	H			S	N	I	P					
L	E	A	V	E		A	L	A			B	L	I	N	I				
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C	R	O	A	T		O	U	C	H			T	E	N	T				
E	N	T	R	A	P		R	O	A	M		D	Y	E					
						L	O	S	E		R	E	S						
						B	I	R	K	I	N		W	I	N	T	O	U	R
C	A	N	O	E		O	A	R			T	A	N	T	O				
A	S	K	E	R		R	Y	E			A	R	I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

# Fight the Flu

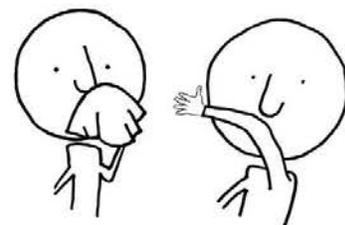


**Keep your family healthy this flu season!**

- ✓ **Everyone 6 months of age and older** should get a flu vaccine *every year*.
- ✓ **Cover your coughs and sneezes** to prevent the spread of germs.
- ✓ **Wash your hands often** with soap and water or use hand sanitizer.
- ✓ **Stay home if you feel sick** and contact your doctor if symptoms become severe.



Get Vaccinated



Cover your cough



Wash your hands



Stay home when sick

**Ask your doctor for the flu vaccine today!**

For public flu clinics, go to [www.bphc.org/flu](http://www.bphc.org/flu)

Need help finding a doctor or getting health insurance? Call the Mayor's Health Line at **617-534-5050**.

**For more information, please contact:**

Boston Public Health Commission

Infectious Disease Bureau

(617) 534-5611 or [www.bphc.org/flu](http://www.bphc.org/flu)





## *Senior Picnic in the Park*

*Special thanks to our  
invaluable partner -*



The Elderly Commission and City Fresh Foods have been partners in the Senior Picnic in the Park event for twelve years. Initially a small picnic to celebrate collective clients, the event has gained so much popularity that it is now the City's second largest annual event for seniors.

City Fresh's mission centers around supporting and strengthening the local community, and the Picnic in the Park event is a shining example of how they go about this. They go above and beyond just providing a meal—they deliver a high-quality product, always look for ways to improve, and stay focused on ensuring that the seniors who attend the event have a great time!

We offer City Fresh this heartfelt thank you for all that you do for us, for seniors in Boston, and for the community at large.

# Senior Picnic in the Park



All photos ©Don Harney

Thank you to the organizations whose volunteers helped out at the event: Boston Senior Home Care, the Civic Engagement Cabinet, Ethos, Iora Health, and the Mattapan Food and Fitness Coalition.



# CITY OF BOSTON LAUNCHES EARLY VOTING WEBSITE, ANNOUNCES SCHEDULE

*Early voting starts on Monday, October 24,  
and runs through Friday, November 4.*

Boston election officials launched the "Vote Early Boston" website which provides voters with important information about the City of Boston's new early voting initiative. "Vote Early Boston" begins Monday, October 24, and runs through Friday, November 4. During that time, registered voters will be able to cast their ballots for the November 8 Election.

"Ensuring all Boston voters are able to vote conveniently, and on their own schedule, is paramount to ensuring voter turnout," said Boston Mayor Martin J. Walsh. "Voting is core to our democracy, and I encourage Boston voters to take advantage of all the resources the City provides during this election season."

"We expect that the 'Vote Early Boston' website will serve as an important resource for all voters interested in casting their ballots during the early voting period," said Boston Elections Chairman Dion Irish.

"Early voting polling locations will be open at City Hall and throughout the nine city council districts allowing voters to vote at the most convenient location and times."



Voters may also request an early voting ballot by mail, and may return them in person at City Hall or by mail. Unlike Absentee Voting, an explanation is no longer needed to vote early. Any Boston voter who wishes to vote early may.

During the early voting period, City Hall will be Boston's main early voting site, with voting daily during normal business hours (9 a.m. to 5 p.m.). City Hall will also be open on five evenings for early voting.

Polling locations will also be available throughout the city on Mondays, Wednesdays, and Fridays, during the early voting period. Those locations will be open from 2 p.m. until 8 p.m. On Saturday October 29, there will be nine early voting locations open simultaneously in each city council district from 12 p.m. until 6 p.m.

For a full schedule, voters are encouraged to visit the "Vote Early Boston" webpage at [www.boston.gov/departments/elections/vote-early-boston](http://www.boston.gov/departments/elections/vote-early-boston).

## Seniors Count is ON AIR

LISTEN IN

Streaming on zumix.org Wednesdays at  
2 PM and Mondays at 9 AM  
WJIB 740 AM on Sundays on 7:30 AM

## 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



## 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.

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

## 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](http://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](mailto:lorna.heron@boston.gov)

We have to  
take care  
of ourselves  
before we  
can take care  
of others.

—HELEN, BREAST CANCER SURVIVOR

Helen, a two-time cancer survivor, wants to be an inspiration to others.

Despite her chronic rheumatoid arthritis, she leads a full and active life.

Helen credits screening and early detection with still being alive today, and reminds us to take care of ourselves first if we want to be there for our loved ones.

If you are between the ages of 40 to 49, talk to your doctor about when and how often you should have a screening mammogram. If you are between the ages of 50 to 74, be sure to have a screening mammogram every two years.



## BREAST CANCER SCREENING

## THE RIGHT TO KNOW

For more information, visit  
[www.cdc.gov/RightToKnow](http://www.cdc.gov/RightToKnow)  
or call 1-800-CDC-INFO (232-4636)  
1-888-232-6348 (TTY)



Centers for Disease  
Control and Prevention  
National Center on Birth Defects  
and Developmental Disabilities



# You tell each other everything.

**When it comes to end-of-life care, talking matters.**

Consider the facts: **90%** of people say that talking with their loved ones about end-of-life care is important, but only **27%** have actually done so. What's more, sharing your wishes can bring you closer to the people you love. Visit **TheConversationProject.org** for inspiration, personal stories, and a step-by-step guide to get you started.



the conversation project

# What's the big deal?

**Stuttering affects only 1% of the world population.**

**(that's 70 million people)**

Every day, 70 million people around the world have difficulty ordering a meal, talking on the telephone, or just saying their name. Maybe you're one of them. Or maybe you know someone who stutters.

Since 1947, the Stuttering Foundation has sought to help those who stutter.

We know how difficult the daily life of a person who stutters can be. We also know that there are proven, effective ways to help. Let us help you.



800-992-9392  
www.StutteringHelp.org

## 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://www.caregiverhomes.com)

**"IF YOU ARE A PARENT, FAMILY MEMBER, OR FRIEND, YOU CAN NOW CALL 311 FOR INFORMATION ABOUT RECOVERY SERVICES..."**

**BRENDAN LITTLE, POLICY DIRECTOR MAYOR'S OFFICE OF RECOVERY SERVICES**

**YOU CAN NOW CALL "311 FOR RECOVERY SERVICES" IN BOSTON**

Martin J. Walsh  
Mayor



Emily K. Shea  
Commissioner

# Commission on Affairs of the Elderly

Presents a free

## Historic Walking Tour for Seniors: West Roxbury

led by

Robert J. Murphy

of the West Roxbury Historical Society



# Friday, October 14, 2016

10:30 a.m. - 12:00 p.m.

meet at the

## West Roxbury Branch Library

1061 Centre Street, West Roxbury, MA 02132.

View and discuss historic surroundings of West Roxbury

Register by October 12, 2016 by calling 617-635-4168  
or by emailing [michael.mccolgan@boston.gov](mailto:michael.mccolgan@boston.gov)

## OCTOBER IS WHITE CANE AWARENESS MONTH

The white cane is a symbol of independence for Individuals with blindness. The white cane allows a legally blind Individual to travel independently. In 1931, the Lions Club began promoting the use of white canes as a national identification program.

International **White Cane Day is October 15**. All states and many other counties have White Cane laws, which allow pedestrians, who are legally blind, the right of way at street crossings. Most people who are legally blind have some usable vision.

When in doubt, ask if the person needs assistance.  
Do not grab the person, cane or dog guide!  
Do not pet a dog guide.

**Massachusetts White Cane Law states that** All motorists, when they see a pedestrian who uses a dog guide or white cane at a street crossing, **must come to a complete stop**.



White Cane recommendations are based on a number of factors, including the type of visual impairment, age, height and other specific needs as assessed by a Certified Orientation and Mobility Specialist (COMS).

The two main types of white canes used by Individuals who are legally blind are:

A LONG WHITE CANE with red at the bottom. This cane type is for independent travel and to avoid obstacles. It is also used for identification, the detection of objects and drop-offs, and information gathering. There is also a variety of different types of cane tips.

And/or a WHITE SUPPORT CANE with red at the bottom, which is designed to identify the individual as legally blind but has usable travel vision. It is used to assist with depth perception on stairs or curbs in familiar areas. It does not offer protection against the unexpected obstacles.

Specialized training for both types of canes and travel skills are provided by a Certified Orientation and Mobility Specialist (COMS).

These canes may be rigid or collapsible. They are used to help navigate the area ahead of the user. The long cane allows a person who is blind or visually impaired to check for objects in the path of travel and changes in the walkway surface.

A small percentage of persons who are legally blind use a dog guide rather than a long cane but usually need long cane and orientation & mobility training before acceptance to a dog guide school.

Legal Blindness does not mean total blindness. Most individuals who are legally blind have some usable vision. Some may be able to still read regular or large print, recognized faces and colors (or not), depending on the type of vision impairment and degree of vision loss. Vision may also change throughout the day depending on the time of day, health of person, lighting of area, etc.

White Cane Awareness Month is to promote better understanding of what a white cane means & how pedestrians and motorist can assist long cane users and dog guide users at street crossings.

For more information on White Cane Awareness Month or for white cane training, contact the Orientation & Mobility Department at the Mass. Commission for the Blind, 800-392-6450(V/TTY) x7581.

# SCP & RSVP Volunteer Recognition

A special thank you to SCP & RSVP volunteers for your continued service and a big thank you to Odyssey Yacht of Entertainment Cruises.



# SCP & RSVP Volunteer Recognition



# October Is White Cane Awareness Month



**Stop for White Cane  
And  
Guide Dog Users  
At  
Street Crossings  
*It's the LAW!***

Massachusetts White Cane Law: General Law Chapter 90 Section 14A  
For more information, contact the Massachusetts Commission for the Blind  
617-727-5550/V or 800-392-6450/V-6556/TTY [www.mass.gov.ma.us/mcb](http://www.mass.gov.ma.us/mcb)