

Boston Seniority

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

**STORIES OF
OUR COVER
STARS**
p. 10 & 11

**It's Our
40th
Birthday!**

Nov. 2017
Issue 10
Vol. 41

Free Publication



Meet The Team
p. 8



**Free Birthday
Postcard Inside!**



Mayor's Letter
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Boston Seniority

Published by the City of Boston's Commission on Affairs of the Elderly

Martin J. Walsh
Mayor

Emily K. Shea
Commissioner

Cassandra Baptista
*Director of Communications
Editor and Photographer*

Martha Rios
Editor and Photographer

City Hall Plaza-Room 271
Boston, MA 02201

Printed by Bradford & Bigelow
Boston Seniority font by Scott Simpson

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

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

Stay Connected with the Commission on Affairs of the Elderly:



Main number: (617) 635-4366



Website: www.boston.gov/elderly



Facebook: @BostonElderlyCommission



Twitter: @AgingInBos

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

Email us at
Bostonseniority@boston.gov

From the Mayor's Desk

Happy 40th Birthday,
Boston Seniority magazine!



A lot has happened since this magazine first hit Boston's newsstands in November, 1977. Our skyline has grown; our sports teams have won a combined 13 world championships; we've made it through winters we thought would never end; we created the first Citywide plan in a generation; and people swim in the Charles River now!

Through it all, this magazine has helped us tell the stories that make our city so special. It has connected and celebrated the people who know this city better than anyone: Boston's seniors.

Today, seniors are Boston's fastest-growing population. They represent the rich diversity of cultures that have made our city what it is today. I'm proud that they're continuing to set the course for our future, too.

As we plan for the years ahead, older adults are taking an active role. Imagine Boston 2030, our Citywide plan, and our Age-Friendly Action Plan have given us a roadmap to make sure Boston continues to be a place where people of all ages and abilities thrive. We're making Boston even more walkable. We're making transportation more reliable. And we're making investments in affordable housing for seniors. All of these steps help us become a more age-friendly city, with more opportunities than barriers, where accessibility is built into everything we do.

In Boston, we're just as excited about our future as we are proud of our past. We honor our cultural traditions while creating a better Boston for the next generation. I'm proud that our most honored citizens are playing such a central role in all of this work.

Thank you, *Boston Seniority* Magazine. Here's to another 40 years!

Sincerely,

Mayor Martin J. Walsh

Commissioner's Corner

This month marks the fortieth anniversary of *Boston Seniority* magazine. First printed in November 1977, *Boston Seniority* has captured our Commission's milestones for four decades, and you have played such an important part. The magazine has chronicled our history, from the beginning of our Senior Shuttle program, to the launch of our Age-Friendly Action Plan this past May.



We have been privileged to be there for many of your milestones, too. After all, *Boston Seniority* is an ongoing celebration of your voice, history, and contributions to this incredible city. We have grown as a community, as a commission, as a city. But this would not be the case without you. You have given Boston its resilience and character. We are honored to continue our work together, creating programs and sharing resources, so you can continue to thrive in the City of Boston.

- Commissioner Emily Shea

Editors' Notes:

My journey to the Elderly Commission started years ago when I began submitting articles to *Boston Seniority* magazine in college. (See page 10 for one of those stories!). Now as the Communications Director, I cannot help but feel that everything has led me to this exact moment with you here now. There is no place I'd rather be.

If you are a long-time or first-time reader, I hope you will feel the love and care tucked into these pages. There are so many stories I look forward to telling about your experiences, talents, challenges, histories, and dreams—and I am so grateful and excited to embark on this chapter with you.

- Cassandra Baptista

What a huge milestone, 40 years of *Boston Seniority*! For the past decade, I have been fortunate to be a part of such a wonderful resource for seniors.

When *Seniority* is being created and then distributed, something amazing happens: You, our amazing readers, let us into your lives for guidance, knowledge, advice, a small laugh.

It is such an honor to help *Seniority* grow. What makes it all worthwhile is getting feedback from you about the magazine. Your opinion means a lot; it shows you care as much as I do. I hope you enjoy this beautiful birthday issue.

- Martha Rios

Diabetes Awareness: Fast Facts

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

Nearly two out of every ten seniors in Boston have diabetes.

In the United States, about ten million people over the age of 65 have diabetes – and another two million of the same age group are unaware they have some type of diabetes.

Even those who experience "a touch of sugar" are individuals with some type of diabetes. Diabetes is a serious and complex disease. It does not come from eating too much sugar and is controllable.

Left untreated, it can lead to major health concerns.

If you or someone you know is struggling with diabetes, contact your primary care doctor for help.

ABOUT

90%

OF PEOPLE WHO HAVE
DIABETES HAVE TYPE 2

Facts about Diabetes:



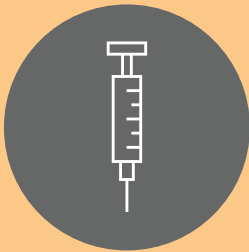
Did you know that November is Diabetes Awareness Month?



Cardiovascular disease (including heart attacks and strokes) is the leading cause of death for people with diabetes.



Many seniors with diabetes who live in the community often do not control their blood sugars as well as recommended.



Type 1 (formerly known as child diabetes) – Due to a damaged pancreas, one's body does not produce, or produce enough, insulin. It's also known as insulin-dependent diabetes and must be treated with injections.



You can be physically active if you have diabetes. In fact, it's recommended as it helps lower your blood sugar.



Malnutrition and diabetes in older adults is common.



Type 2 (formerly known as adult-onset diabetes) – Typically diagnosed later in life, one's body struggles to absorb and use the insulin produced.



Home-delivered meals can fit in your eating plan. They are available by request and are served with fruit instead of sugary desserts such as cakes and cookies.



In the US, about 16% of seniors living in the community are undernourished.

For more information and resources on diabetes go to:

- Mass Dept of Public Health
617-624-6000
www.Mass.gov

- Ethos
617-522-6700
www.Ethocare.org

Meet The Team

Here are a few staff members at the Elderly Commission.

Advocacy Representatives

At the Elderly Commission, our advocates can connect you with comprehensive information and resources. They help seniors access important benefits and City services.

To receive help from an Advocacy Representative, call 617-635-4366.



Shannon Murphy
Advocacy Director



Constance Mohammed
"Connie"
Hyde Park & Mattapan



Nhung Pham
"Ivy"
Chinatown,
Roslindale &
South Dorchester



Jane Boyer
Jamaica Plain &
West Roxbury



Richard Morrison
Beacon Hill, Fenway
& Roxbury



Tammy Sutton
Back Bay,
Downtown &
West End



Lorna Heron
North Dorchester &
South Boston



Meaghan Murray
Allston, Brighton,
Charlestown &
North End



Vilma Valentin
East Boston,
Mission Hill,
South End, &
Hispanic
Community

Housing Team

Whether you are a tenant or a homeowner in Boston, the Commission's Housing team can help you.

If you are experiencing issues with housing, call us to see how we can assist:
617-635-4366.



Peninna Delinois-Zephir
Housing Director



Lynette Rivera
Housing Specialist



Maria Matos
Housing Specialist

The "Recycled Teenagers"

By Cassandra Baptista

This excerpt is from a story originally published in Boston Seniority in January 2011.

Pictured from left to right, Dorothy Chaplain and Sarah Friendly (seen on the cover!)



Every Thursday, Dorothy "Dot" Chaplain makes a new friend. Chaplain, 85, sits at Roche Bros supermarket with a coffee and a muffin while her senior companion, Sarah Friendly, picks up groceries. When Friendly, 68, is done, she always finds Chaplain talking with new people, her breakfast hardly touched. This has been their weekly routine for two years.

"Dorothy is not a homebound person," Friendly says. "She just needs to get out!" They have this in common. The two spend much of their time together taking walks and making mischief. People-watching is a frequent and favorite pastime for the outgoing tag-team. They sing songs, crack jokes, talk to strangers, and tease each other. "People look at us like we have five heads, but we don't care," Chaplain says with a smile. "I don't like to be called a senior citizen. We're recycled teenagers," they say together.

The duo ease in and out of conversations, peppered with rare seriousness before they're onto their next laugh. Despite their social personalities, their relationship is exclusive; they welcome

onlookers to share a few jokes with them, but their bond is not easily penetrated. "It seems like we've known each other our whole lives," Friendly says. "When one is sad, we uplift each other. We understand each other. I've gotten to know and love Dorothy."

Chaplain isn't quick to show her emotions, but says she is thankful for the senior companionship program. "I think it's great," she says. "Sarah keeps me company. We've become very close friends."

Chaplain steadies herself with her cane, and Friendly holds out her arm for support. She begins to sing, "Lean On Me." Dorothy responds by belting "Follow The Yellow Brick Road" down her hallway. They walk, linking arms, singing out the door as they head towards their next adventure.

Update to This Story

Sarah continues to be a Senior Companion. Sadly, "Dot" passed away earlier this year. This reprint is in tribute to her.

Morris Englander



"In My Words" is a new series where we ask people to share a snapshot of their lives in their own handwriting. Morris is a Senior Greeter with RSVP at Boston City Hall. He also appears on the cover of this issue!

Name: MORRIS ENGLANDER

Age: 83

Where were you born? N.Y.C.

Describe yourself in three words: PERFECTIONIST, WORRIER, SPORTS NUT

Favorite hobby?

PITCHING SOFTBALL ON MY SONS TEAM

Favorite place in Boston?

LEGAL SEA FOOD NEAR AQUARIUM

Favorite childhood memory?

DAD TAKING ME TO MANY YANKEE GAMES AFTER MOVING TO BOSTON 60 YRS AGO, BECAME SOX FAN.

What would we be surprised to learn about you?

WAS A PRIVATE PILOT WITH MY OWN PLANE (BEECH BONANZA 6 PASSENGER) I USED FOR BIZ AND FAMILY TRAVEL. ALSO HAD MOTORCYCLE MANY YEARS

What has been your most interesting job?

PREZ OF AN INTER-NAT'L MOVIE THEATRE CHAIN.

I enjoy...

READING NOVELS. HAVE READ ALL 104 DANIELLE STEEL NOVELS IN LAST 3 YEARS

How do you define "seniority?" What does it mean to you?

RETIREMENT, VOLUNTEERING, TIME WITH FRIENDS AND FAMILY.

What is the greatest lesson you have learned and how did you learn it?

BE THERE FOR YOUR CLOSE FRIENDS AND FAMILY. WENT IMMEDIATELY TO ITALY TO HELP A FRIEND HIT BY CYCLE.

I am not as BRAVE. (EX: BLOOD DRAV) as I look.

What quote do you live by?

GOLDEN RULE

Cause-driven Coffee: A Conversation with Recreo owner Miriam Morales

By Marin Sklan

In celebration of City Hall's latest addition, *Recreo* coffee, I met with owner Miriam Morales. Originally from Jinotega, Nicaragua, Morales grew up on her family's coffee farm and has since brought the distinct flavor and quality of their produce to Boston. Over a divine cup of their medium roast, we talked about her family's history and the causes she fights for.

Q: How long have your parents been harvesting coffee, and what was your experience of growing up in Nicaragua?

A: Growing coffee was originally my dad's hobby, and he worked the farm over the last 50 years into what it is today. We have 300 acres, 120 of which is plantation. I lived in Jinotega until I was twelve years old, traveling to the farm. But then Nicaragua had a war, so I had to move to the United States.

Q: But you didn't go into coffee right away?

A: I went to Northeastern and became an industrial engineer. Then my husband and I became ministers for our church and did missionary work for many years. Six years ago, my dad had an accident. That made me say, "I need to help him." He would sell to distributors, but he did not know where his coffee was going. We started calling potential clients. Then I started going to farmer's markets. We roasted our coffee in a commercial space

and saw how much people really loved our product. We did that for three years before opening a roaster and coffeeshop.

Q: Your father must be so proud!

A: He can't believe it. There are pictures of him and the farm in our West Roxbury location. And when he came after we opened, he cried. Because that is the dream of every farmer, seeing their product and knowing "my hard work is in that cup."

Q: And not only do people love your coffee, but they can drink knowing it was grown with intention.

A: Our farm was one of the first in Nicaragua to become Rainforest Alliance certified, and that was twelve years ago. Our coffee is shade grown, and when we harvest the cherry that surrounds the coffee bean, we use it in pulp which is fed to worms. And those worms produce the soil for the next harvest. We recycle the wood as mulch, and we treat our water so that it can be reused for the nursery. We also don't use pesticides.

Q: That is incredible.

A: The thing about Rainforest Alliance, is that it deals with the environment and the people. Because our farm is up in the mountains, people don't have many opportunities to be educated. My mom took it upon herself to build more

infrastructure, so that the farm could support workers and other local growers.

My mom built two schools. There is a technical school for adults, teaching them how to read, and recycle their cherries and water. How to plant other crops, so they don't depend solely on coffee. Two years ago, there was an epidemic of roya, rust, and it killed so many little farms in the area. People lose everything. For those kinds of things, people need education.

We have a school for kids. My mom has a rule - if you work at Recreo, your kids cannot work. And because my country is the second poorest in this hemisphere, after Haiti, people need their kids to go work. But my mom talks to everybody and says "your kids will make more money later, if you give them the opportunity to become educated."

Our school runs from kindergarten to fourth grade. The school started with one room, with everyone in it, no matter

their age or grade. But now we have six different spaces, so kids can get an independent education. We are able to pay for those teachers out of our earnings, and give out scholarships.

We also have a clinic on the farm with a live-in nurse, and doctors come every weekend to treat people. I know we have great coffee. But I want to stand for something.

FUN FACTS:

► Miriam brings 38,000 pounds of coffee to the United States every year.

► Of all the menu items, her favorite is the Café Bombón. It's two shots of espresso, with a tablespoon of condensed milk.



Get 10% OFF

AS A SPECIAL GIFT FOR SENIORITY'S BIRTHDAY IN NOVEMBER
AT BOTH PARTICIPATING RECREO LOCATIONS!

1 City Hall Square, Govt. Center • 1876 Centre St., West Roxbury

Website: www.elrecreoestatecoffee.com

Phone Number: 617-553-2379

Limit 1 coupon per customer. Eligible for Bostonians 55+. Offer valid through November 2017.



► In the News

Mayor Walsh and the Elderly Commission Host Senior Corps Superhero Volunteer Event

On September 22, Mayor Martin J. Walsh and Boston's Commission on Affairs of the Elderly celebrated Boston's Senior Corps volunteers, who are mentors, coaches and companions to people in need. In recognition of seniors' powerful contributions to their community, the event, held at the Venezia restaurant in Dorchester, was superhero themed. Two hundred senior volunteers from around Boston attended the luncheon.

"I want to thank each and every incredible volunteer who helps make these programs possible," said Mayor Walsh. "Everyone in this program is making a real difference

in people's lives. You are all certainly real life superheroes, and we appreciate your time, skills, and caring that make our city a better place."

"This event shows that sometimes, superheroes are found in the small, meaningful moments, like caring for others and volunteering in the community," said Commissioner Emily Shea, addressing the senior RSVP and Senior Companion volunteer.

One of those volunteers was Mattapan resident Marsha Colbert, 71, who has been a senior companion for 12 years.

"The City of Boston recognizes the skills that we have," Colbert said. "While we may be retired, we are still able to apply those skills to our communities. This event celebrates another year's worth of commitments to the city through volunteerism."

The celebration featured a brief speaking program, entertainment, and a four-course meal. But for the superhero volunteers in the room, the most meaningful part was feeling appreciated. "Retirement is a new phase in life for me," Colbert said. "And giving back is my favorite part."

Since 1972, the Boston RSVP program has helped match talented seniors over the age of 55 with non-profit agencies throughout the city. This year marks the 45th anniversary of Boston's RSVP program. The program has 352 volunteers

and in 2016 volunteers served 41,132 hours in nonprofits across the city.

Since 1988, the Senior Companion Program has matched older adults (55+) with at-risk seniors to assist them to continue to live independently at home. This year marks the 29th anniversary of Boston's Senior Companion program. The program currently has 44 volunteers, and in 2016 volunteers served 53,627 hours in nonprofits all over the city. There are currently 396 Senior Corps volunteers serving through the Elderly Commission.

Interested in Becoming a Volunteer?

See page 25 for volunteer opportunities and call Tyisha Jones-Horner, our Director of Volunteer Programs, at (617) 635-1794 for more information.



In Celebration of 40 Years of *Seniority*,


we are reflecting on the time we have spent together, and looking forward to all of the stories we have yet to tell.

What does "seniority" mean to you? For us, it means strength, experience, distinction, honor, and respect. A new chapter in a life well lived.

You define (and redefine) what it means to be an older Bostonian every day, and we are proud to share your experiences in the pages of this magazine.

We are just getting started, and, like you, we are getting better with age.

Our birthday gift to you is a postcard to send to a friend!



-Your Editors

► Birthday Feature

Boston Seniority Magazine Through

A brief snapshot

THE AGES



1977 - Seniority's 1st issue

1981 - Boston Symphony turns 100 years old

1981 - J.P. Licks opens its shop

1982 - Cheers begins airing

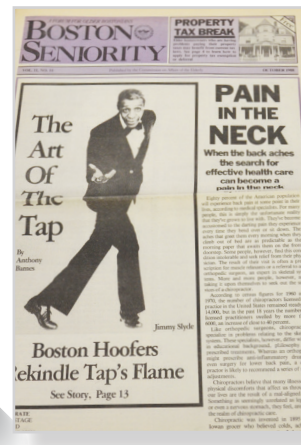
1977-1982



1983 - Bayside Expo Center opens

1987 - Boston Marathon turns 100

1983-1987



1988 - Hynes Convention Center is built

1988 - Boston City Archives established

1993 - JFK museum opens

1988-1993



1996 - Boston Harbor Islands National Recreation Area established

1996 - City website is launched

1994-1999



2004 - Boston Red Sox win the World Series

2004 - Boston Public Library turns 150

2004 - Boston Convention and Exhibition Center opens

2000-2005



2008 - Rose Kennedy Greenway built

2011 - Bruins win Stanley Cup

2006-2011



2012 - Fenway Park turns 100 years old

2013 - Red Sox win the World Series

2015 - 110.6 inches of snow

2012-2016



2017 - Launch of Imagine Boston 2030

2017 - Launch of Boston's Age Friendly Action Plan

TODAY

Our Recent Survey:

► **300+**
Survey respondents

► **70%**
Would recommend *Seniority* to a friend

SPECIAL THANKS TO:
THE BOSTON CITY ARCHIVES FOR
PRESERVING OUR MAGAZINE'S HISTORY.

Boston Seniority's Journey to You



CREATE

Every month, we brainstorm for our next issue, focusing on content that combines reader interests, city resources, and local celebrations.



PRINT

After final edits, the magazine is sent to our printer, Bradford & Bigelow, and they produce 15,000 copies!



DELIVERY

Hot off the presses! Stanley Green from Skylite Transporation drives to over 200 sites to get you the new issue of Boston Seniority!

Seniority

Pick-Up Locations

▶ **ALLSTON-BRIGHTON**
Veronica B. Smith Senior Center
20 Chestnut Hill Ave
Chinese Golden Age Center
677 Cambridge St.

▶ **BACK BAY**
Boston Public Library
700 Boylston St.
Shaw's Super Market
53 Huntington Ave

▶ **BEACON HILL**
Church on the Hill
140 Bowdoin St.
Dept of Elderly Affairs
1 Ashburton Place

▶ **CHARLESTOWN**
BCYF Golden Age Center
382 Main St.
Navy Yard YMCA
150 2nd Ave

▶ **DORCHESTER**
BCYF Grove Hall Community Ctr
51 Geneva Ave
Stop & Shop (South Bay)
1100 Massachusetts Ave

▶ **DOWNTOWN**
ABCD
178 Tremont St.

▶ **EAST BOSTON**
East Boston Social Center
68 Central Sq.

▶ **FENWAY**
Shaw's
33 Kilmarnock St.
YMCA
316 Huntington Ave

▶ **HYDE PARK**
BCYF Hyde Park
1179 River St.
YMCA
1137 River St.

▶ **JAMAICA PLAIN**
BCYF Curtis Hall
20 South St.
Stop & Shop
301 Centre St.

▶ **MATTAPAN**
BCYF Mildred Ave
5 Mildred Ave
ABCD Mattapan
535 River St.

▶ **MISSION HILL**
BPL Parker Hill Branch
1497 Tremont St.

▶ **NORTH END**
Nazarro Center
30 North Bennett St.
ABCD North End House
1 Michelangelo St.

▶ **ROSLINDALE**
BCYF Roslindale
6 Cummins Highway
Stop & Shop
950 American Legion Hwy

▶ **ROXBURY**
BCYF Tobin
1481 Tremont St.
Roxbury YMCA
285 Martin Luther King Blvd

▶ **SOUTH BOSTON**
BCYF Curley
1663 Columbia Road - K Door
Stop & Shop
713 East Broadway

▶ **SOUTH END**
Harriet Tubman House
566 Columbus Ave
Salvation Army
1500 Washington St.

▶ **WEST END**
West End Senior Center
150 Staniford St.
Operation A.B.L.E.
174 Portland St. 5th Fl

▶ **WEST ROXBURY**
BCYF Ohrenberger
175 West Boundary Rd
Roche Bros.
1800 Centre St.

For a list of more sites, email
aging@boston.gov.

Birthday Wishes



"We love reading *Boston Seniority* magazine! It's educational, give us ideas for outings and how to stay active members in the community. Enjoy your celebration! Keep doing great things!"

-Residents of Chestnut Park at Cleveland Circle



"Events from the Elderly Commission get me out of my house, and I read all of the **recipes** in *Seniority* magazine. I don't cook, but I read them!"
-Sheba Barboza, 81

"Happy 40th Anniversary, *Boston Seniority*!
My monthly must-read!"
-Xin Neng Zhu, Jamaica Plain



"It's the only magazine where I can see **people my own age.**"
- Frankie Walker



Brady Bunch's Barry Williams, 63, (a.k.a. Greg Brady), has a special message for our readers to celebrate our birthday!

Q: What life lessons do you have for our readers?

A: I've never found a point in life where it was too late. My bucket list just keeps getting longer.

Q: Our magazine launched in 1977. What would you bring back from the 1970s?

A: Definitely bell-bottoms!

*Have A Sunshine Day!
Barry Williams*

"I look forward to your magazine. I like to see everyone happy and getting along." -Mary A. Pennellatori, 80, Roxbury



"Here's to your 40th birthday *Boston Seniority*...& **many more!**"
-Emily & Dianne, Boston Senior Home Care

FLASHBACK TO 1977

Then.... & Now!

- 1977 Billboard "Hot 100" Top Song: "Tonight's the Night (Gonna Be Alright)" by Rod Stewart
- 2017 Billboard "Hot 100" Top Song: "Despacito" by Luis Fonsi & Daddy Yankee
- 1977 Most Popular Show: "Laverne & Shirley" ABC
- 2017 Most Popular Show: "Game of Thrones" HBO
- 1977 Super Bowl XI Champions: Oakland Raiders
- 2017 Super Bowl LI Champions: New England Patriots
- 1977 Cost of Milk: \$1.44
- 2017 Cost of Milk: \$3.25
- 1977 Top Baby Names: Jennifer & Michael
- 2017 Top Baby Names: Emma & Liam

Here's How We Can Help

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



Housing:

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

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



Access to Information and Benefits:

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

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



Transportation:

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

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

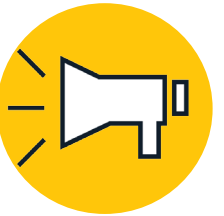
Did you know?

It is Alzheimer's Awareness & Family Caregivers Month.

Volunteer Opportunities:

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

- *RSVP* matches seniors with valuable volunteer opportunities in Boston.
- The *Senior Companion Program* matches seniors with people who are homebound and need assistance.
- *Senior Greeters* volunteer their time to greet guests of City Hall.
- *Senior Property Tax Work-Off Program*: Qualified senior homeowners get the opportunity to work-off up to \$1,000 on their property tax bill by volunteering for a City agency.



Alzheimer's and Caregiver Support:

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

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



Outreach and Engagement:

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



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



NEED A BUS BUDDY?

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

BECOME A BUS BUDDY

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

Interested? Call 617-635-3988



The Elderly Commission

FROM THE COMMISSION ON ELDER AFFAIRS

Senior Charlie Card Applications

Interested in renewing or applying for a Senior Charlie Card:



Call 617-635-4366 for more information!



Massachusetts Bay Transportation Authority



The Elderly Commission

Elderly Commission's SENIOR FIRST NIGHT

Food, dancing, & Entertainment to ring in 2018!

Thursday, December 28, 2017 / 11:00 a.m. - 2:00 p.m.

Seaport World Trade Center / Admission with ticket only



TRANSPORTATION SIGN UP SHEET

INDIVIDUAL APPLICATION ONLY - NO GROUP REGISTRATION ALLOWED

REGISTRATION BY FAX OR MAIL ONLY -

TRANSPORTATION PICK-UPS BEGIN AT 10:30 a.m. - DOORS DO NOT OPEN UNTIL 11:00 a.m.

ADMISSION BY TICKET ONLY - TICKETS ARE LIMITED

Please complete and return registration form by [Monday, December 5, 2017](#) to: Fax 617-635-3213 or mail to 1st Night, Elderly Commission, One City Hall Plaza, Room 271, Boston, MA 02201

Last Name:	First Name:	Tel:
Address:		Apt. #
Neighborhood:		Zip Code:
Language Spoken:		

CENTRALIZED PICK UP LOCATIONS

<u>Allston/Brighton</u> – Veronica Smith, 20 Chestnut Hill Ave.	<u>Mattapan</u> – Church of the Holy Spirit, River St.
<u>Allston/Brighton</u> – JCHE Housing, 30 Wallingford Rd.	<u>Mission Hill</u> – Flynn House, 835 Huntington Ave.
<u>Boston</u> – 334 Massachusetts Ave.	<u>North End</u> – Nazzaro Center, 30 North Bennett St.
<u>Boston</u> – Park Street Station – MBTA (Tremont and Park)	<u>Readville</u> – St. Ann's Church, 82 West Milton St.
<u>Charlestown</u> – Golden Age Center, 382 Main St.	<u>Roslindale</u> – Roslindale Municipal Bldg, Roslindale Sq.
<u>Charlestown</u> – 100 Ferrin Street	<u>Roxbury</u> – Reggie Lewis, 1350 Tremont St
<u>East Boston</u> – E.B. Social Center, 68 Central Sq.	<u>Roxbury</u> – Shelbourne Community Ctr 2730 Washington St
<u>East Boston</u> – Brandy Wine, 88 Brandy Wine Drive	<u>South Boston</u> – West Broadway Task Force, 81 Orton Marrotta Way
<u>Dorchester</u> – Keystone Apts. 151 Hallet St.	<u>South Boston</u> – St. Monica's Church, Old Colony Ave.
<u>Dorchester</u> – Kit Clark Services, 42 Charles St.	<u>South Boston</u> – S.B. Neighborhood House, 136 H St.
<u>Dorchester</u> – Franklin Field, 100 Ames St.	<u>South End</u> – Castle Square Apts. 484 Tremont St.
<u>Fenway/Kenmore</u> – Kenmore Abbey, Kenmore Sq.	<u>South End/Chinatown</u> – 5 Oak St.
<u>Hyde Park</u> – Blake Estates, 1344 Hyde Park Ave.	<u>West End</u> – Amy Lowell – 65 Martha Rd.
<u>Hyde Park</u> – Georgetown Apts. 400A Georgetown Dr.	<u>West End</u> – Blackstone Apts. 33 Blossom St.
<u>Hyde Park</u> – H.P. Municipal Parking Lot, Cleary Sq.	<u>West Roxbury</u> – CVS & Walgreens Parking Lot
<u>Jamaica Plain</u> – Julia Martin House, 90 Bickford St.	MBTA RIDE ID Number
<u>Mattapan</u> – Foley Apts, 249 River St.	I DO NOT NEED TRANSPORTATION

Once this registration form is received, an admission ticket will be issued in the name of the registrant and mailed to the above noted address.

Next Month, Stay Tuned For...

Boston Seniority's Special Calendar Edition!



Open Enrollment

October 15 - December 7

During the annual Medicare Open Enrollment, you will have a chance to **CHANGE** your plan for next year.

We can help make sense of the information. The Elderly Commission has trained **SHINE** (*Serving the Health Insurance Needs of Everyone*) counselors who can help you understand your plan changes as well as other available options.

Call for more information or to schedule an appointment:

- Elderly Commission, 617-635-4366
- Ethos Boston SHINE Program, 617-522-9270

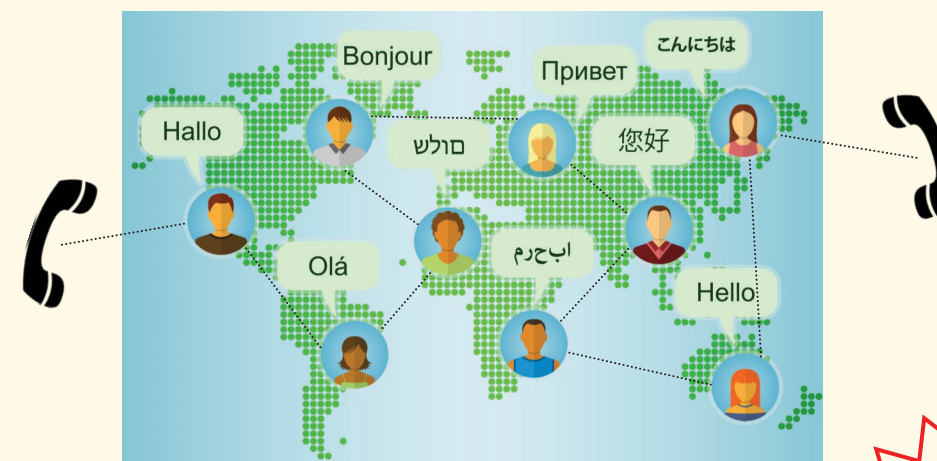


Mayor Martin J. Walsh
Commission on Affairs of the Elderly



One Day Only:

FREE PHONE CALLS to ANYWHERE in THE WORLD



Friday, December 1st, 2017
8 AM — 2 PM
At City Hall, on the 5th Floor

Plus: take
pictures
with
Santa!



****For Boston residents age 60+. REGISTRATION REQUIRED.****

Each participant will receive a 30 minute time slot for phone calls and a **FREE** breakfast or lunch.

To register, complete the form below and return it to: Marybeth Kelly, Commission on Affairs of the Elderly, One City Hall Square, Room 271, Boston, MA 02201 or fax to 617-635-3213.

Sites with 8 or more seniors attending this event may be able to arrange for a bus pick-up.

To ask about a bus pick-up, please call Marybeth at 617-635-3959.

PLEASE PRINT CLEARLY

First Name:	Last Name:	
Address:		Apt. #
Neighborhood:		Zip Code:
Countries I wish to call:	Telephone #:	
Time I would like to call:	() Transportation Needed () Transportation Not Needed	

► Seen Around Town



BOSTON SENIORITY

Vol. 1, No. 1

A FORUM FOR OLDER BOSTONIANS

November 1977

For your information: Because of an unavoidable delay in publishing our first issue, certain articles may be outdated.

We hope you will enjoy reading this first issue of BOSTON SENIORITY, a newspaper geared exclusively toward the interests of citizens over the age of 60 years. We look forward to being of continuing service to you.

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Seniorty profiles a Jamaica Plain group home for seniors.

New Elderly Commissioner

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Meet Mrs. Elaine Guiney who was appointed Commissioner on Affairs of the Elderly last month.

Kay Kyser

.....PG.4



Alive and well and living in Boston, the former big band leader, who usually shuns publicity, gives an exclusive interview to Boston Sen-

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your

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Forced Retirement Foes Launch Nationwide Assault

By Kris Pringle
Seniorty Staff

A nationwide assault on forced retirement is currently being waged in all levels of government, from the U.S. Supreme Court to the voting booths of Boston.

At one end of the spectrum, the nation's highest tribunal is scheduled to rule on the constitutionality of policies which allow employers in the private sector to force their workers to retire at an arbitrary age.

In Boston, meanwhile, voters will be able to express their views on the practice

A referendum question on mandatory retirement is one of several issues scheduled to go before Boston voters on the November 8 ballot; Page 7.

as it applies to municipal employees, if the referendum question clears the State House.

Between these extremes there has been a series of developments highlighted by an overwhelming Washington one-two punch. The House of Representatives caught supporters of mandatory retirement off guard with its swift passage of a

(Continued on page 15)



WINNING ISN'T EVERYTHING
61-year-old Zenith Block proudly claimed the distinction of finishing "absolutely last" in the veteran's singles competition of the thirteenth annual Head-of-the-Charles Regatta on Oct. 23. Returning his one-man shell to the Boston University Boathouse, Block didn't seem dejected by his showing. "At least I finished," he chuckled. (SENIORITY photo by Fackos)

Kneeling Busses: They Are The MBTA's Best Kept Secret

By Evelyn Marshall
Seniorty Staff

The MBTA has been unable to implement a bus system geared toward the needs of its handicapped and older riders, despite the fact that a federally-funded study completed last spring concluded that the MBTA has enough specially-equipped busses to do so.

The busses, called kneelers, are outfitted with a hydraulic device which enables the driver to lower the right front corner of the vehicle to curb level for easy access by handicapped and older people. The busses are also equipped with bars on their doors to help these people climb aboard.

An MBTA spokesman said recently that mechanical failures in the hydraulic devices have prevented the Authority from using them in a comprehensive bus route

system for what it terms the transportation handicapped.

Instead, MBTA officials have withheld publicity on the vehicles until such a system can be put into effect. As a result, there has been little awareness among the public that the Authority has such busses, even though they constitute almost 20 per cent of the entire bus fleet.

The MBTA currently owns 203 kneeler busses, more than enough to service the transportation handicapped on 29 existing bus routes, according to a study partially funded by the federal Department of Transportation. Only 147 kneelers would be required to service these routes.

"Plenty of kneelers are left as spares," the report concluded. "This plan for kneeler operations should be compatible with existing MBTA bus-

(Continued on page 7)