

# Boston Seniority

Age Strong Commission

City of Boston

Mayor Martin J. Walsh

## Rainy Day

FUN ACTIVITIES AT HOME

p. 14-23

**WAYS  
TO STAY  
HEALTHY**  
p. 7

April 2020  
Issue 4  
Vol. 44

**Free Publication**



**Mayor's Letter**  
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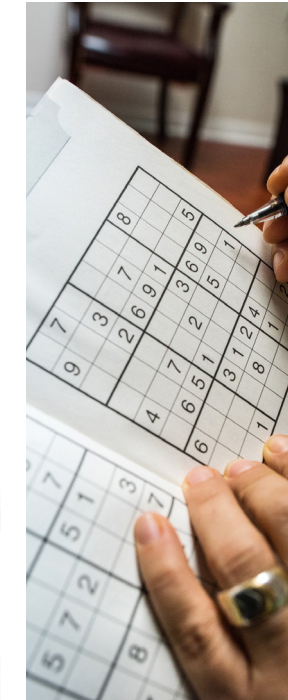
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## In This Issue...

Our "Rainy Day" issue is filled with ideas and activities to make the most of your day indoors.

See **pages 14-23** for more information.



# Boston Seniority

Published by the City of Boston's Age Strong Commission

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Stay Connected with the Age Strong Commission:



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Website: [www.boston.gov/age-strong](http://www.boston.gov/age-strong)



Facebook: @AgeStrongBos



Twitter: @AgeStrongBos

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

Email us at [Bostonseniority@boston.gov](mailto:Bostonseniority@boston.gov)

# From the Mayor's Desk

## Keeping Boston Safe and Strong



As we continue our work to slow the spread of the coronavirus (Covid-19), I want to thank you for your cooperation. In the face of challenges like this one, our city shows its strength. Boston is rising to meet this challenge. We will get through this together.

The health of our city and our residents will continue to be the main priority. All across the City, our public health and public safety officials are preparing extensively for all scenarios involving the coronavirus.

To those feeling isolated or afraid, especially Boston's older residents, I want to let you know that you are not alone. Know that we are here for you and with you, as we navigate this complicated time. You are at the front of our mind, and we are doing everything we can to protect you.

We are doing everything we can to limit the risk to Bostonians. We all have a role to play in protecting ourselves, our friends and our loved ones. (See **page 7** for a list of ways to keep you and your community healthy and safe).

The Boston Public Health Commission will continue to provide updates and information on [bphc.org](http://bphc.org) and [boston.gov/coronavirus](http://boston.gov/coronavirus). You can also call the City's 311 hotline 24/7 for assistance. Thank you for your cooperation and strength during this difficult time.

Sincerely,

*-Mayor Martin J. Walsh*



## ▶ Coronavirus Info

# Covid-19 Glossary of Terms

*Contributed by the Boston Public Health Commission*

There are many new technical terms that are being used about Covid-19. Understanding these terms can help us all stay informed and safe.

**Here are a few terms to know:**

### ▶ Covid-19

The name of the disease caused by the novel coronavirus, SARS-CoV-2, and is short for "Coronavirus Disease 2019".

### ▶ Coronavirus

A family of viruses that cause illness ranging from the common cold to more severe diseases. The novel coronavirus recently discovered has been named SARS-CoV-2 and it causes Covid-19.

### ▶ Community spread

Infections in a given geographic area without a history of travel and no connection to a known case.

### ▶ Quarantine

Separating and restricting the movement of people exposed (or potentially exposed) to a contagious disease.

### ▶ Social Distancing

Measures taken to reduce person-to-person contact in a given community, with a goal to stop or slow down the spread of a contagious disease.

The CDC is advising keeping a 6-foot distance from others. Measures can include working from home, closing offices and schools, canceling events, and avoiding public transportation.

## Covid-19 Scam Alert

*Sources: CDC and Better Business Bureau (BBB)*

Over the last few weeks, there have been reports from consumers about the frequency of scams involving health items and fake Covid-19 cures. When dealing with uninvited contacts, both emails and phone calls, from people or businesses, always consider the possibility it may be a scam. Keep your personal details secure and never give payment information over the phone. Never click on links or download attachments from an email you weren't expecting. If you receive a suspicious email that appears to come from an official organization such as the WHO or CDC, report the email to the official organization through their website. Your local Better Business Bureau can assist you with finding organizations you can trust. Contact BBB of Eastern Massachusetts at 508-652-4800.

## Frequently Asked Questions for Older Bostonians Regarding Covid-19

*Contributed by the Boston Public Health Commission*

Covid-19 is a new respiratory virus. Covid-19 spreads mainly from person to person. It is spread through respiratory droplets produced when an infected person coughs or sneezes. It may also be possible for a person to get Covid-19 by touching a contaminated surface or object and then touching their own mouth, nose, or eyes.

### Why are older adults considered more vulnerable than others?

As we age, the systems our bodies use to fight disease wear down. The body has a harder time to fight off new infections, like Covid-19, because its immune system is weaker. As you grow older, your immune system does not work as well. The immune system becomes slower to respond. This increases your risk of getting sick.

### What are the symptoms of the virus?

Symptoms of Covid-19 may be similar to the flu. Preliminary information suggests that older adults and people with underlying health conditions may be at increased risk for severe complications from this virus.

### When do symptoms appear?

Symptoms may appear between two and 14 days. People are mostly infectious when they present (flu-like) symptoms and are coughing and sneezing.

### What should people with chronic diseases (diabetes, heart disease, and asthma) know?

We are asking everyone, especially those in these high-risk groups, to stay home and avoid situations of potential exposure. That means don't travel, don't attend gatherings, limit the time you spend in public areas, and follow up-to-date guidance and advisories issued from the City and the State of Massachusetts.

## Help Prevent The Spread of the Virus



► Wash your hands often with soap and water for at least 20 seconds. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.



► Avoid touching your eyes, nose, and mouth with unwashed hands. Clean and disinfect frequently touched objects and surfaces



► Avoid shaking hands, as handshakes are a common way to spread the virus and bacteria from one person to another.



► Practice social distancing. Keep your distance from others (at least six feet apart), and avoid crowded places.



► Cover your coughs and sneezes with a tissue and throw the tissue away. If you don't have a tissue, cough or sneeze into your elbow.



► Stay home whenever possible. We must limit in-person contact to slow the spread of the virus.

Call  
311

FOR UPDATED INFORMATION, CALL THE  
CITY'S 311 HOTLINE TO BE CONNECTED  
WITH THE MAYOR'S HEALTH LINE

## Part-time Employment and Older Workers

By Steve Currier, Job Development at Operation ABLE

The concept and perception of part-time work has certainly changed in the last few years for many people, especially older adults. Initially thought of as a seasonal opportunity to make some extra money, part-time work has now evolved into a worthwhile experience.

According to recent studies, almost 60% of people plan to continue to work past their usual retirement age, and over 40% of them will seek part-time employment. For older adults who have saved for retirement, part-time work can create a financial safety net for unexpected expenses.

There are many advantages and benefits to consider when determining if the part-time employment model works for you. Here are a few of the advantages that make part-time work great –

### Steady Income

Part-time work can represent a steady income that may help a person financially. If someone is on unemployment, in many

instances, they can have a part-time job to supplement the unemployment wages.

In the last few years, many people are opting to have two part-time jobs that seem to work for them with their schedules. The combined income of the two part-time jobs can be very beneficial for a longer period of time while searching for other positions.

### Workplace Benefits

A great work benefit could be access to the company's health plan. Other benefits could include having additional training that you may receive with the company that could be valuable to put on the resume.

### Better Time Management

Part-time work gives many people some much needed structure with scheduling tasks as they have to balance the available time around a part-time job schedule. Many experts feel that the person will be more productive to accomplish their goals when they have definite time restraints.



Working part-time work can also give someone the time to pursue other opportunities for extra training, classes, job searches and scheduling both phone and personal interviews.

### Easier Transition

Part-time employment may help someone ease back into the workforce in a less stressful manner. The longer that someone is out of work, the more difficult it can be when they do return to work.

It can be hard to adjust to a new schedule or routine when you may no longer be accustomed to it.

### Opportunity for Growth

Some part-time jobs do develop into full-time positions. After employers had a chance to observe the employee's skills, and dedication to the job and company, then they may offer full time jobs!

To increase your chances of success, be proactive at your part-time job, share your goals of getting a full-time job, and make connections!

*For more information about these programs, please contact Operation A.B.L.E at 617-542-4180.*



► Healthy Recipe

## Roasted Parsnip Soup with Walnut Pesto

*Provided by Melissa Carlson, MS, RD, Deputy Commissioner of Programs and Partnerships*

When looking for inexpensive, simple meals, soup is always a good idea! Enjoy this tasty parsnip soup recipe.

Do you need help applying for SNAP or home-delivered meals? Call the Age Strong Commission for assistance if you or a loved one need access to food resources at 617-635-4366.

### Ingredients

- 2 pounds medium parsnips, peeled, cut into 1/2-inch pieces
- 3 tablespoons extra-virgin olive oil, divided
- Kosher salt and freshly ground black pepper
- 2 tablespoons walnuts, toasted
- 2 tablespoons finely chopped mixed fresh herbs (such as tarragon, flat-leaf parsley, and chives)
- 1 teaspoon fresh lemon juice
- 4 cups vegetable stock

## Directions

RECIPE

1

Preheat oven to 400°. Toss parsnips with 1 Tbsp. oil in a large bowl and season with salt and pepper.

2

Arrange parsnips in a single layer on a rimmed baking sheet and roast until tender and lightly caramelized, 22–25 minutes.

3

Meanwhile, pulse walnuts and herbs in a mini-processor until very finely chopped. (Alternatively, crush walnuts and herbs with a mortar and pestle to form a coarse paste.)

4

Add remaining 2 Tbsp. oil and lemon juice and pulse to combine. Season pesto to taste with salt and pepper. Set aside.

5

Let parsnips cool slightly, then transfer to a blender. Add stock; purée until smooth. Pour soup into a large saucepan and heat over medium heat until warmed through.

6

Season with salt and pepper and divide among bowls. Drizzle with pesto and serve.

Source: [bonappetit.com](http://bonappetit.com)

*Nutrition Facts: Yields 4-6 servings, 1 serving contains: Calories (kcal) 250 Fat (g) 11 Saturated Fat (g) 1.5 Cholesterol (mg) 0 Carbohydrates (g) 37 DietaryFiber (g) 10 Total Sugars (g) 11 Protein (g) 4 Sodium (mg) 480*

## ► In Boston, we Age Strong.

As part of the Health and Human Services cabinet, our mission is to enhance your life with meaningful programs, resources, and connections so together we can live and age strong together in Boston.



*We can help with:*

Call us for more details at 617-635-4366.



### Access to Information and Benefits:

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

- Assist with applications for public benefits like Supplemental Nutrition Assistance Program (SNAP) and fuel assistance.
- Ease the process of applying for, and receiving, Medicare benefits.
- Assist older adults access 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.



### Outreach and Engagement:

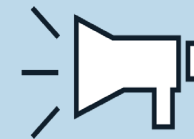
The Commission organizes many events and programs throughout the year. From large city-wide celebratory events to smaller neighborhood focused gatherings, we engage with older residents on many levels. At the time of publication, our events are postponed, but we look forward to seeing you soon!



### 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.



### Volunteer Opportunities:

We operate 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 homebound persons who 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 \$1,500 on their property tax bill by volunteering for a City agency.
- *Respite Companions* offer friendship and are attentive to an individual living with dementia, while giving the gift of respite to caregivers.



### Housing:

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

- Assist with housing applications.
- 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.



### Alzheimer's and Caregiver Support:

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

- Host Memory Cafés, 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 supporting an older loved one.
- Can connect you to trained Respite Companions who offer additional support to an individual living with dementia.

# Rainy Day Plans

*Dear Readers,*

When weather, health, or unforeseen circumstances force our plans to change, it can be frustrating and disappointing. But when it rains, remember to look for the rainbows. This can be an opportunity to tackle our rainy day lists! Maybe there are things you always *mean* to do, like organizing a closet or trying a new hobby, but other tasks seem to get in the way. Now is your chance to tackle those activities at home.

In our busy lives, it can actually be nice to slow down, take a breath, and pivot to those rainy day plans. Think about some ways you can practice self-care at home. Maybe it's finally reading that book on your nightstand or calling a friend. Some days, you have to create your own sunshine, and know that every storm will pass.

*-Your Editors*




*"We're dedicating this issue to ideas and activities to help you continue to feel connected and engaged in Boston."*

*-Age Strong Commissioner Emily K. Shea*



# 17 Activities To Do At Home

We've thought of ideas so you don't have to!

- 1. Start your spring cleaning.** Tackle that catch-all drawer or closet.
- 2. Go on a virtual museum tour.** Explore museums like Musée d'Orsay in Paris from the comfort of your home by visiting [artsandculture.google.com](https://artsandculture.google.com)
- 3. Start a clothing donation pile.** Haven't worn that sweater in more than two years?
- 4. Reconnect with your inner child** and play some games. See **pages 19-21** for fun brain teasers.
- 5. Organize your family's recipe book.** (Bonus: Write down your favorite memory of this meal on the back of your recipe card).
- 6. Have a spa day at home.** Make your own exfoliating scrub by grinding two cups of oatmeals, a few handfuls of coffee grinds and brown sugar.
- 7. Have a phone date with a friend.** (Bonus: Schedule your call during your favorite TV show so you can "watch" it together).
- 8. Movie time!** Break out the popcorn.
- 9. Mail yourself a postcard** with a note, advice, or a joke for your future self!
- 10. Explore your creative side** with crafting or art. See **page 22**.
- 11. Organize your photo albums.** (Bonus: Put the date, location, and names of people on the back of the photographs).
- 12. Movement is important.** Check out **page 18** for chair yoga exercises.
- 13. Make a vision board.** Find images and words in magazines that align with your goals. Pin them up on a wall to remind you of your plans.
- 14. Join the conversations happening on our social media channels.** (Find us [@AgeStrongBos](#) on Facebook and Twitter).
- 15. Try your hand at cooking a new dish.** See **page 10** for a healthy roasted parsnip soup recipe!
- 16. Read a book with a cup of tea.**
- 17. Develop a meditation practice** to relax your mind, body and spirit. 

## Practicing Mindfulness & Meditation

So many things can feel outside of our control, but starting a regular meditation practice is a way to find peace within yourself, anytime and anywhere you need it.

There are many popular types of practices to consider: mindful, movement, focused, spiritual, and mantra to name a few. These practices have powerful benefits such as lowered stress, increased connection to your mind and body, and improved focus.

Interested in giving meditation a try? Take a seat in a place that feels calm and quiet. Set a time limit, like 5 minutes. Become aware of your body and focus on your breathing. Notice when your mind wanders, be kind to yourself, and bring the focus back to your breathing. Slowly open your eyes and take note of how you feel. You've just meditated!

*"Our life is shaped by our mind, for we become what we think." - Buddha*

## Meditation Activity

Try this exercise to help ground you in the present moment, and focus on your breath:

- 5** Acknowledge **FIVE** things you see around you. It could be a pen, a favorite mug, or something out your window.
- 4** Acknowledge **FOUR** things you can touch around you. It could be your hair, a pillow, or the ground under your feet.
- 3** Acknowledge **THREE** things you hear. Focus on things you can hear outside of your body.
- 2** Acknowledge **TWO** things you can smell. Maybe it's a pot of coffee you just brewed or a breeze from your window.
- 1** Acknowledge **ONE** thing you can taste. Maybe it's a snack you just had!

To find more information about meditation, visit [www.mindful.org](http://www.mindful.org)

# Chair Yoga

Chair yoga can be a wonderful way to loosen muscle and improve circulation. As always, consult your primary care physician to gauge what movement is best for you.



Sun salutations *with twists*



Assisted neck *stretches*



High altar *side leans*



Sun salutations *arms*



Eagle *arms*



Backbend *arch*

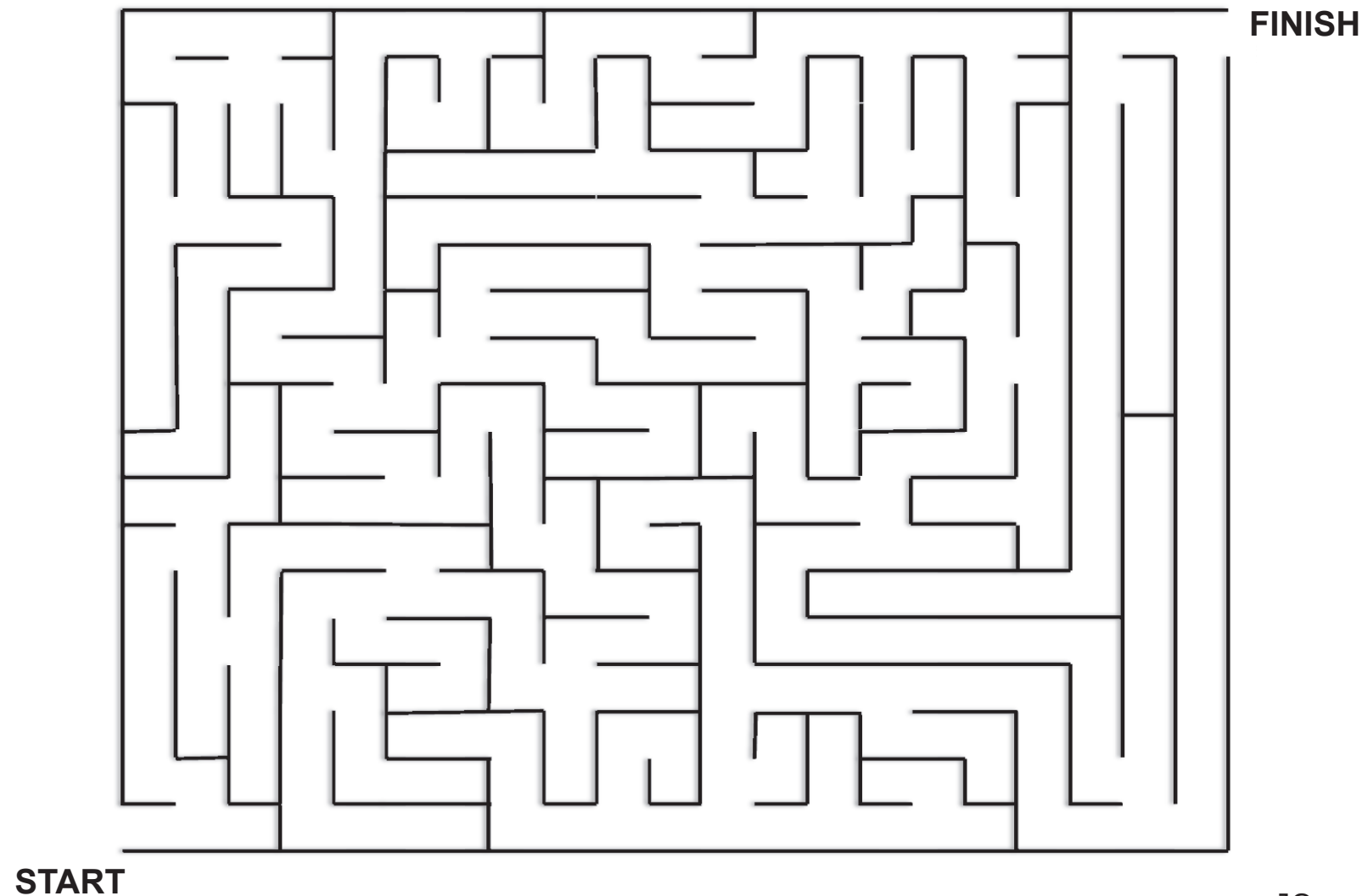
Interested in more exercises? Visit our Age Strong YouTube channel and check our fitness video playlist online at [bit.ly/agingstrongBOS](https://bit.ly/agingstrongBOS)

## Benefits of Playing Games as You Age

Exercising the mind is just as important as maintaining your physical health. As we age, our cognitive ability changes. To ensure that our brains stay sharp, we need to be challenged regularly. There are many fun ways to challenge your mind routinely like games and tasks that can be enjoyed at any time, and the benefits are significant.

- ▶ Improve brain function.
- ▶ Relieve stress.
- ▶ Have fun.
- ▶ Strengthen relationships.
- ▶ Stimulate the mind.
- ▶ Boost creativity.
- ▶ Increase your energy.
- ▶ Spark your imagination.

## Find Your Way Out of This Maze!



# Spot the 5 Differences



**Right Photo:** 1. Letter I on t-shirt is removed. 2. Watch is removed. 3. Necklace is removed. 4. Logo removed from blue bag. 5. Background building - chimney is removed.

Flip the magazine down to see the answers!

## How Many Words?

**Age Strong** - How many words can you make with Age Strong? Example: Set

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Sudoku

### How To Play!

Fill in the empty squares in the grid, ensuring every row, column and 3-by-3 box includes all digits 1-9.

**No peeking!**  
Cover the answers below with a sheet of paper.

Answer key:

2	1	5	3	7	9	8	6	4
9	8	6	1	2	4	3	5	7
7	3	4	8	5	6	2	1	9
4	5	2	7	8	1	6	9	3
8	6	9	5	4	3	1	7	2
3	7	1	6	9	2	4	8	5
5	2	7	4	1	8	9	3	6
6	4	8	9	3	7	5	2	1
1	9	3	2	6	5	7	4	8

8	7	6	4	9	3	2	5	1
3	4	5	7	1	2	9	6	8
2	9	1	5	6	8	4	7	3
9	8	2	1	3	5	7	4	6
7	5	4	8	2	6	3	1	9
1	6	3	9	4	7	8	2	5
4	1	7	3	5	9	6	8	2
6	3	8	2	7	1	5	9	4
5	2	9	6	8	4	1	3	7

1	6	5	8	4	7	9	2	3
7	8	9	3	1	2	5	4	6
4	3	2	5	9	6	1	7	8
2	9	7	4	6	3	8	5	1
5	1	8	7	2	9	3	6	4
3	4	6	1	5	8	2	9	7
9	7	3	2	8	4	6	1	5
8	2	1	6	7	5	4	3	9
6	5	4	9	3	1	7	8	2

2	5			9			4
					3		7
7		8	5	6		1	
4	5	7					
	9				1		
				2		8	5
	2	4	1	8			6
6	8						
1		2			7		8

	6		9		2		
		7		2			
	9	5		8		7	
9			3				6
7	5					1	9
1			4				5
	1	3		9		8	
		2		1			
	9		8		1		

			8				
7	8	9		1			6
				6	1		
		7					5
5		8	7		9	3	4
	4					2	
		3	2				
8				7		4	3
				1			



*"To practice any art,  
no matter how well or  
badly, is a way to make  
your soul grow. So do it."  
-Kurt Vonnegut*

Color it in!  
(Markers  
work best)



# Time Capsule of Boston Seniority

This vintage issue of *Boston Seniority* magazine is from April 1987. The article talks about the history and benefits of urban gardens in Boston.

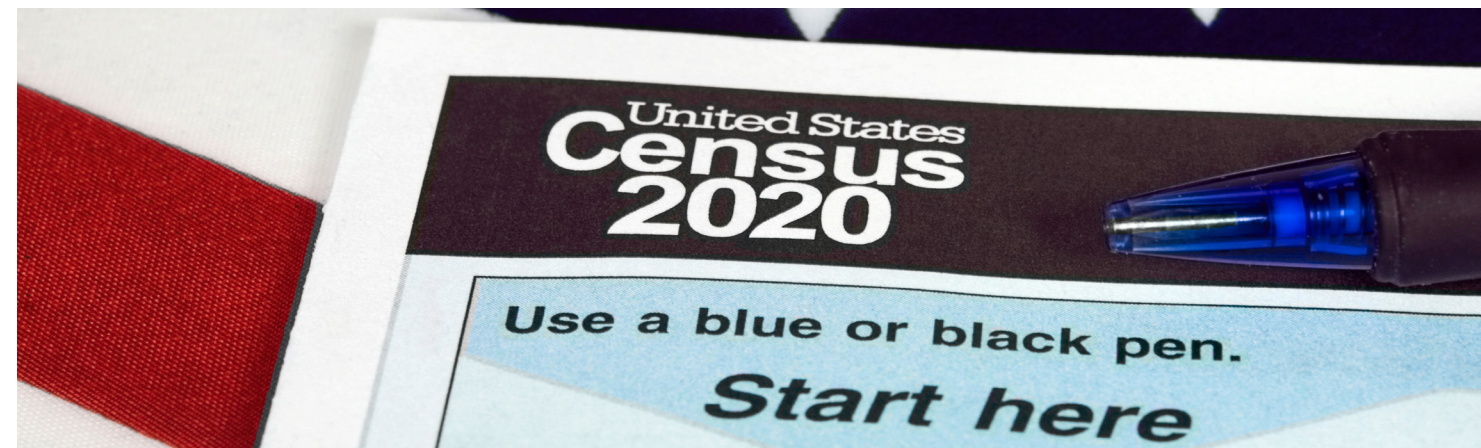


## Boston Mug Giveaway!

Let us know what you like to do on a rainy day for a chance to win. Email us at [bostonseniority@boston.gov](mailto:bostonseniority@boston.gov) by May 1st with:

- your name
- age
- neighborhood
- phone number

# National Census Reminder



Boston depends on everyone to participate and be counted so that the national census accurately reflects the diverse people who call our city home. The 2020 Census is happening now. You can complete your questionnaire online, by phone, or by mail. You can respond to the Census online or by phone in 13 different languages.

The National Census and City Census are both taking place this year, so please make sure you participate in both. For more information, visit: [www.2020census.gov](http://www.2020census.gov)

## Seen on Social Media

Find us on Facebook and Twitter: [@AgeStrongBos](https://www.facebook.com/AgeStrongBos)

On social media, we post on how you #AgeStrong. Here are a few!



# Birthday Spotlight

## Happy 104th Birthday to Irene Morey!

You may recognize Irene! She is one of our Age Strong Public Awareness models, who happens to be a leap year baby. She celebrated her 104th birthday on February 29, 2020 with family, friends, and Age Strong Commissioner Emily Shea.



"I age strong because even though I am sick, I know I am truly blessed with my happy family."  
 -Drupatti Jungra, 60, Dorchester

HOW DO YOU  
 #AGESTRONG?

AGE+ City of Boston  
 Age Strong Commission  
 Mayor Martin J. Walsh

I age strong by loving God, being friendly, and keep moving.  
 -Callie Byrd, 95, Hyde Park

HOW DO YOU  
 #AGESTRONG?

AGE+ City of Boston  
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 Mayor Martin J. Walsh

# ► Photos of Past Events





*April Showers  
Bring May  
Flowers...*

**AGE+**

City of Boston  
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