

# Boston Seniority

Elderly Commission

Martin J. Walsh, Mayor of Boston



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Main number (617) 635-4366**

**Email articles and comments to  
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# ***Boston Seniority***

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# Mayor's Spotlight

## Standing Up for Our Values



Looking back on the last month, I am so proud to be a Bostonian — and to be your Mayor. Recently, President Donald Trump made good on his divisive campaign rhetoric, and signed a series of executive orders that are designed to

promote American isolation, intolerance and fear. Boston didn't sit back and accept these orders — our residents stood up against harming immigrants and refugees, and stood up for our values.

Forty-eight percent of Boston's children have at least one parent who was born outside the United States. I identify with those kids because I was one of them. My mother and father came to Boston from Ireland looking for opportunity. They found their American Dream, and I got to live mine by becoming mayor of the city that embraced us.

In Boston, immigrants make up nearly one third of our population. We welcome and we cherish those who are fleeing persecution or simply seeking a better life. Boston, and the United States, is a proud nation of immigrants. We know our success — and our nation's success — has always depended on the drive, talent, community,

and culture of newcomers from around the world.

I have been vocal with a message for immigrants in Boston, fearful of the Administration's threats: our City will continue to support you. When I visit schools and have young children tell me they are afraid of having their mother or father taken away, something is wrong. I will do everything lawful within my power to protect our immigrant neighbors.

To do this, we'll continue to build trust between law enforcement and immigrant communities. For everyone's safety, both documented and undocumented immigrants need to know they can report crimes without fear of being targeted over minor issues or mere suspicions. The Boston Police Department has worked hard to build this trust, and cities with "Trust Acts" are among the safest in the United States.

On January 28, we joined advocates, lawyers, and elected officials at Logan Airport to protest the new Administration's anti-immigrant and anti-refugee policy. Lawyers worked for free throughout the night to assist those trapped in airports throughout the country, including Boston. With their hard work, the courts took action to temporarily halt the ban.

On, January 29, we joined thousands of Bostonians in Copley Square to show our support for our Muslim brothers and sisters who have been targeted by the Trump

## Continued from page 3

Administration. Organized by the Council on American–Islamic Relations, we voiced our support for the Muslim people that live and work in our City, and those who come to Boston hoping for a better life. Looking out across the square, Reverend Laura Everett asked who in the crowd was Muslim — every hand went up, united.

President Trump wants America to become a nation that will turn its back on immigrants seeking a better life, on families who have risked their lives to leave a warzone, on bright young men and women coming to America to make our world better.

But we will not back down from our values that make us who we are as a city. We will fight for our residents, whether immigrant

or not, and provide the best quality of life for all Bostonians. I will use all of my power within lawful means to protect all Boston residents — even if that means using City Hall itself as a last resort.

The next four years will be hard. But if the last month has been a preview of what's to come, I know Boston will not change its essential character of inclusiveness. We have American values, common sense and the United States Constitution on our side, and we won't quit. And as Boston holds the Trump Administration accountable, I will be standing next to you.

**Martin J. Walsh is the Mayor of Boston. He shared this column with local publications.**

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!*

Email us

CITYHALLGREETER@BOSTON.GOV

## 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

# DORCHESTER WINTER FARMERS MARKET



2017

**SATURDAYS**

JANUARY 14 - MARCH 25

10:00 AM - 1:00 PM

2017

at THE GREAT HALL at CODMAN SQUARE HEALTH CENTER

6 Norfolk Street, Dorchester, MA 02124



use your  
**SNAP EBT CARD**

AND GET UP TO

**\$10 of farm fresh food FREE!**



Dorchester Winter Farmers Market



@DorchesterWFM



dorchesterwinterfarmersmarket@gmail.com



Codman Square  
Health Center

# A Memory Café: What Exactly Is That?

By: Patricia McCormack



*Participants take a moment to enjoy the movie Story Weather*

©Andrea Burns

Recently there have been articles in Boston Magazine, Metro and the Bay State Banner about something called a Memory Café. So you may be wondering, “What exactly is a Memory Café?”

A Memory Café is a welcoming, social gathering for people experiencing memory concerns, those with dementia and their care partners.

While there is no-one-size-fits-all model, every café should be tailored to the needs and style of its community. Whatever their format, all Memory Cafés provide an opportunity for people with memory concerns and their care partners to socialize without worry of stigma or judgment.

The first City of Boston Memory Café, “Thanks for the Memories”,

a partnership between the Boston Alzheimer’s Initiative and Boston Center for Youth and Families Grove Hall Senior Center, was initiated in July 2016 by Mayor Marty Walsh as a way to help Boston residents experiencing cognitive challenges or who are concerned about changes in memory.

At the November “Thanks for the Memories” Café, 20 seniors shared a program of classic film clips and a lunch of chicken and home-baked blueberry cobbler provided by the senior center and the City’s Boston Alzheimer’s Initiative. The room buzzed with the laughter and conversation of people together, in a safe place supporting each other.

Memory Cafés began in the Netherlands in 1997 and spread to the UK, Australia and the U.S. Beth Soltzberg of the

## **Continued from page 6**

Alzheimer's/Related Disorders Family Support Program at JFCS in Waltham, an early and ongoing Memory Café champion, has created a website to help people find Massachusetts Memory Cafés. Cafés in Brighton, Brookline, Hyde Park, Roslindale and West Roxbury give Boston residents the option to find the one (or many) that are right for them.

### **What a Memory Café is:**

- A place for individuals with changes in their thinking or memory, mild cognitive impairment (MCI) or dementia and their care partners to enjoy a change of scene, meet others and exchange ideas. A diagnosis of dementia is not required to attend.
- Managed by community advocates and/or volunteers. Guests who require personal care or assistance must have a care partner stay with them.
- A place to find information about support and services.
- Free of charge.
- Unique in character, based on the interests and style of the community and/or the individuals whom it serves.

### **What a Memory Café is NOT:**

- A workshop, seminar or lecture

about dementia.

- A facilitated support group.
- A drop-off respite program.
- Primarily a marketing opportunity for a commercial enterprise.

For more information contact:

#### **Boston Alzheimer's Initiative**

617-635-3992

[www.boston.gov](http://www.boston.gov)

#### **Alzheimer's Association**

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

## *Monthly Memory Café*

Monday, March 6th, 2017

Monday, April 3rd, 2017

Monday, May 1st, 2017



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

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

# STAY INDEPENDENT: PREVENT FALLS

## Get the Facts:

An older adult falls every second of every day. Falls affect us all—whether personally or someone we love or care about.

IN 2014:



**1 in 4** older adults reported a fall.



Even though falls are common, most adults who fall don't tell their doctor.



More than **27,000**

older adults died as a result of falls —that's 74 older adults every day.

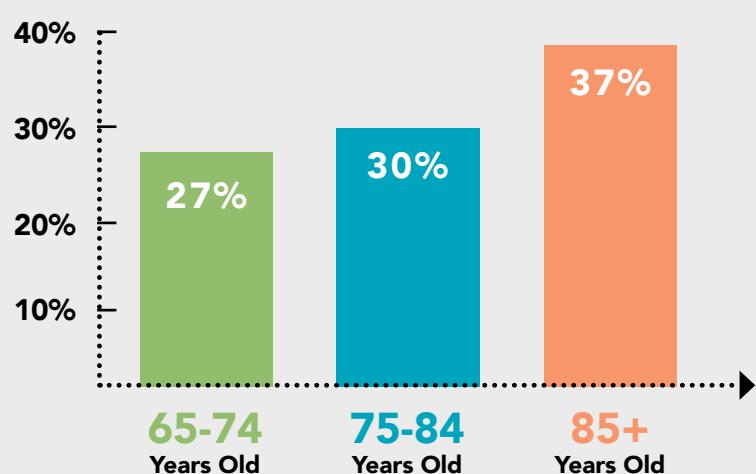


Among older Americans falls are the #1 cause of:

- Death from injury
- Injuries

## Falls Increase with Age:

Percent of older adults who reported a fall:



It's not the broken hip, it's the nursing home I don't want. I need to be independent.

Leonard, 74



If I were to fall and break a bone, I wouldn't be able to play with my grandkids. So I take a vitamin D pill each day to keep me strong.

Lisa, 74

# STAY INDEPENDENT: PREVENT FALLS

## Take Action:



Falls aren't just a normal part of getting older—they're preventable and there are simple steps you can take to stay independent longer.



### Speak Up.

**Talk openly with your doctor about fall risks and prevention.**

- Tell your doctor right away if you have fallen, or if you're afraid you might fall, or if you feel unsteady.
- Work together and review all of your medications and discuss any side effects like feeling dizzy or sleepy.
- See if taking vitamin D supplements for improved bone, muscle, and nerve health is right for you.



### Keep Moving.

**Activities that strengthen your legs and help your balance (like Tai Chi) can help you prevent falls.**



### Check Your Eyes.

**Have your vision checked once a year and update your glasses as needed.**



### Make Your Home Safe.

**Most falls happen at home.**

- Keep your floors clutter free.
- Remove small rugs or tape down or secure them.
- Add grab bars in the bathroom.
- Have handrails and lights installed on all staircases.
- Make sure your home has lots of light.

## RESOURCES

.....

**CDC:**

[cdc.gov/homeandrecreationsafety/falls/adultfalls.html](http://cdc.gov/homeandrecreationsafety/falls/adultfalls.html)

**STEADI Initiative:**

[cdc.gov/steady](http://cdc.gov/steady)

**STEADI Patient Materials:**

[cdc.gov/steady/patient.html](http://cdc.gov/steady/patient.html)

**National Council on Aging Falls Prevention (NCOA):**

[.ncoa.org/healthy-aging/falls-prevention/](http://ncoa.org/healthy-aging/falls-prevention/)



**U.S. Department of  
Health and Human Services**  
Centers for Disease  
Control and Prevention

## Getting to Know Vegetarian Diets

When I was younger, no one knew who or what a vegetarian was.

Today in America, about 7.5 million people have chosen a plant-based way of eating.

Here are four popular vegetarian diets.

1. **Vegan:** The strictest type of vegetarian plan. Vegans eat no animal products of any kind, including dairy, eggs and honey.
2. **Lacto-Ovo Vegetarian:** This group avoids all meat, poultry, seafood but dairy products and eggs are allowed.
3. **Pescatarian:** Like vegetarians, pescatarians do not eat meat and poultry. They eat seafood, often for the heart-healthy benefits from fish.
4. **Flexitarian:** This “catch-all” phrase describes people who limit their meat, poultry and seafood. They do not eliminate these foods completely.

Before changing to a new diet, I suggest you speak to your doctor and nutritionist who will discuss the pros and cons of this diet, taking your medical conditions into consideration.

Vegetarian diets may have more carbohydrate-rich foods, often a problem for people with diabetes because their

carbohydrate daily intake may increase their blood glucose levels. Some possible positive effects of this diet are eating healthier, losing weight, generally feeling better, and a lower A1C blood level.

A meatless diet can help improve blood pressure, cholesterol and triglyceride numbers and a healthy weight.

Many young children seem to exist on chicken fingers, French fries, mac and cheese and ice cream. I learned that if your mother only cooked peas and corn when you were growing up, those might have been the only vegetables you knew about!

But what about vegetarian diets for young children? Children need to get adequate calories and nutrition, so be sure to consult a nutritionist first. Do observe your grandchildren who are eliminating foods. They may have the early signs of an eating disorder.

You do not need to adopt a completely new diet to broaden your eating horizons. Be adventuresome! When you go to a restaurant, try foods you may have never had before - brussels sprouts, tofu, whole grains. Watch a few of the television cooking shows, and you might see how limited your regular diet is.

Not interested in a vegetarian lifestyle? Portion control may be the start of healthier eating habits in 2017.

# Your Winter Emergency Contacts

*Stay safe and informed this winter.*

- To get news about snow emergencies, parking bans, and school closings or cancellations; visit [www.boston.gov/snow](http://www.boston.gov/snow).
- You can register for alerts at [www.boston.gov/alertboston](http://www.boston.gov/alertboston).
- For emergencies (Police, Fire, EMS), please call 911.
- For non-emergency City services, please call 311.

**“A PERSON’S  
RECOVERY FROM  
ADDICTION IS  
TRUE RESILIENCY,  
AND EVERYONE  
DESERVES THE  
PROPER  
TREATMENT FOR  
THEIR DISEASE...”**

**ERIN THERIAULT,  
PAATHS CLINICAL  
COORDINATOR**

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



# The MA “Circuit Breaker” Income Tax Credit for Homeowners and Renters Age 65+

The Massachusetts “Circuit Breaker” tax credit program is a program for adults age 65 + whose property taxes and half of the water and sewer bills are more than 10% of their annual gross income (or for renters, if their rent is greater than 25% of their income) and who meet a few other rules. Adults can get this income tax credit even if they owe no income taxes. Also, you can get this refundable tax credit if you also receive a property tax exemption from their town Assessor.

**The value of the refundable credit can be as high as \$1,070 for 2016 tax filers.** To obtain the credit, you must file a MA Income Tax “Form 1” and the “Schedule CB Form” for the 2016 tax year. You may file to get a refundable credit for the last 3 years\* tax returns, if you have not yet done so. In addition to this year’s credit, the maximum credit you may receive for the past 3 tax years is: \$1,070 in 2015; \$1,050 in 2014; and \$1,030 in 2013.

## Basic Requirements for Eligibility:

- Must be a Massachusetts resident, age 65 or older
- Must own or rent residential property in Massachusetts as your primary residence
- Must have an annual income of:
  - \$57,000 or less for a single filer
  - \$71,000 or less for a head of household
  - \$86,000 or less for joint filers

## You are ineligible for this tax credit if:

- You are married and do not file a joint a return
- You are a dependent of another tax filer
- You receive a federal or state rent subsidy directly, or live in a property tax exempt facility
- Your property is assessed at a value greater than \$720,000

Thank you to the Massachusetts Association of Councils on Aging (MCOA) and the Boston Tax Help Coalition for assisting with information on this tax credit.

\*Taxpayers who have received/expect to receive health insurance credits need to bring proof of ALL household income



Free Tax Sites that can Assist with the Senior Circuit Breaker Tax Credit are Listed on Page 14

# FREE TAX SERVICES

January to April 2017  
if you worked in 2016 and earned less than \$54,000

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## Fast, easy & free tax preparation

By IRS certified volunteer tax preparers with free electronic filing



## Get all the credits you deserve

EITC, child tax credits, premium tax credits and more



## Make the most of your refund

Ask your tax preparer about tax time savings and other benefits



---

**BostonTaxHelp.org**

**617.635.4500**

**It's money in your pocket!**

Flip the page for lists of tax sites →

## MAKE SURE TO BRING:

- Government Issued Photo ID required
- Social Security card or Individual Taxpayer ID Letter (ITIN) for you, your dependents and/or your spouse
- A copy of last year's tax return
- All 1099 forms:  
1099-G (unemployment),  
1099-R (pension payments),  
1099-INT (bank interest),  
1099-SSA (Social Security), 1099 or self-employment
- W2 forms from all jobs in 2016
- Bank-issued printed account and routing numbers to direct deposit your tax refund into your account
- Proof of health insurance (Health insurance cards, HC-1099, 1095-A, etc.) for taxpayer, spouse, and all dependents\*
- If you received the premium tax credit, you must bring in a 1095-A.
- Total child care expenses in 2016, and child care provider's name, address, and Employer Identification Number (EIN) or Social Security Number (SSN)
- All 1098-T forms (tuition payments), college statements receipts for materials
- Total student loan interest paid (1098-E) or lender statement
- Proof of all rent paid in 2016
- Proof of ANY deductible out of pocket expenses (annual BWSC, charitable receipts, property taxes)
- Any mail from the MA Department of Revenue and/or any mail from the IRS

### ALLSTON/BRIGHTON

**ABCD: ALLSTON BRIGHTON NOC**  
640 Washington Street  
617.903.3640

### ALLSTON BRIGHTON CHILD & FAMILY SERVICES CENTER

406 Cambridge Street  
855.687.7345

### ALLSTON BRIGHTON APAC

143 Harvard Avenue  
855.687.7345

### BRIGHTON BRANCH/ BOSTON PUBLIC LIBRARY

40 Academy Hill Road  
855.687.7345

### JOSEPHINE FIORENTINO COMMUNITY CENTER

123 Antwerp Street  
855.687.7345

### CHARLESTOWN

**BHA CHARLESTOWN-WORKS**  
76 Monument Street  
617.635.5221

### CHINATOWN

**BOSTON CHINATOWN NEIGHBORHOOD CENTER**  
38 Ash Street  
617.635.5129 ext 0

### DORCHESTER

**ABCD: DORCHESTER NSC**  
110 Claybourne Street  
617.288.2700

### CODMAN SQUARE TECH CENTER (DOTWELL)

450 Washington Street  
617.825.9660

### DOHOUSE HEALTH

1353 Dorchester Avenue  
617.288.3230

### ST. MARY'S CENTER FOR WOMEN AND CHILDREN

90 Cushing Avenue  
617.414.5170  
info@mystreetcred.org

### DOWNTOWN

**ABCD: ROBERT M. COARD BUILDING**  
178 Tremont Street  
617.348.6583

### JVS CENTER FOR ECONOMIC OPPORTUNITY

75 Federal Street  
617.399.3235

### SUFFOLK UNIVERSITY

One Beacon Street, 1<sup>st</sup> Floor  
FreeTaxHelp.us

### EAST BOSTON

**ABCD: EAST BOSTON APAC**  
21 Meridian Street  
617.567.8857

### NEIGHBORHOOD OF AFFORDABLE HOUSING

143 Border Street  
617.567.5882

### FENWAY

**ABCD: PARKER HILL/ FENWAY NSC**  
714 Parker Street  
617.445.6000

### JAMAICA PLAIN

**ABCD: JAMAICA PLAIN APAC**  
30 Bickford Street  
617.522.4830

### BOSTON CHILDREN'S PRIMARY CARE AT MARTHA ELIOT

75 Bickford Street  
617.414.5170  
info@mystreetcred.org

### MATTAPAN

**ABCD: MATTAPAN FSC**  
535 River Street  
617.298.2045

### QUINCY

**1199 SEIU**  
108 Myrtle Street  
617.474.7140  
EITCMA@1199.org

### ROSLINDALE

**ABCD: SOUTH SIDE HEAD START**  
19 Corinth Street  
617.327.1152

### ROXBURY

**ABCD: ROXBURY/ NORTH DORCHESTER NEIGHBORHOOD OPPORTUNITY CENTER**  
565 Warren Street  
617.442.5900

### ROXBURY CENTER FOR FINANCIAL EMPOWERMENT

7 Palmer Street, 2<sup>nd</sup> Floor  
617.541.2666

### URBAN EDGE

1542 Columbus Avenue  
617.989.9323  
FreeTaxPrep@UrbanEdge.org

### SOUTH BOSTON

**ABCD: SOUTH BOSTON APAC**  
424 West Broadway  
617.269.5160 ext 0

### LABOURÉ CENTER

275 West Broadway  
617.464.8500

### SOUTH END

**ABCD: SOUTH END NSC**  
554 Columbus Avenue  
617.267.7400

### STREETCRED AT BOSTON MEDICAL CENTER

850 Harrison Avenue  
617.414.5170  
info@mystreetcred.org

### SOUTH END COMMUNITY HEALTH CENTER

1601 Washington Street  
617.414.5170  
info@mystreetcred.org



All tax sites are wheelchair accessible, except for ABCD: South End NSC. For disability accommodations, call: 617.635.3682



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

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



To schedule a ride, call 617-635-3000  
Monday-Friday, 8 am - 4 pm

## 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 3:30pm  
Repeated Sundays at 11:30am

For more information call  
**617-635-4366**



## 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**

## 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.

# THE AGING MASTERY PROGRAM

By: Tiffany Favors

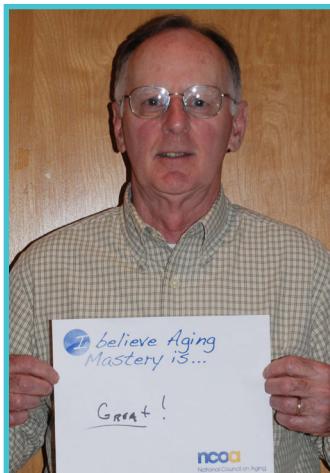
The Commission on Affairs of the Elderly was pleased to launch the Aging Mastery Program (AMP) in August 2016. The AMP program, run in collaboration with the National Council on Aging, was a 12 week series, focusing on various aspects of aging.

Each week professionals from a variety of field gave presentations on a variety of areas that were selected as important areas for seniors to gain valuable knowledge as they continue to age. Topics included nutrition, sleep, financial fitness, fall prevention, medication management, advanced planning and civic engagement, to name a few. Most weeks included homework for the senior participants. This included keeping sleep logs, tracking food,

water and other beverage consumption, creating a new budget for personal and family financials and looking into how to stay active in their communities.

The AMP program ran two sessions, one at Northeastern Crossing on the campus of Northeastern University and the other at the Roslindale Branch of the Boston Public Library. A total of 25 seniors graduated from the AMP program and gave it glowing reviews! The Elderly Commission looks forward to launching another AMP class in Spring 2017.

For more information please contact Tiffany Favors at 617-635-0027 or email [tiffany.favors@boston.gov](mailto:tiffany.favors@boston.gov).



# 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.

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](http://www.StutteringHelp.org)

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

# Tips for Senior Job Hunters in 2017

By: Joan Cirillo,  
President & CEO Operation A.B.L.E.

This is a new year, bringing new hopes and new possibilities. We at Operation A.B.L.E., the only organization in Massachusetts whose entire mission is to help job seekers 45 and older get back to work, wish you the best of luck in 2017 in your search. We also want you to know that job hunting requirements are rapidly changing, so here are some tips.



## Acquire the current skills necessary to be competitive in the marketplace.

Be sure to update your computer knowledge and make yourself as familiar as possible with Social Media, particularly LinkedIn, which is a must in 2017. There are many other techniques you should be aware of, including applying on-line and sending resumes as

attachments within your email text.

## Do your homework.

An on-line search will allow you to research companies and to discover which are hiring. For example, Operation A.B.L.E. offers regularly updated job postings from "ABLE Friendly Employers" in the "For Job Seekers" section on our [www.operationable.net](http://www.operationable.net) website. As you look, think about what you expect financially and possibly see

a career counselor to help you sort out your options.

## Update your resume.

When you do you'll see that LinkedIn has a particular

format you will need to follow. For your printed resume, outline your job objectives and clearly state your qualifications. It's not necessary to list dates for your education unless you are an attorney, professor, or in the medical field. Do list your experience on the left side of your resume, with dates on the right, so the focus is on

your accomplishments. Show computer software applications you use as part of your summary. (You'll need to understand how to use Microsoft Outlook because companies don't want to take the time to teach you. Additionally, the perception is mature workers are not technologically up to date and cannot learn new skills.)

## **What to do at your interview.**

Come professionally dressed and bring extra resumes. Beforehand think of at least three accomplishments you want to talk about, and practice before you go. Maintain good eye contact and respond in a focused way, asking questions if you need clarification. Weave into the interview how active you are and that you enjoy good health. Take notes during and consult them when needed. Come with three references on a separate sheet. As you leave, ask for a business card and also what the next steps are in the process. Afterward, send a thank you note, and if you haven't heard anything in five business days, call to see where the process stands.



The poster features the Boston Water and Sewer Commission logo at the top. Below it, the text "Never Pour Fats, Oils and Grease Down the Drain. Instead..." is displayed. Three options are shown: "COOL IT!" with an image of a frying pan with greasy food, "CAN IT!" with an image of a blue grease lid, and "TRASH IT!" with an image of a trash can. A central message states: "Failure to properly dispose of FOG causes costly backups. For more info on FOG and to request a FREE Boston Water and Sewer Commission Grease Lid please visit [www.bwsc.org](http://www.bwsc.org) Or call 617-989-7599. BWSC Grease Lids available to Boston residents only." At the bottom, a graphic shows a network of lines with the text "WE ARE ALL CONNECTED" and "Let's protect Boston's waterways".

## **We can help.**

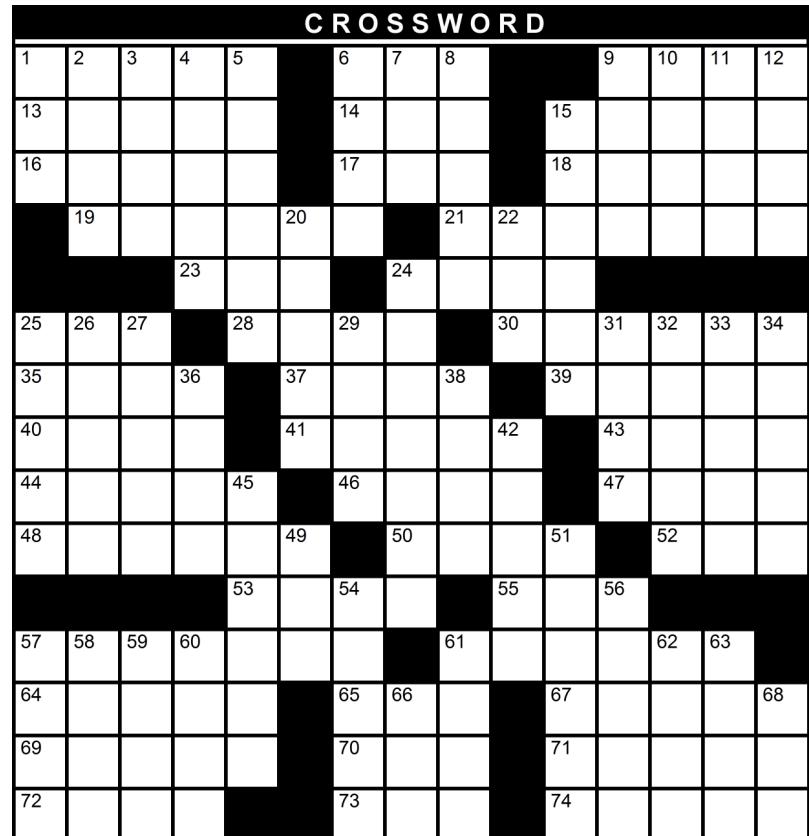
Operation A.B.L.E. can assist you with acquiring those updated skills and connecting with interested companies. We've been doing that since 1982, and so far have helped more than 35,000 people. We offer free introductory sessions every Wednesday at 10AM at our offices at 174 Portland Street near North Station. Advance on-line registration is available and recommended, or you can just walk-in.

**THEME: WINTER FUN****ACROSS**

1. \*e.g. "A Winter's Tale" by Mark Helprin
6. Bag in Paris
9. \*Cold-weather lip trouble
13. Speak one's mind
14. "What?"
15. What phoenix did
16. Used a lot in sports
17. \_\_\_\_ of Aquarius
18. Misrepresent
19. \*Troika ride
21. \*Has two eyes made of coal
23. Beluga yield
24. Found in a wall
25. Reggae precursor
28. Whiskey without water
30. Mother of Calcutta
35. What little kittens did with their mittens
37. Computer operating system
39. Ascetic holy Hindu
40. Hippocrates' promise
41. Chemically induced waves, pl.
43. Good obtained illegally
44. Garment fold
46. Sandwich alternative
47. Northern freshwater fish
48. No, they don't really crawl in one's ear
50. Substance abuser
52. Neither
53. Type of tide
55. Jamie \_\_\_\_ Curtis
57. \*Popular cold weather fabric
61. \*Desired winter destination, pl.
64. Don McLean: "Drove my chevy to the \_\_\_\_"
65. \*Elf on the Shelf, e.g.
67. \*Remove its furniture in winter?
69. Like a Harvard building?
70. Call to Bo-peep
71. Painter Degas
72. Mrs. Lincoln's maiden name
73. Weary traveler's destination
74. Lofty homes

**DOWN**

1. Us, in Mexico
2. Prefers
3. Tiny bottle
4. "C'mon in!"
5. Wound
6. Persian king



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7. Precedes Sep.
8. Maiden's "hope" storage
9. Captain's team
10. Islet in a river
11. Half-way around the world
12. Part of a hammer
15. Residences
20. "Faster!" to a horse
22. \*Roast a chest \_\_\_\_ over an open fire
24. Cavalryman's foot holder
25. #61 Across, sing.
26. Bear Down Under
27. In the Asteraceae family
29. Again
31. Wood file
32. Buzz Aldrin's first name
33. Plumed military headdress
34. \*Ice Angler's drill
36. \*Warm winter day occurrence
38. \*Winter Holiday, for short
42. Abracadabra, e.g.
45. Preserved in a can
49. "Fancy that!"
51. Go back into business
54. Cover story
56. Horace's poem
57. Dart
58. Prefix in levorotary
59. Like a zealous fan
60. Pauper's permanent state
61. Bridge
62. Units of work
63. Cut and run
66. \*Gingerbread creation
68. 60 mins., pl.

# Food Preparation Tips:

## ↔ → SEPARATE



Partnership for  
Food Safety  
Education



Separate Raw Meat, Poultry, Seafood and Eggs from Other Foods



Use Separate Cutting Boards, Plates and Utensils



Safely Marinate

## Get it Straight – it's Safer to Separate



**Cross-contamination is how bacteria can be spread.** Improper handling of raw meat, poultry, seafood and eggs can create an inviting environment for cross-contamination. As a result, harmful bacteria can spread to food and throughout the kitchen.

### Separate Raw Meat, Poultry, Seafood and Eggs from Other Foods

Harmful bacteria from raw meat, poultry, seafood and eggs can spread to other foods if they are not separated properly. This is especially risky when bacteria are spread to foods that are eaten raw, such as fresh fruits and vegetables. **Separate** and prevent cross-contamination by taking these steps:

#### In the Grocery Store

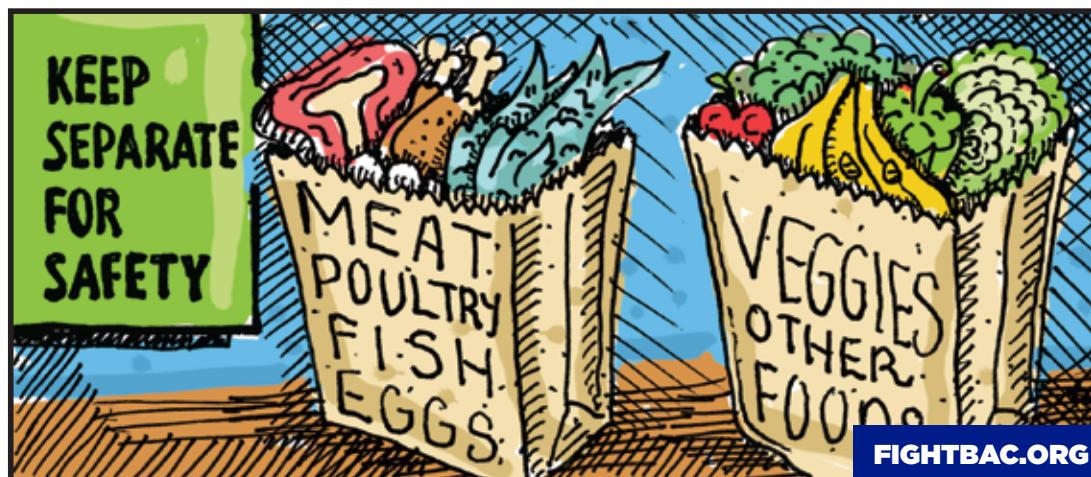
- Separate raw meat, poultry, seafood and eggs from other foods in your **shopping cart**. Place these products in **separate plastic bags** to prevent juices from getting on other foods.
- If you use reusable grocery bags, wash them frequently in the washing machine.

#### At Home

- Separate raw meat, poultry, seafood and eggs from other foods in the **refrigerator**. Place them in **containers or sealed plastic bags on the bottom shelf** of the refrigerator.
- If you are not planning to use these foods within a few days, freeze them.

#### Be a ProducePro

- Keep fresh fruits and vegetables separate from raw meat, poultry, seafood and eggs. For more information on safely handling produce, check out our **ProducePro fact sheet** at [fightbac.org](http://fightbac.org).



**Partnership for Food Safety Education, 2016**

We develop and promote effective education programs to reduce foodborne illness risk for consumers.

**FIGHTBAC.ORG**

@Fight\_BAC

# ↔ SEPARATE



## Use Separate Cutting Boards, Plates and Utensils

### Use separate cutting boards:

- One for fresh produce
- Another one for raw meat, poultry and seafood

### Use separate plates and utensils:

- For cooked foods
- For raw foods

Never place cooked food back on a plate that previously held raw meat, poultry, seafood or eggs. **Wash the plate with hot water and soap** before using with other foods.



## Safely Marinate

Sauce that is used to marinate raw meat, poultry or seafood should not be used on cooked food unless it is boiled first to destroy any harmful bacteria.

### Reminder: Wash Hands!

Washing hands with soap and warm water before and after handling raw food is the best way to reduce the spread of germs that can make you sick.



THE FOUR WAYS TO FIGHT BAC!



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# **PREVENT THE SPREAD OF INFLUENZA**

**Cover your nose and mouth with a tissue every time you cough or sneeze. If you don't have a tissue, cough or sneeze into your upper sleeve.**

**Avoid close contact with people who are sick when possible.**



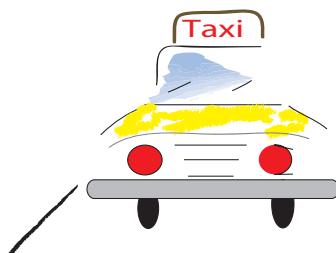
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## Solution to "Winter Fun" Crossword Puzzle on Page 20



# New Law in Massachusetts on Prescription Opioids: **What You Need To Know**

Submitted by:  
*Greater Boston Legal Services*

This March, Governor Charlie Baker signed a comprehensive new law called “An Act Relative to Substance use, Treatment, Education, and Prevention.” The law is an emergency bill, meant to slow down the ongoing opioid addiction crisis in Massachusetts. Because of this, much of the law is already in effect. The law does many things, but the provisions most likely to affect seniors are those related to prescription drugs. Nothing in the new law forbids doctors from prescribing opioids, or requires them to cut doses for anyone currently taking the medicine. However, the law could affect your prescription if you are receiving opioids for the first time, and provides you with new options regarding how and if you receive opioids.

The best known provision in the law is probably the one restricting first time opioid prescriptions to seven days. For most cases, doctors now may not prescribe more than seven days-worth of an opioid if it is the patient’s first such prescription with that doctor. If the

patient needs more after the seven days, then the doctor may prescribe more. If the prescription is to treat chronic pain, cancer pain, or is part of palliative care then it is exempt from the seven day rule. No one who is currently taking opioids is affected by this rule unless they get a new prescription from a new doctor. Despite this, the seven day rule is actually the most restrictive part of the law relating to opioid prescriptions, and is only one small part of much more comprehensive legislation.

An important goal of the law is to increase the involvement that patients with long-term pain have in their own opioid prescriptions. Doctors who treat patients with long-term, chronic pain will now work with their patients to create a written pain management plan. The plan will include all of the techniques the patient will use to manage pain, including opioids, but also including diet, physical therapy, non-prescription medication, or any other technique that the doctor and patient decide on together. The requirement does not ask doctors to prescribe fewer opioids to patients who need them, or punish doctors who decide that opioids are the best choice for their patient. It is simply a chance for the patient to talk with their doctor about their pain, their opioid use, and the many strategies that can fit together to create an effective plan to manage that pain.

Other provisions of the law give patients more power over their own opioid prescriptions. For example, a pharmacist must now honor any request to only partially fill an opioid prescription. This means that if a patient feels they will not need their entire prescription, they can simply ask the pharmacist to give them fewer pills than the doctor prescribed. In the same spirit, patients who already have unused and unwanted opioids sitting at home will soon be able to use new, easy-to-access drop off points and mail-back programs to dispose of their leftover prescription drugs. Both provisions can help people who do not feel comfortable having too many unneeded opioids in their home. Finally, for patients who do not want opioids of any kind, the law



now allows people to declare in their medical records that doctors, nurses, and pharmacists should not give them opioids for any reason. By giving patients, not doctors or bureaucrats, more power over the prescription opioids in their lives, the new law is trying to reduce the number of prescription opioids in the community, and ultimately curb the abuse of these drugs that is so rampant in Massachusetts today.

## RECOVERY SERVICES

## Providing Access to Addictions Treatment, Hope & Support (PAATHS)

PAATHS is a one-stop shop for anyone (individuals, families, community partners, other treatment providers) looking for information about, or access to, addiction treatment services.

PAATHS provides phone support, community support, and walk-in services at 774 Albany St. to individuals who are seeking immediate placement in a range of recovery and treatment programs.

**CALL 311 OR VISIT [BPHC.ORG/PAATHS](http://BPHC.ORG/PAATHS)  
FOR MORE INFORMATION**

# Senior First Night



Commission on Affairs of the Elderly  
Mayor Martin J. Walsh

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*We thank the hundreds of volunteers who gave their time and service  
to assist us at this year's Senior First Night. We sincerely appreciate their  
contribution in making this event a success.*



## Get vaccinated today

**Flu, shingles and pneumonia** have serious consequences, but getting vaccinated can help keep you healthy. Most immunizations are available without a prescription.

**Talk to your pharmacist today.**

Vaccines subject to availability. State-, age- and health-related restrictions may apply.

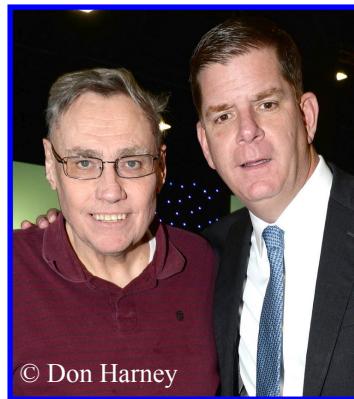
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# 1st Night Celebration

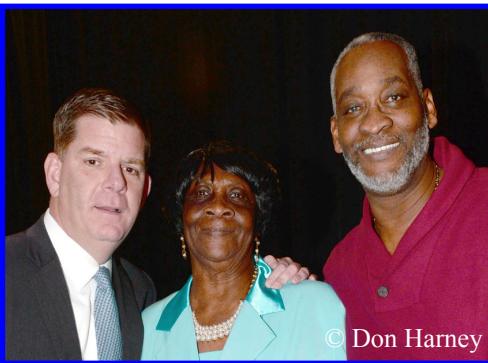
Celebrated 20 Years of Seniors' First Night at the

A Big Thank You!

SEAPORT Hotel & World Trade Center



# 1st Night Celebration





In Recognition of Martin Luther King, Jr Day volunteers from Boston RSVP, Boston Senior Companion Program and the ABCD Foster Grandparent Program made 100 Cancer Care packages for children and veterans fighting cancer.



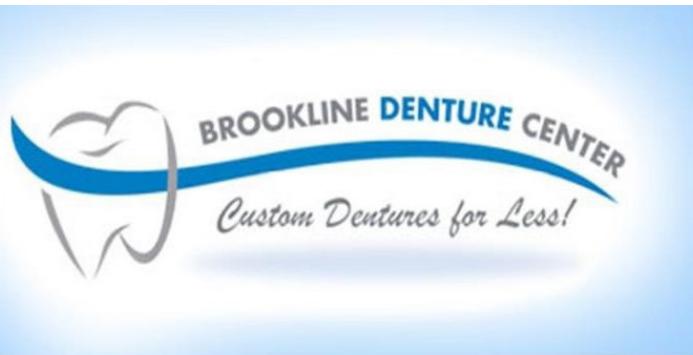
Thank you for the crocheted hats you donated!



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**Spread Love**

In the spirit of Valentine's Day, Mayor Walsh and the Elderly Commission sent Valentine's cards this month to over 6,500 seniors who are homebound in Boston. The cards were decorated by hundreds of volunteers in hopes of spreading love and warmth to homebound seniors across the city.

**WISHING YOU A**

**HAPPY VALENTINE'S DAY**

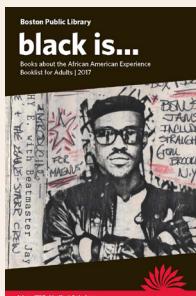
from  
Mayor Martin J. Walsh  
&  
The Elderly Commission

# Celebrate Black History Month

with  
The City of Boston  
&  
Mayor Martin J. Walsh

## This Month's Happenings...

- The Elderly Commission Celebrates its 4th Annual Black History Event - Motown: celebrating the many accomplishments and contributions of the African American community
- Celebrate Black History at City Hall
- Youth Voices: celebrating Black History Month
- Black History Month Art & Family Celebration
- Mayor's Office of Resilience and Racial Equity: Black History Month Research Speaker Series featuring Ceasar McDowell
- Boston Public Library honors Black History Month with its annual "Black Is" booklist



A list of recent books concerning the African American experience compiled by staff librarians for all to enjoy.