



Boston Seniority

Elderly Commission
Martin J. Walsh, Mayor of Boston



BOSTON
WOMEN'S
MEMORIAL

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Check out our website at
www.boston.gov/elderly

Go on Facebook to find out what's going on at
The Elderly Commission
www.facebook.com/BostonElderlyCommission

Commission on Affairs of the Elderly
Main number (617) 635-4366

Email articles and comments to
Bostonseniority@boston.gov

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



Seen on the Cover...

In honor of Women's History Month, the front cover features the Boston Women's Memorial, which celebrates three important contributors to Boston's rich history:

Abigail Adams, Lucy Stone, and Phillis Wheatley. Their progressive ideas were ahead of their time and had a significant impact on history.

Boston Seniority

Volume 41 Number 3

Published by the City of Boston

Commission on Affairs of the Elderly

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Printed by Flagship Press Inc.

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

Mayor's Spotlight

Women's History and Present: Facing Boston's Gender Wage Gap

During the month of March, we celebrate Women's History. It is important that we celebrate the accomplishments of women in our city and beyond, so that we may learn from their lived experiences. When I first took office in 2014, I pledged to listen, learn and lead. It quickly became clear that leading on gender equity was essential to our city's success.

Because I care so deeply about the success of women in the City of Boston, I established an Office of Women's Advancement, whose mission is to help facilitate full and equal participation to enhance the quality of life for women and girls in Boston. Since its inception in 2014, the Mayor's Office of Women's Advancement has taken a deeper dive into several issues that affect women and girls today, beginning with equal pay. Women make up the majority of our city, but like every city and most companies in the nation, women — and especially women of color — are underrepresented and underpaid in our workforce.

To lead, we had to listen and learn from real data and business leaders. We had two options: ignore the gender wage gap and hope it goes away over time (data tells us that we will reach pay equity by the year 2152) or do something about it. For us,

there never really was a choice. We had to act.

Together with the Mayor's Office of Women's Advancement and the Boston Women's Workforce Council, we created a report detailing



© Isabel Leon

the gender wage gap in Boston. This first-of-its-kind report drew data directly from employers and businesses themselves. A tremendous amount of work went into this study, three years in the making. Over 112 thousand employees from Greater Boston participated — representing \$11 billion in annual earnings.

Here's what we learned: Boston has a 23 cent wage gap, meaning women make on average 77 cents for every dollar a man earns in Greater Boston.

This report is the first of its kind in the country. This is the first time actual wage data has been reported both anonymously and voluntarily. This is a groundbreaking moment in tackling the gender wage gap. It establishes a wage gap baseline for the City, by which we will measure our future progress — and what the wage gap looks like in individual industries. This report is the first of many steps we will take towards action to finally achieve gender parity in the workplace and make Boston

Continued on page 4

the premier place for working women.

We know that the gender wage gap is a complex problem. It requires a multifaceted solution. We were excited to see Equal Pay legislation pass on Beacon Hill. It will do a lot to bring transparency to the hiring process. But we as a City need to be doing more than legislation.

Over the past year, we have launched a series of free salary negotiation workshops for women who live or work in Boston. We have joined forces with the American Association of University Women (AAUW) in an initiative to make Boston the first city to close the gender pay gap. To help accomplish this, we implemented a large-scale, grassroots program to provide AAUW Work Smart salary negotiation workshops to 85,000 women — at least half of Boston’s working women — in the next five years. So far, we have trained over 2,500 women.

We’ll continue to engage our businesses, our schools, and our government as partners in all of our efforts. We’ll continue growing our numbers and partnerships with the 100% Talent Compact, a voluntary pledge signed by over 180 companies indicating their commitment to closing the gender wage gap in the workplace. We’ll continue to create a culture shift from the ground up.

We will continue to make sure Boston is the best city in the U.S. for working women. We do this because it’s not only the right thing to do – but because it’s important for the economic vitality and the future of our City. In the future, the Mayor’s Office of Women’s Advancement will continue to address the many variables that contribute to the health and wellbeing of women in our City: including childcare affordability and eliminating human trafficking.

Boston is lucky to have partners so committed to women’s equity in the workplace, and our work wouldn’t be possible without their support. In 2017, it’s time we stop talking and start taking action to close the wage gap. Working together, we will move confidently in that direction.

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 Shannon Murphy at 617-635-4366.

You can also view our website online at www.cityofboston.gov/fire or visit the Boston Fire Department on Facebook.



CITY of BOSTON ANNUAL RESIDENT CENSUS

B COUNTED

The Annual Resident Census is done each year by the Boston Election Department. The City is required by state law to conduct a census of all residents 17 years of age or older. The information collected is used to protect your voting rights and provide better City services. Every resident of Boston matters and it is important every resident be counted !

RESPONDING AS EASY AS 123 :

1. *Online at Boston.gov/annual-census*
2. *By Mail or In -Person*
3. *Over the Phone*

Contact Boston Election Department :
Office: 617-635-VOTE
Website : Boston.gov/elections
(Located in room 241 of Boston City Hall.)

All Boston residents should receive their census information by April.



@BostonElection



Boston Election Department



Elections

Matters of the Heart: Statins and Women's Heart Disease

Heart disease is the number one cause of death in women. Statins can be an important part of heart disease prevention in women, especially in seniors. Statins are used to lower cholesterol, and are among the most prescribed medications. A few familiar names of statins include: Lipitor (atorvastatin), Pravachol (pravastatin), Crestor (rosuvastatin), and Zocor (simvastatin).

So how does cholesterol work? Your body needs some cholesterol to perform properly. If you have too much cholesterol in your blood, it (plaque) will stick to the walls of your arteries, narrow your arteries and even block your arteries.

If you are struggling to maintain good cholesterol levels, your doctor will order a blood test, encourage a good diet and encourage that you increase your exercise. If, after a few months when cholesterol blood values do not improve, your doctor will probably recommend that you take a statin daily.

Statins interfere with the production of cholesterol in your liver. They lower the bad cholesterol (LDL) levels and raise the good cholesterol (HDL). Statins can also slow the plaque formations in your arteries, prevent further blockage in your

arteries and help prevent a heart attack or stroke!

Here are some lifestyle changes that will also help to improve your heart health:

- Quit smoking and second hand smoke.
- Eat a healthy diet, avoiding saturated fat, trans fat, refined carbohydrates (most goodies)
- Avoid salt.
- Exercise more. Sit less.
- Maintain a healthy waist girth: less than 40 inches for men; less than 35 inches for women.
- Ask about your family history; especially heart attacks, strokes, mini strokes and diabetes.

If you start any statin medicine, follow up with frequent doctor appointments and blood tests.

If this medication does not agree with you (nausea, muscle aches), your doctor will prescribe a different dose or a new statin. Do not discontinue the statin on your own. Your elevated cholesterol will return. Years ago, people talked about their blood pressure, blood sugars, arthritis, etc. Now they talk about their good and bad cholesterols. Know yours!

For more information, speak to your primary care doctor.



SELF-CARE MASSAGE Wellness Session



Join Perfectly Balanced Life as they offer complimentary self-care wellness sessions to Boston area senior residents!

Benefits of self-care massage:

- improve physical & emotional quality of life
- release tension in your body
- improve overall energy and circulation

Enjoy a fun learning session with an interactive exercise module and conclude with a relaxing & gentle head, shoulder and hand **massage**.

Generously sponsored by



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



For details on upcoming sessions, contact the Elderly Commission at **617.635.4366** or visit perfectlybalancedlife.com/boston.



The POWER of LAUGHTER

Complimentary Wellness Session

TUESDAY, MARCH 21
1:30-3:30PM

IORA PRIMARY CARE
912 River ST
Hyde Park, MA



Laughter
Can Truly
Be the Best
Medicine

DISCOVER the BENEFITS of LAUGHTER

- Promotes Physical Health
- Improves Mental Health
- Enhances Social Behavior
- Increase Energy

To reserve your space,
contact Iora at 617.649.2255
or boston@ioraprimary.com

Perfectly Balanced Life concludes the session with an interactive, gentle massage of the head, neck, back & shoulders.

Generously sponsored by



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



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

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

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, call Shannon Murphy at 617-635-4366

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



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 11

Free Tax Sites that can Assist with the Senior Circuit Breaker Tax Credit:

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/o any mail from the IRS

Allston/Brighton

ABCD: Allston Brighton NOC
640 Washington Street
617-903-3640

Charlestown

BHA Charlestown Works
76 Monument Street
617-635-5221

Dorchester

ABCD: Dorchester NSC
110 Claybourne St.
617-288-2700

Codman Square Tech Center (DotWell)

450 Washington St.
617-825-9660

Dothouse Health

1353 Dorchester Ave
617-288-3230

St. Mary's Center for Women & Children

90 Cushing Avenue
617-414-5170

Downtown

ABCD: Robert M. Coard Building
178 Tremont Street
617-348-6583

JVS Center for Economic Opportunity

75 Federal Street
617-399-3235

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

Mattapan

ABCD: Mattapan FSC
535 River Street
617-298-2045

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, 2nd Floor
617-541-2666

South Boston

ABCD: South Boston APAC
424 West Broadway
617-269-5160 ext. 0

South End

ABCD: South End NSC
554 Columbus Ave
617-267-7400

Streetcred at Boston Medical Center

850 Harrison Ave
617-414-5170

South End Community Health

1601 Washington St
617-414-5170



All tax sites are wheelchair accessible, except for ABCD: South End NSC.

For disability accommodations, call: 617.635.3682





42nd Annual Gardeners' Gathering

Join Us

Saturday, March 18 | 11AM-5PM
Northeastern University
FREE AND OPEN TO ALL

Mayor Walsh & The Trustees invite you to kick off the gardening season with a day full of learning, networking & fun. Immerse yourself in gardening, food justice & more!

- 11AM:** Registration & Info Gallery
11:45AM: Keynote & Community Garden Awards by Mary Walsh
Special guest speaker LaDonna Redmond, food justice activist
1:30PM: Gardening & urban homesteading workshops & Exhibitors
4:30PM: Closing Announcements

**The Egan Center & Shillman Hall
116 Forsyth St, Boston**

It's a short walk from the MBTA Orange and Green Lines and parking is available at the Renaissance garage

**For more information:
The trustees.org/gathering**

Special thanks to Northeastern University, City of Boston, Master Urban Gardeners, and People Making a Difference.



My Life, My Health

A healthy living workshop



My Life, My Health helps participants with ongoing health conditions to:

- Find better ways of dealing with pain and fatigue
- Discover easy exercises to help improve or maintain strength and energy
- Learn the appropriate use of medications
- Improve nutrition
- Talk effectively with family, friends and health professionals
- Understand new treatment choices
- Feel better about life

MY LIFE, MY HEALTH

CHRONIC DISEASE SELF-MANAGEMENT PROGRAM

My Life, My Health is designed for adults who live with the daily challenges of one or more ongoing health conditions. Participants will learn different methods for managing pain, fatigue, and other symptoms. Each participant also receives a copy of the book “Living a Healthy Life”.

If you have conditions such as high blood pressure, diabetes, arthritis, heart disease, chronic pain or anxiety, or any other chronic condition, this workshop can help you take charge of your life.

*This **free** interactive workshop is conducted in 2 ½ hour sessions, one day each week, for six consecutive weeks.*

Space is limited. Please call Brenda Vazquez at 617.477.6617 or email bvazquez@ethocare.org to register.

WORKSHOP DETAILS:

My Life, My Health:

Chronic Disease
Self-Management Program

Next Class Begins:

Tuesday,
March 21, 2017

Schedule:

1:30 p.m. – 3:30 p.m.

Location:

Adams Street Library
690 Adams St.
Dorchester, MA 02122



WINTER / SPRING 2017 CLASS SCHEDULE

My Life, My Health

My Life, My Health: Chronic Disease Self-Management Program (CDSMP) is a FREE informative, interactive workshop, designed for adults who live with the daily challenges of one or more ongoing health conditions. It will give people with chronic conditions (such as high blood pressure, arthritis, heart disease, cancer, asthma, etc.) and/or their caregivers the knowledge and skills needed to take a more active role in their health care. The book, *Living a Healthy Life with Chronic Disease* is provided for each participant. Workshop meets 1 day per week for 6 weeks.

Location: Landmark at Longwood, 63 Parker Hill Ave. in Roxbury Crossing

Day and Time: Thursdays from 1:30 to 4:00 p.m.

Start Date: February 16, 2017 – Ongoing Classes

OR

Location: Harvard Vanguard Chestnut Hill / West Roxbury, 291 Independence Dr. in Chestnut Hill

Day and Time: Mondays from 9:30 a.m. to 12:00 p.m.

Start Date: March 13, 2017

OR

Location: Adams Street Library, 690 Adams St. in Dorchester

Day and Time: Tuesdays from 1:00 to 3:30 p.m.

Start Date: March 21, 2017

Tai Chi: Moving for Better Balance

This evidence-based workshop focuses on preventing falls and improving balance through the regular practice of Tai Chi. Participants will learn 8 single forms, derived from the traditional, well known, 24-form Yang Style Tai Chi. The forms are tailored to older adults who wish to improve balance and mobility, and consequently, reduce the risk of falling. Performance of Tai Chi movements is also closely coordinated with natural breathing and stress reduction. FREE classes meet twice a week for 12 weeks.

Location: Julia Martin House, 90 Bickford Street in Jamaica Plain

Day and Time: Mondays and Thursdays from 3:00 to 4:00 p.m.

Start Date: March 20, 2017

A Matter of Balance

Many older adults experience a fear of falling. People who develop this fear often limit their activities, which can result in physical weakness, making the risk of falling even greater. A Matter of Balance: Managing Concerns About Falls is a program designed to reduce the fear of falling and increase activity levels among older adults. FREE classes run for 8 weeks and include fun videos, group discussion, a safe surroundings survey, and mild exercise to increase strength and flexibility. **Starts on February 22, 2017 – Ongoing Classes**

Location: Kit Clark Senior House, 1500 Dorchester Ave. in Dorchester – Wednesdays from 10 a.m. to Noon.

For more information or to register contact Brenda Vázquez at 617-477-6616 or bvazquez@ethocare.org

Girl Engineer

An excerpt from the story featured in the Memoir Project's Volume 4, *Imagine Such a Life.*"

By Carol Blair



In 1969, after my freshman year of civil engineering courses at the University of Vermont, I wanted a summer job doing engineering work, but instead I was behind the counter at Al's

French Fries. When I'd asked my advisor, professor Milbank, about a summer job, he'd shrugged his shoulder. "The guys usually get the field jobs with the highway department, but that's dirty work. I don't know," he said before walking away. I was stunned by this absurdity. What does he mean, "dirty work"? I'm washable! What I didn't understand then was this man, approaching retirement, couldn't get his head around the idea that a woman could be an engineer.

After two weeks of making creamy cones, I got a brief interview with Fred Koerner, a civil engineer with his own business. He met my price--\$1.75 an hour—and I had my start. I'd be helping four employees with surveys, concrete test, and deed searches, making maps and copying plans. Mr. Koerner's office was by the Burlington Coca-Cola plant near Lake Champlain, five blocks down the hill from my parents' home. I rode my bicycle so I could be quick as I collected and distributed plans around town. Except for the secretary, the office staff was all male. This

was normal for me. From infancy when my parents put my crib in a bedroom with two older brother to my college classes with a hundred boys and men studying engineering, I'd always been surrounded.

That summer, I mastered a blueprint machine that collated plan sheets up to fifty inches wide and spewed the original back at me. I plucked each Mylar drawing from the table, laid it on a sheet of yellow blueprint paper from another table, and then lined it all up and fed it into the rollers. Then I'd catch the original and stack them on still another table.

Frequently stationed alone in that ammonia-filled room, I'd make as many as seventy-five copies of a set of two hundred sheets. I challenged myself to finish each set a little faster than the last, but my dedication and enthusiasm did not save me from the boredom and weariness. Once, I closed my eyes, laid my head on my arms, and rested on the machine—right in front of the feeder rolls. Oh, how it felt to stop. For a moment I drifted off, but then I felt my hair shift. Wait! My hair! Oh, no! I grabbed my braids and hit the reverse button. My hair was wound in both directions around the rollers. In a desperate tug-of-war with the machine, I won my ragged braids back and kept my scalp. The only evidence: a few hairs hanging from the rollers. It was many years before I told anyone. I hated to feed the idea that girls weren't suited for engineering work...

To continue reading this and other stories, Memoir Project books are available for purchase at the Elderly Commission. The Boston Memoir Project is a partnership between the Elderly Commission and GrubStreet, Inc., where senior writers turn their memories into narrative.

Knowing Our History

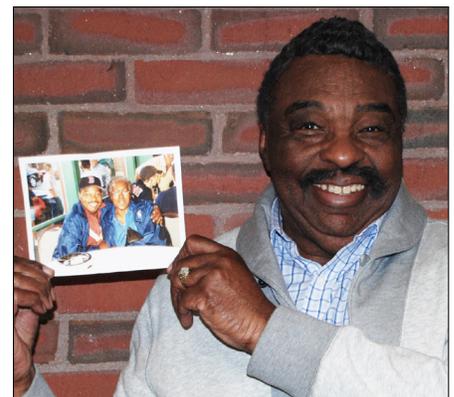
For Women's History Month, we at the Elderly Commission honor the women in our lives who have inspired, empowered, and impacted us the most.



*Emily K. Shea, Commissioner
Commission on Affairs of the Elderly*

"My mom, Eileen Shea, used to say she loved snow days because she had so much fun being home with her kids. Being loved like that is a gift. My aunt, Pam Shea, is a pioneer in the aging field—my role model—and she opened my eyes to one of the most rewarding careers I could ever hope for."

"From the first day working at the Elderly Commission, Joella Thomas has been a positive inspiration for me."



Richard Morrison, Advocacy Representative

Go to our  to see more photos like these.



Jane Boyer, Advocacy Representative

"I admire my mother Jane Mullaney, who was a widow raising 7 children on her own. An independent hardworker who loved her children unconditionally."

"Carmelita Munevar is important to me because she has taught me to be perseverant. She impacted me in a way that shows hard work and accomplishments can be done no matter what your situation is."



Luis Ottonelli, Finance Assistant



*Tiffany M. Favers,
Area Agency on Aging Director*

"So many times in my life when I've struggled, I've found comfort in Maya Angelou's words. She's so honest and insightful that it's like advice from a beloved family member. She continued to write, lecture and teach until her death at age 84."

"My courageous and beautiful mother, Nancy Doherty teaches me the importance of giving back to community with grace, celebration and dedication. She has broadened my perspective and cultivated my sense of adventure."



*Jullianne Doherty, Administrative
Director of Outreach and Engagement*



*Tyissha Jones-Horner, Administrative
Director of Volunteer Programs*

"Besides going into labor on her birthday to have me, my mom Claudia Jones-Bullock is important because she taught me the true meaning of tenacity by overcoming addiction and illnesses. My mother's most important lessons to me are God makes no mistakes, never give up, and treat all people with love. Love you, and thank you mom."

"My Godmother Dorothy Johnson is a religious, independent woman who has helped raise me to be the person I am today. My Grandmother Orie Anne Hammonds is the sweetest woman you can ever meet. Her love for her family is amazing and her actions exemplify what family should be."



Porshia Gray, Principal Personnel Officer



Ellen Roth, Director of Development

"Debra Anderson was my grandparents' caretaker for about 10 years and became part of our family. Miss Debra's strength and her selfless, devoted care for others inspire me."

"Aside from all the things my mother, Patricia Hammes (nicknamed Treasha), did well such as teaching manners, opening her home to family and friends, persevering when times were tough and maintaining a sense of humor, she also taught me what not to do: not to hold a grudge and not to take life for granted. This maternal legacy lives on in my role as a mother."



*Tara Hatala,
Director of Nutrition*

"My mother Mary Beth Kelly has always been the most consistent person in my life. She is the first person I call about anything, good or bad."



Meghan Murray, Advocacy Representative



*Annette Richardson,
Senior Companion Program Director*

"I try to; even now, carry myself in such a manner as to make my mother Juanita Richardson proud. I have learned to be a good listener, and to be available to assist those who need help."

"In the early 40s, my grandma Ganda (our nickname for each other: 'my friend') left her husband and escaped at midnight with her only son to return to her homeland in Sierra Leone so our dad could be schooled in English and not just Arabic. My friend's bold and decisive sacrifice, termed rebellious then, opened our world to opportunities that our families still enjoy."



*Francis Ngagba Thomas, Jr., Deputy
Commissioner of Administration & Finance*



*Andrea Burns,
Director, Age-Friendly Boston*

"My mom's name is Anne Burns. Her parents gave her the name Fahima, which means understanding in Arabic. Her parents were immigrants from the Middle East, traveling to the United States after the Armenian Genocide. She has always been a very positive person, no matter how difficult life can be. These wonderful qualities inspire me to be more positive and more persistent in my own life."

Boston Aging Strong

on BNN Live

Boston Aging Strong is a series of six virtual exercise classes designed for seniors who are homebound and others who cannot attend exercise classes but can follow along with a 30-minute workout at home.

The six Boston Aging Strong exercise classes are:

- 1) **Balance Exercises** including Fall Prevention Techniques with Athletic Trainer **Bryan Truscott**, and Physical Therapist **Cindy Benea** of **New England Baptist Hospital**
- 2) **Boot Camp** with Us Army Veteran **Rick Holahan** of **Troops for Fitness**. Rick works with the City of Boston Parks Department to provide free fitness programs to Boston residents of all ages.
- 3) **Strength Training** with **Vanessa Wilson Howard** of **Fit for a Lady**. Vanessa is the long time warm up and cool down leader at the Mayor's Walk and many other Elderly Commission fitness events.
- 4) **Yoga Pilates** also with **Vanessa Wilson Howard**
- 5) **Tai Chi** with **Master Hua Quan Liu** of the **Greater Boston Chinese Golden Age Center**
- 6) **Zumba** with **Gladys Grullon** and her **Seniors In Action**.

Boston Aging Strong Series Schedule:

Comcast 9 | RCN 15



1st and 3rd week of April:

Tuesday, 9 am: Strength
Wednesday, 9 am: Yoga
Thursday, 9 am: Tai Chi

2nd and 4th week of April:

Tuesday, 9 am: Balance
Wednesday, 9 am: Zumba
Thursday, 9 am: Bootcamp

*Catch repeat episodes on
Saturdays at 9 am, Sundays
at 8:30 am, and Mondays
at 10:30 am!*

This series is brought to you by the Elderly Commission and New England Baptist Hospital, the only hospital in New England to specialize exclusively in orthopedic care and the official hospital of the Boston Celtics for 30 years.



NEW ENGLAND BAPTIST®
HOSPITAL



Sr. Celtics



presented by NEBH

© Brian Babineau

On January 26, BCYF's Tobin Community Center was the scene of a senior fitness bonanza, thanks to Boston Celtics Legend Tom "Satch" Sanders, Boston Celtics guard Terry Rozier, Celtics mascot "Lucky" The Leprechaun, Celtics Dancers and New England Baptist Hospital's Sr. Celtics fitness initiative (now in its third year).

The Sr. Celtics program, presented by New England Baptist Hospital (NEBH), encourages senior members of the Mission Hill community to maintain an active lifestyle through participation in fitness and health education classes. NEBH is committed to improving the health and well-being of those living throughout our community, especially seniors.

Over 100 seniors from the Mission Hill Community attended the event, which featured a dance class workout led by Celtics Team Dance Director Marina Ortega and some Celtics Dancers, health and fitness tips from NEBH RNs Margaret McCarthy and Joanne Petrillo, a healthy dinner and a Lucky Dunk Show.



5 FREQUENTLY ASKED QUESTIONS: ABOUT NUTRITION AND AGING

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

I was giving a presentation on nutrition at a senior center, and when I asked if anyone had any questions, every hand shot up in the air. In the twenty years I have been educating people about nutrition, I have found a lot of misconceptions and misinformation. There's a lot to know when it comes to aging and nutrition, so here are five common questions I am asked:

1. Why do I need your advice at my age?

I tell people of all ages, especially older adults, that it's important to eat as well as possible to remain independent. We already know eating well is important to our health. But connecting the dots may not be as obvious. For example, if you don't eat enough protein and remain physically active, you are more likely to lose strength throughout your body. Weakness factors into falling. Some folks never fully recover from a broken hip and become unable to get around unassisted, so eating well and taking care of yourself is critical to living independently.

March is National Nutrition Month.

2. Aren't carbs bad for you?

No. Next question. Carbohydrates are a very important part of one's diet and break down into glucose in the blood stream. Your brain runs on glucose and has first dibs on those carbs you eat. While your body can make glucose from protein, fat and alcohol, it prefers the carbs you eat. They can be a problem if you are eating too many of them, or have diabetes and don't count your carbs. Choose whole grain foods and fruits as they contain not only carbs, but also vitamins, minerals and fiber as well!

3. Why is it so expensive to eat healthy?

It doesn't have to be. Eating healthy doesn't require you to eat organic produce all day, every day. I prefer people focus on making the best choices that fit their budget, cooking skills and resources, time constraints, taste preferences and body mechanics. Check out page 24 for a budget-friendly, healthy recipe!

4. What are the best foods to eat?

While there is no best food to eat, there

are some foods that have powerful benefits on different systems. I am a fan of the research that shows certain foods which can slow cognitive decline. Otherwise put, some foods are great for your brain! Among them are green leafy vegetables, beans, nuts and berries. Stock up on frozen berries so you can eat what you want without worrying if the rest will spoil quickly!

5. Isn't it true that fresh is best?

The longer food is exposed to light and

air, the greater the nutrient loss. If you can buy in-season produce grown within 100 miles of your home, go for it. If not, I always recommend frozen. Evidence shows that frozen foods can retain just as many, if not more, nutrients than fresh, because they are processed almost immediately after harvesting. And since so much of our food is grown out-of-state, this is a great choice!

As always, consult your primary care doctor before changing your diet or exercise plan.

National Nutrition Month® 2017

What's for Breakfast?

Word Search for Adults

Words may be horizontal, vertical, diagonal, or backwards.



1. Oatmeal	O	F	H	L	K	M	N	C	X	R	T	V	E	G	G	I	E	O	M	E	L	E	T	W
2. Veggie omelet	A	B	A	F	J	S	E	K	A	C	N	A	P	Y	R	R	E	B	E	U	L	B	P	X
3. Bran flakes	T	U	R	K	E	Y	S	A	U	S	A	G	E	P	L	K	F	I	W	Z	T	M	N	C
4. Shredded wheat	B	M	D	E	R	T	F	K	L	M	N	F	R	E	N	C	H	T	O	A	S	T	R	V
5. Lowfat milk	R	L	C	K	A	B	R	C	Y	O	J	K	V	G	L	T	K	Z	X	B	T	V	Q	L
6. Waffles	A	M	O	Q	F	K	G	V	R	C	A	D	S	L	O	M	N	V	I	L	S	E	U	M
7. Canadian bacon	N	Z	O	X	N	M	F	B	V	S	R	T	K	O	L	T	B	F	Y	B	A	L	T	R
8. Fresh fruit	M	V	K	R	T	N	D	A	G	H	I	J	M	K	A	L	A	M	N	S	O	T	V	L
9. Yogurt parfait	U	S	E	L	F	F	A	W	S	R	C	S	L	E	Z	Q	G	V	N	H	T	P	X	C
10. Hard cooked eggs	F	X	D	R	H	C	V	M	G	T	T	N	H	P	A	B	E	T	O	N	R	L	K	G
11. Turkey sausage	F	N	E	L	T	W	R	Y	M	I	W	W	N	S	X	L	L	D	C	V	E	B	L	M
12. Nut butter toast	I	B	G	Q	S	R	S	L	U	V	D	R	D	J	F	K	V	B	A	W	T	C	I	N
13. Fruit smoothie	N	T	G	L	N	E	B	R	C	E	B	S	A	R	D	W	Q	D	B	S	T	R	M	P
14. French toast	Y	L	S	M	E	Q	F	S	D	T	C	V	Q	P	J	L	M	T	N	R	U	X	T	Z
15. Cheesy grits	N	B	V	H	D	S	W	D	X	R	F	S	E	K	A	L	F	N	A	R	B	L	A	B
16. Oat bran muffin	M	L	C	K	J	B	E	W	L	R	D	F	S	G	J	C	V	L	I	N	T	M	F	X
17. Breakfast wrap	D	R	V	X	F	R	E	S	H	F	R	U	I	T	N	G	F	T	D	L	U	Z	W	R
18. Bagel	F	L	N	M	H	C	P	D	W	L	K	J	S	D	C	V	X	Z	A	B	N	X	O	C
19. Blueberry pancakes	Y	P	Z	S	X	G	M	V	B	J	G	S	F	L	R	T	P	M	N	N	B	T	L	R
20. Muesli	R	T	L	J	T	I	A	F	R	A	P	T	R	U	G	O	Y	K	A	X	C	V	W	T
	Z	Q	V	P	R	N	K	G	Z	F	C	N	G	M	B	X	P	R	C	J	K	Y	B	L



Chickpea and Red Pepper Soup with Quinoa

- 1 red pepper
- 2 can low-sodium chickpeas
- 2 c. low-sodium vegetable broth
- 2 tbsp. red wine vinegar
- Chopped fresh parsley

Quinoa cooks fast, has a delicious nutty flavor and is an excellent vegetarian source of protein.

TOTAL TIME: 0:25

PREP: 0:25

LEVEL: EASY

YIELD: 4 SERVINGS

(COST PER SERVING OF \$2.91)

SERVES: 4

Healthy,
Budget -Friendly
Recipe

INGREDIENTS

- ½ c. quinoa
- 2 tbsp. olive oil
- 1 medium onion
- 1 carrot
- 2 stalk celery
- 3 clove garlic
- 1 tbsp. smoked paprika
- Pepper
- 1 yellow pepper

DIRECTIONS

1. Cook the quinoa according to package directions.
2. Meanwhile, heat the oil in a Dutch oven or large heavy-bottomed pot. Add the onion, carrot, and celery and cook, covered, stirring occasionally, for 6 minutes.
3. Add the garlic, paprika, and 1/4 teaspoon of pepper and cook, stirring, for 1 minute. Add the peppers and cook, stirring occasionally, for 5 minutes.
4. Add the chickpeas, broth, and 1 cup water and bring to a boil. Reduce heat and simmer until the vegetables are tender, 5 to 8 minutes. Stir in the vinegar and cooked quinoa. Serve topped with parsley, if desired.

This recipe is from www.womensday.com / Women's Day, published on Sept.1, 2014.



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Commission on Affairs of the Elderly

Presents two upcoming, free

Historic Presentations for Seniors



West Roxbury Historic Presentation

*Lecture by Robert J. Murphy
of the West Roxbury
Historical Society*

Wednesday, March 22, 2017
10:30 a.m. - 12:00 p.m.

West Roxbury Branch Library
1961 Centre Street, West Roxbury



East Boston Historic Presentation

*Lecture by Roberta Marchi
Sponsored by East Boston
Museum & Historical Society*

Friday, March 31, 2017
2:00 p.m. - 3:30 p.m.

East Boston Branch Library
365 Bremen Street, East Boston

Register in advance by calling 617-635-4168
or by emailing michael.mccolgan@boston.gov



Project “Spread the Love, Boston” says Thank You!

This February, countless organizations and individuals came together to help Mayor Martin J. Walsh and the Elderly Commission create, decorate and deliver over 6,500 Valentine’s Day cards to homebound seniors living throughout the city of Boston!

A special shout-out to the Boston Public Library, Boston Centers for Youth and Families and Boston Public Schools for decorating thousands of cards each and helping our program be such a success!



Tremendous thank you to all of our “Card-Decorating” Partners:

Boston Senior Home Care and Boston Elder Info, Building Impact (and their corporate partners), Greater Boston Chinese Golden Age Center Iora Health Phillips Brooks House, PricewaterhouseCoopers, Saint John Paul Catholic Academy - Lower Mills Campus



Photo courtesy of Greater Boston Chinese Golden Age Center

Thank you to all of the City of Boston departments, agencies and the countless staff who participated in helping make hundreds of seniors smile this winter!



We appreciate our “Card and Meal Delivery” Partners, who made sure the cards got hand delivered to seniors with their meal in time for Valentine’s Day:

Boston Senior Homecare, Harbor Pacific Restaurant, Central Boston Elder Services, Jewish Community Housing Corp, City Fresh Food, Ethos, Kit Clark Senior Services Kitchen, Family Foods Services, and Spinelli's. Economic Mobility Pathways, Greater Boston Chinese Golden Age Center,



To see more pictures, posts and tweets about the project visit Facebook and Twitter using the hashtag: #spreadtheloveBOS



Photo courtesy of Don Harney





The Commission on the Status of Grandparents Raising Grandchildren presents:

Statewide Regional Workshops for Grandparents Raising Grandchildren

The Commission on the Status of Grandparents Raising Grandchildren presents this three-hour workshop for grandparents and kinship caregivers. There will be special guests at each event to present topics important to grandparents and kinship caregivers. There will also be an informational panel at each event which will include representatives from DCF, DTA, Masshealth, and more.

Breakfast pastries, coffee, and tea will be provided

Worcester 3/22/17 9:30-12:30

The Worcester Public Library
5 Salem Street Worcester, Ma.
Special Guest: Liz Haddad
Worcester County DA's Office
Topic: *Internet Safety*

Boston 4/4/17 9:30-12:30

So. Boston Neighborhood House
136 H Street Boston, Ma.
Special Guests: Lynn Girton
and Ilene Mitchell
Topic: *Legal Issues*

Northampton 4/26/17 9:30-12:30

The Northampton Senior Center
67 Conz Street Northampton, Ma.
Special Guest: Deb Dowd-Foley
Elder Services of Worcester Area, Inc.
Topic: *Taking Care of the Caregiver*

Lawrence 3/31/17 9:30-12:30

Elder Services of Merrimack Valley
280 Merrimack Street Suite 400
Lawrence, Ma.
Special Guest: Federation for
Children With Special Needs
Topic: *Special Education Services*

Brockton 4/12/17 9:30-12:30

The Brockton Public Library
304 Main St. Brockton, Ma.
Special Guest: Karen MacDonald
AdCare
Topic: *The Disease of
Addiction*

Hyannis 5/4/17 9:30-12:30

The Cape Cod Family Resource Center
29 Basset Lane Hyannis, Ma.
Special Guest: Ruth Bodian
Trauma Specialist
Topic: *The Impact of Trauma on
Children and Families*

**Please register by contacting Colleen Pritoni
617-748-2454 or colleen.pritoni@state.ma.us**

Black History Month Celebration



A big THANK YOU to all the sponsors of our
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AND A SPECIAL THANKS TO

Students from the Burke High School, the Boston Police Department, The William E. Reed Auditorium and the members of the Event Committee



Black History Month Celebration



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Photos by Isabel Leon



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Valentine's Day Celebration at the Nazarro Center

Photos by Isabel Leon



Visiting Haynes House

Photos by Isabel Leon





Martin J. Walsh, Mayor of Boston

"My mother Mary is a constant source of strength in my life: from paving the way as an immigrant in America, to raising my brother John and me, to supporting me when I had childhood cancer. She always believed in my dream of being Mayor of Boston, ever since I was a little boy. I would not be where I am today without her love and encouragement!"

See inside
for more tributes
to important women
in honor of Women's
History Month!