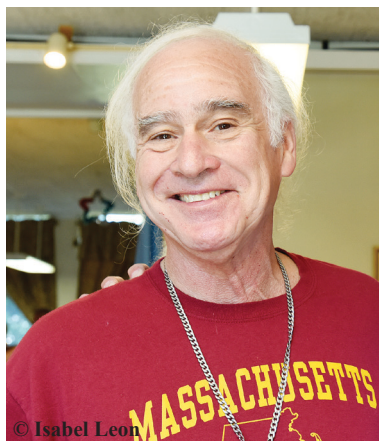




# Boston Seniority

*Elderly Commission*

Martin J. Walsh, Mayor of Boston



FREE

October 2017  
Volume 41  
Issue 9



# Table of Contents:

## Page Number

3	Mayor's Spotlight
	<i>Health &amp; Wellness</i>
6	Mental Illness Awareness
8	Prescription Errors Awareness
10	Tips to Help Fight the Flu
11	Seniority Spotlights
12-13	Music that Moves and Mends
	<i>Special Feature</i>
14-17	In Love with Autumn
18	Pumpkin Spiced: Nutrition
20	Do-it-Yourself Project
	<i>Elderly Commission Upcoming Events</i>
22	Senior Charlie Card
23	New Bus Buddy Program
26	Seen Around Town

## Boston Seniority

Volume 41 Number 9

Published by the City of Boston

*Commission on Affairs of the Elderly*

**Martin J. Walsh**  
Mayor

**Emily K. Shea**  
Commissioner

**Cassandra Baptista**  
Director of Communications  
Editor and Photographer

**Martha Rios**  
Editor and Photographer

City Hall Plaza-Room 271  
Boston, MA 02201

Printed by Bradford & Bigelow

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

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

*Stay Connected with the  
Commission on Affairs  
of the Elderly!*

Main number: (617) 635-4366

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

Facebook: @BostonElderlyCommission

Twitter: @AgingInBos

Email articles and feedback to:  
[Bostonseniority@boston.gov](mailto:Bostonseniority@boston.gov)



# Mayor's Spotlight



## HONORING HISPANIC HERITAGE

Here in Boston, we are proud of our diversity. It shapes our neighborhoods, and our identity as a City.

The contributions of the Hispanic community influence every sector of Boston life, from art to politics, medicine to cuisine. Hispanic heritage is an ever-growing part of Boston's strength--today and in the future.

That growth is reflected in our population. Between 2000 and 2010, the number of Hispanic seniors in Boston has nearly doubled. That's significant because we know that seniors represent

the fastest-growing segment of our city's population. It's clear that, as Hispanic residents, and as seniors, you are incredibly important to our future.

Boston is committed to supporting you in every way we can.

What truly makes our city special is our people and the great number of cultures and people of diverse backgrounds that thrive here. They are the communities that generations have formed, and continue to thrive through their descendants.

My parents came here as immigrants, and I grew up in a household of new



Americans. They came to Boston to build a better life for our family. I am still learning from my mother about the importance of culture and heritage and how it is still shaping our City.

During Hispanic Heritage Month, we celebrate this incredible community-- a community that unites people in a powerful bond that is passed down through each generation.

We're doing everything we can to support the needs of the Hispanic community -- and all the communities that make Boston such a thriving city.

That's why we're working together -- the city and the people -- to make sure that every decision we make, we make together. From early education to senior services, we will continue working towards making sure the City of Boston is fully inclusive.

We are always thinking of new and effective ways to meet our people's needs.

Together, we will continue to make Boston a national leader in welcoming and supporting all of our residents.

# Medicare

***Do NOT Ignore Your  
Medicare Mail***

# Open Enrollment

## October 15 - December 7

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

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

Call for more information or to schedule an appointment:

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





# BOSTON SENIORITY

*Celebrating*  
**40 Years**  
*this Year*  
*in Print*

**Send us a Birthday message or a digital photo of you holding *Boston Seniority* magazine for a chance to be featured in a future issue!**

**Submissions can be made via email  
at [bostonseniority@boston.gov](mailto:bostonseniority@boston.gov) or by mailing  
Commission on Affairs of the Elderly  
Attention: Martha Rios  
One City Hall Square, Room 271  
Boston, MA 02201**

**\*Any hardcopy materials sent to us will not be returned**



# MENTAL ILLNESS AWARENESS: KNOWING THE SIGNS

By: Tiffany M. Favers,  
*MSW, Area Agency on Aging Director  
at the Elderly Commission*

Mental illness impacts the lives of many people. Whether you are living with a mental illness or helping a family member or friend, most of us have witnessed the way mental illness can change a person's life.

Recently, many organizations and campaigns have worked to reduce the stigma surrounding mental illness.

One of the biggest ways to reduce the stigma is to talk about how many people are living with mental illnesses and discuss ways to access support.

When dealing with mental illness know that you are not alone.

## Facts about mental illness:



Did you know that October is Mental Illness Awareness Month?



It's important to know that mental illness can start at any age.



1 in 5 seniors are dealing with mental health issues, including anxiety, mood disorders and cognitive impairments.

**If you or someone you know is struggling with mental illness, reach out for help:**



# 20% OF OLDER ADULTS ARE DEALING WITH MENTAL HEALTH ISSUES



Common symptoms of mental illness can include: excessive worry or fear, strong levels of anger or irritability, and changes in habits.



Mental health should be part of your holistic and routine care.



Depression is one of the most common mental illnesses. It is also one that can be successfully treated.



Your PCP will be able to provide you guidance and support to strengthening your mental health.



Depression can interfere with your treatment of other chronic conditions.



With so many people facing mental health concerns, there are plenty of resources and support. See the organizations below.

- National Alliance on Mental Illness  
800-950-NAMI  
[info@nami.org](mailto:info@nami.org)

- Samaritans of Boston,  
877-870-46073  
[info@samaritanshope.org](mailto:info@samaritanshope.org)

## Prescription Errors Education and Awareness Week: Oct. 24-Oct. 31

### *Avoiding Medication Errors: Everyone's Responsibility*

Since 2000, the Food and Drug Administration (FDA) has received more than 95,000 reports of medication errors! These reports are voluntary, so the actual number may be much higher.

A medication error is defined as being any preventable event that may cause or lead to inappropriate medication use or harm to a patient.

The FDA works with many organizations and people to gather this information and the best way to help prevent these errors.

### **Medication errors can occur for a number of reasons:**

- Miscommunication of drug orders
- Confusion with similarly named medications
- Poor package design
- Confusion of dosing: metric units, or

teaspoon or tablespoon.

- Taking the medicine at the wrong time, wrong dose, wrong person

### **Before you leave the doctor's office, ask all of your questions!**

- What are the names of all of my medications?
- What are they for?
- Are there are interactions with my other medications?
- Are there potential side effects I should look out for?
- How do these medications work?
- When should I take them?
- How do I store them?
- How long you should take them?

Before you leave your pharmacy, be sure to read the name of the medicine, directions on the bottle and how many pills and refills, so you know you have your correct medicine.

If you need help asking these questions or understanding the answers, bring a trusted relative or friend to the doctor's office or pharmacy.

Medicine safety means you get the right medicine, the right dose, at the right time. It is your responsibility to be in charge of your care.





# Did you know?

## October is White Cane Awareness Month

**Stop for White Cane  
and dog guide users at  
street crossings.  
It's the law!**

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



# Cuidamos de los que cuidan.

*Migdalia, administradora de cuidados de Caregiver Homes.  
Juana, que cuida a su madre, Dolores, realiza ese trabajo  
desde 2011.*

Cuando los que cuidan se comprometen a cuidar a un ser querido, nosotros nos comprometemos con ellos.

Estamos junto a ellos con la promesa de que nunca estarán solos en su camino de ofrecer la dignidad y la comodidad de un hogar. Gracias a experimentados equipos de cuidados que ayudan a resolver los desafíos de cada día y al mismo tiempo anticipan lo que está por venir, apoyamos a los que cuidan y ayudamos a mejorar las vidas de las personas que necesitan cuidados.



Conozca más y determine su elegibilidad.

**866-797-2333 | [caregiverhomes.com](http://caregiverhomes.com)**



# 6 Tips to Help Fight the Flu

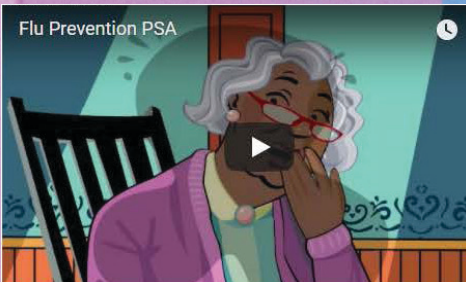
*From the Boston Public Health Commission*

The flu is a concern each year in Boston, especially from October through March, when most flu activity occurs. Fall is the best time to get yourself and your family vaccinated.

In addition to getting your flu vaccine, there are many ways you can help prevent the spread of germs, including:

- Cover your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your upper sleeve.
- Wash your hands often with soap and water or use an alcohol-based hand gel.
- Keep your hands away from your eyes, nose, and mouth.
- Clean surfaces in your home regularly with a household cleaner.
- Avoid close contact with people who are sick when possible.
- Avoid close contact with people who are sick when possible.

Check out this Flu Prevention  
PSA from the BPHC at  
[www.bphc.org](http://www.bphc.org)



**Don't Wait .. Call NOW**  
**CUSTOM DENTURE *only* \$1099!**  
(reg. \$1313)

**AFFORDABLE MassHealth accepted**  
**EAT .. SMILE .. TALK with ease !!**

**Call NOW 617.738.1232**

[www.BrooklineDentureCenter.com](http://www.BrooklineDentureCenter.com)



# Seniority Spotlights...



**Joseph Goncalves**, Administrative Assistant of Volunteer Programs at the Elderly Commission, is also a filmmaker. He produced "Unconditional Love," a YouTube web series in its first season that follows a black gay couple and their best friend as they navigate life's challenges. The series received an Indie Series award nomination and got accepted into the My True Colors festival in New York. Season two will be airing this month. Expect to see more projects from this young, dynamic visionary!

## CONGRATULATIONS TO OUR SENIORITY MAGAZINE SURVEY WINNER!

### MARLENE OF HYDE PARK

Thank you to everyone who took the time to complete our magazine survey over the summer. We truly value your interest and feedback!



**Tara Hatala**, Registered Dietician and Director of Nutrition Advocacy and Planning at the Elderly Commission, has been appointed to the Massachusetts Commission on Malnutrition Prevention Among Older Adults. She was sworn in at the end of July by Ed Palleschi, Deputy Chief Secretary, Boards and Commissions. Tara is one of nine members who are the Governor's appointees. The 17-member commission will study the impact of malnutrition on Massachusetts seniors across care settings and investigate effective strategies for reducing malnutrition.

# Music that Moves

Composer creates innovative music and workshops for all ages at BPL

By Marin Sklan

For frequenters of Boston's central library, this past year has marked a drastic evolution in the space. The library has married a traditionally contemplative atmosphere with a modern, conversant haven. This balance proved inspiring for **Beau Kenyon**, who served as the library's Composer-in-Residence this past spring. Kenyon was tasked with creating a public music installation, while holding workshops for Boston's youth and seniors. He designed both with accessibility and physical space in mind.

**M.S.** Tell us about your recent public music installation. Your piece moved?

**B.K.** Yes! Initially, we started in Deferrari Hall, with about 12 performers between the musicians, dancers, and actors. Then the groups reconvened in the courtyard, where the double bassist had been playing on a free loop for 30 to 45 minutes.

**M.S.** What was it like seeing it unfold?

**B.K.** I was most concerned with how people would respond to there being live music in the space, whether I would be intruding on their time here. I wanted to create a piece that really utilized and reflected the library's aesthetic. I wanted to

further enliven an already lively space.

**M.S.** And it worked!

**B.K.** Yes, whew! I was consistently relieved and energized. I loved creating a piece that was free and open to the public, reaching audiences who might not want to go sit in a concert hall, or otherwise have access to new music.

**M.S.** That was an important part of your workshops as well, particularly when engaging with older Bostonians.

**B.K.** I collaborated with the library's Never Too Late Group, and reached out to Suzanne Hanser. I was really focused on building a community for people to tell their stories and relate.

**M.S.** What was that like?

**B.K.** Each class focused on a multidisciplinary collaboration from the 20th century, like Stravinsky and Balanchine, or Satie and Picasso. These collaborations would inevitably lead to something very personal: how they were relating to the music, a familial memory. Sharing these moments gave them something that they could use to relate to others.

**M.S.** That must have been incredible.

**B.K.** It was, and I am so thankful to have helped people engage with one another. The library has always functioned as a place for community gathering and exchange. I was able to explore what that looks like and means in the 21st century.

## Ways to explore music therapy at home:

1. Listen to a song from your childhood to prompt old memories.

2. Try the "Iso Principle," where your music choices mirror your current state or mood.

# Music that Mends:

## Berklee Professor advocates for integrative health through music therapy

*By Marin Sklan*

After receiving her PhD from Stanford University, **Suzanne Hanser** returned to Boston where she founded Berklee College's Music Therapy Department. Since then, she has authored several books, received the American Music Therapy Association's Lifetime Achievement Award, and was named "One of Eleven Bostonians Changing the World" by the Boston Globe. For Hanser, the goal continues to be a comprehensive understanding of music's role in daily life, from the quality of our moods to the preservation of our memories.

**M.S.** What led you to music therapy? Was it a natural progression?

**S.H.** I loved the music community, which was so vibrant and rich. However, I was locking myself in a practice room thinking: there's a world out there, and there might be a way for me to contribute to my community...So I investigated music therapy, and when I came to found the music therapy department, I said "I've come to fulfill my destiny!"

**M.S.** You've come full circle!

**S.H.** Yes, and that's very precious to me, that I came back home to Boston, and am now enabling other fine musicians and people who want to serve. I came back to Boston because I knew about the vibrant arts community, and

that I could foster partnerships with incredible educational and medical institutions.

**M.S.** And part of that work has focused on music therapy for Boston's older residents?

**S.H.** Yes. All of our students are required, at some point in their training, to work in a nursing home or senior center. In the past, we have also worked with the Boston Housing authority, to help people who were isolated or homebound.

**M.S.** What does training look like for this particular age group?

**S.H.** Students assist a qualified music therapist in providing group or individual work. Sometimes they are assigned to a reminiscence group, where people will talk through memories after listening to music. And often people, even in the latest stages of Alzheimer's disease, can recall the words to their favorite songs. Those memories are deeply preserved.

**M.S.** That is so powerful, especially when you consider music's universality.

**S.H.** Yes. The key is to find these deeply meaningful connections. Sometimes they're cultural, sometimes religious. It is all related.

**M.S.** What an engaging form of therapy.

**S.H.** Exactly. That was why I was so excited to work with people in their homes. I was particularly interested in providing support to the caregiver. Music is perfect because they could reminisce about songs they had listened to, concerts they had gone to, the music that had played at their wedding. The different milestones throughout life.

**3.** Ask yourself questions like, "What was happening in the world when this song came out?"

**4.** Share music with someone you care about, and use this time to explore memories together.







# In love with Autumn



All around us are signs of New England's prized season: the crunch of leaves under foot, the crispness in the air, and the charm of the city outfitted in new colors.

If you need a reason to love Autumn in Boston, look no further...





# Apple Picking

*Here are a handful of nearby orchards!*

## **Belkin Family Lookout Farm**

Address: 89 Pleasant St., South Natick, MA

Distance: 16.9 miles from Government Center

Cost: Daily admission: \$12, Weekends: \$14

Contact: (508) 653-0653

## **Brooksby Farm**

Address: 54 Felton St., Peabody, MA

Distance: 17.9 miles from Government Center

Cost: Pay by weight: \$9 for ½-peck bag of apples

Contact: (978) 531-7456

## **Dowse Orchards**

Address: 98 North Main St., Sherborn, MA

Distance: 21.3 miles from Government Center

Cost: Pay by weight: \$16 for ½ peck bag

Contact: (508) 653-2639

## **Connors Farm**

Address: 30 Valley Road, Danvers, MA

Distance: 22.4 miles from Government Center

Cost: Daily admission: \$9.99; Weekends: \$13.99

Contact: (978) 777-1245

## **Boston Hill Farm**

Address: 1370 Turnpike St., North Andover, MA

Distance: 23 miles from Government Center

Cost: Pay by weight: \$20 for 1 peck bag

Contact: (978) 681-8556



# Leaf Peeping

*See Boston's glorious fall foliage around town!*

## **Jamaica Pond**

*Features:* Fishing, walking/biking trails, open space for picnics, and street parking

*How to get there:* MBTA Orange Line: Green Street; MBTA Buses 35, 38, 39, 41, 192 – Centre Street, Parley Avenue, S. Huntington Avenue and Perkins Street.

## **Olmsted Park**

*Features:* Walking trails, woodland and scenic views, and open space for picnics

*How to get there:* MBTA Green D Line: Brookline Village and Green E Line Riverway; MBTA Buses 35, 38, 192 – Bynner St. and Perkins St., 60, 65, 66–Washington St./Walnut St.

## **The Charles River Esplanade**

*Features:* River views, walking/biking paths, and benches

*How to get there:* MBA Red Line: exit at the Charles/MGH stop and cross the Arthur Fiedler footbridge to the Esplanade. Green Line: exit at the Arlington stop, walk up Arlington Street and cross the Arthur Fiedler footbridge.

## **The Arnold Arboretum**

*Features:* 281-acre landscape, visitor center, and library

*How to get there:* MBTA Orange Line to Forest Hills; MBTA Bus 39 bus the South St. and Custer Avenue stop.

***Did you know?***

**2.5m**

**estimated number of  
tourists who visit  
Massachusetts each Fall**





# Pumpkin-Spiced Everything:

The craze that's carved a niche in coffee shops and beyond

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



Fall brings to mind spices from foods baking in the oven, and inevitably, pumpkin-spiced everything. Donuts, yogurt, potato chips, gum, toothpaste, and even dog treats have all fallen victim to the pumpkin-spiced craze. For fourteen years, we've been able to love (or curse) this seasonal fad-turned-staple. But why?

Popular coffee companies launched the pumpkin-spiced latte (PSL) as a new beverage offering for their customers. To everyone's surprise, and responsibility, it grew legs. Today, there is no denying the PSL craze is upon us, like a soft fleece blanket, or a scratchy wool one.

The irony is that there is little, if any, real pumpkin in most pumpkin-spiced lattes. In fact, Starbucks only added pumpkin to the mix in 2015. And today, there is still only 2% or less of fruit or vegetable in the beverage. Many people credit the

remaining spices to be found in America's first cookbook, American Cookery by Amelia Simmons, published in 1796. It was here that cinnamon, cloves, ginger, nutmeg and other spices were combined and regularly used in cooking. The practices ring true today as few of us eat pumpkin without some type of spice.

There are great benefits to introducing pumpkin into your diet. A cup of pumpkin is low fat, low calorie, has no cholesterol, is a good source of vitamin E, and potassium and an excellent source of vitamin C and A. A cup of pumpkin provides over 100% of your daily requirement of vitamin A which we all know is great for eye health. These and other nutrients support heart health, decrease the risk of prostate and colon cancer, and boost the immune system. Be sure to read your labels and stay away from pumpkin pie mix, as this canned version contains added sugars and syrups.

Spices also have their own health benefits. Cinnamon alone helps to decrease disease-risk, as it lowers total cholesterol, LDL and triglycerides. It, increases insulin sensitivity, decreases fasting blood sugar levels (in greater quantities than a sprinkle here and a sprinkle there), and contributes to improvements against Alzheimer's and Parkinson's diseases.

Whether in your coffee cup or your meal, make this fabulous squash part of your life—not just this season, but all year!

# Recipe: Haitian Pumpkin Soup (Vegetarian)

*Joumou is typically made with beef*



## Ingredients:

- 2 pounds (1-inch) chunks seeded, peeled butternut squash or pumpkin (about 7 cups)
- 1/2 teaspoon salt
- 2 jalapeño or serrano peppers
- 10 whole cloves
- 4 carrots, sliced
- 2 turnips, peeled and cut into small chunks
- 1/2 small head green cabbage, cored and roughly chopped
- 1/2 teaspoon ground nutmeg
- 3 tablespoons lemon juice
- 1/4 pound vermicelli or capellini
- 1/4 cup chopped fresh parsley
- 1/2 teaspoon ground black pepper

**Ingredient Substitutions:** Dried spices (use 1/3 the amount recommended fresh)

## Method:

1. Put squash, 10 cups water, salt and pepper into a large pot.
2. Stud peppers with cloves by pushing them halfway into the flesh, then add peppers to pot, cover and bring to a boil.
3. Reduce heat to medium low, cover and simmer until squash is very tender, 15 to 20 minutes.

4. Transfer peppers to a small bowl and set aside.
5. Working in batches, purée remaining contents of pot in a blender or food processor until smooth, taking care as it will be very hot. Return puréed squash mixture to the pot along with peppers.
6. Add carrots, turnips, cabbage, nutmeg, lemon juice, salt and pepper, cover and bring to a boil.
7. Reduce heat to medium low and simmer for 10 minutes.

## Nutritional Info:

**Per Serving:** 150 calories (5 from fat), 0.5g total fat, 220mg sodium, 35g carbohydrates, (6 g dietary fiber, 9g sugar), 5g protein.

Inspired by Whole Planet Foundation®

## Extra Tips!

- Make a quick treat of pumpkin yogurt by combining Greek yogurt, canned pumpkin, honey and cinnamon.
- Use canned or pureed pumpkin instead of oil (equal amounts) or butter (75% as much pumpkin) when baking.
- Refrigerate opened pumpkin in a glass or plastic container for no more than seven days.





# Do-It-Yourself Project:

## Make Your Own Autumn Wreath

*By Marin Sklan*

### Materials (many can be found at a dollar store!)

- Foam, wire, or willow wreath bases
- Burlap, twine, floral ribbon and wire
- Fall florals and leaves
- Raffia, mini pumpkins and gourds
- Wreath hangers

### Other Assembly Supplies

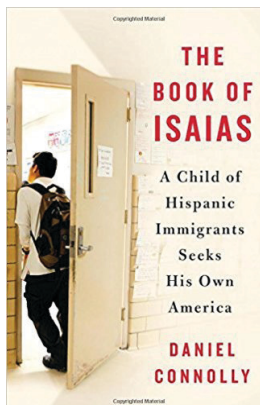
- Hot glue gun
- Scissors
- Paint
- Brushes
- Tape

### Steps:

1. Begin with your wreath base. Depending on the style of wreath you choose, the base may be completely, partially, or only slightly covered. Take this time to paint, cover, and personalize the base.
2. Next, lay out the first level of decorations on a table top. If you are starting with a layer of fabric leaves, assemble them before attaching them to the wreath. This will give you time to rearrange your design, without wasting materials.
3. When you are happy with this first layer, carefully glue, pin, or tape the decorations to the base. Let dry and set.
4. While the first layer sets, plan out your next layer of decorations. Consider adding pine cones, mini-pumpkins, or small colorful ears of corn. Maybe you found some vivid berries, or wild grasses. Take this time to create a really dynamic design.
5. When you are happy with your plan, attach the next layer of items and let set.
6. Now it is time to hang your wreath! Depending on the type of base, mount your wreath with a small hook, twine, or an over-the-door hanger. Take a step back and appreciate your work!

# Boston Public Library's "Latino Life":

## Book Recommendations about the Latino Experience



### *The Book of Isaias: A Child of Hispanic Immigrants Seeks His Own America*

by Daniel Connolly

This portrait examines the difficult decisions and lack of opportunity that accompany the transition to adulthood for an undocumented child of immigrant parents.

BIOG E184.M5 C658 2016

### *Cuba! Recipes and Stories from the Cuban Kitchen*

by Dan Goldberg, Andrea Kuhn, and Jody Eddy

The vibrancy and spirit of Cuba's people, culture, and cuisine are embodied in seventy-five appealing recipes that are complemented by captivating photographs.

TX716.C8 G645 2016



### *How to Travel Without Seeing: Dispatches from the New Latin America*

by Andrés Neuman

This travelogue features vignettes of the Argentinian/Spanish author's 2009 book tour of cities in Central and South America as well as his reflections on local literary luminaries.

F1409.3 .N4813 2016X

**To see a complete list of the  
BPL's recommendations, visit  
[www.bpl.org](http://www.bpl.org)!**



FROM THE COMMISSION ON  
ELDER AFFAIRS

# Senior Charlie Card Applications

**Interested in renewing or applying  
for a Senior Charlie Card?**



**Call 617-635-4366  
for more information!**



**Massachusetts Bay  
Transportation Authority**



**The Elderly  
Commission**



# NEED A BUS BUDDY?

The City of Boston's RSVP Bus Buddy program provides free, one-on-one assistance for older adults who want to learn more about traveling around the city using public transportation.

---

# BECOME A BUS BUDDY

A Bus Buddy is an experienced bus rider with excellent customer assistance skills. We will match Bus Buddies to older adults living in the community who would like to learn more about taking public transportation.

Interested? Call 617-635-3988

The Elderly  
Commission





# Monthly Memory Café

BCYF Grove Hall Community Center's "Thanks for the Memories" Café meets the first Monday of the month from 11:30 a.m. - 1:30 p.m. at 51 Geneva Avenue, Dorchester

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

Contact [Patricia.McCormack@boston.gov](mailto:Patricia.McCormack@boston.gov) or 617-635-3992 for more information.



Boston  
Alzheimer's  
Initiative



## SENIOR FIRST NIGHT

## SAVE THE DATE: DECEMBER 28, 2017



The Elderly  
Commission



## Boston Fire Department

### Free Elderly Fire Safety Program

Photo Electric Smoke Alarm and Carbon Monoxide Detector available for owner-occupied, single-family houses and condos

### Restrictions Apply

Please call the Fire Safety Program at 617-343-3337 or contact Shannon Murphy at 617-635-3989.

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 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

## 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 617-635-4366.

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](mailto:CITYHALLGREETER@BOSTON.GOV)

## Discounted Taxi Coupons

at 1/2 Price

- Buy 2 books each month-

Call 617-635-4366 to find  
a location near you.



## MOUNT PLEASANT HOME



### WORRIED ABOUT A SENIOR LIVING ALONE?

Gorgeous, compassionate,  
HAPPY home for seniors  
who need a little help

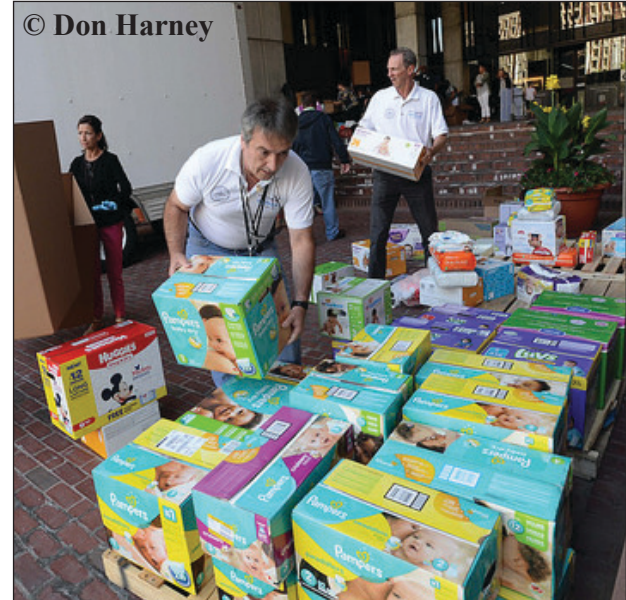
*All-inclusive & affordable!*



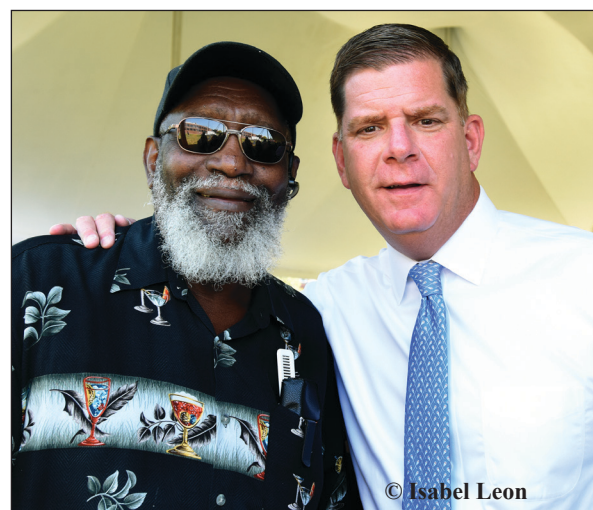
617.522.7600 301 South Huntington Ave, Jamaica Plain, MA  
[www.MountPleasantHome.org](http://www.MountPleasantHome.org)



# Seen Around Town









The background of the page is a dark, textured wooden surface. It is decorated with a border of autumn-themed elements: large maple leaves in shades of orange, yellow, and red, smaller dark red leaves, and various nuts including walnuts and hazelnuts. The text is centered on the wooden surface.

# In love with Autumn...

*Page 14*