“It’s time to start something new and trust the magic of beginnings.” -Meister Eckhart
### This Month:

#### City Happenings:
- “Boston Winter” at City Hall Plaza
- MLK Oration

#### National Designations:
- Art Appreciation Month
- Book Month
- Eye Health Care
- Hobby Month

### My Notes:

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Did you know? Qualified senior homeowners can receive a property tax bill reduction of up to $1,500 per fiscal year. Call us at 617-635-5741.

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“Have enough courage to trust love one more time, and always one more time.” -Maya Angelou
Did you know? Call us at 617-635-4366 to participate in our special Valentine project for older adults in Boston who are homebound.

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This Month:

City Happenings:
- Boston Public Library
- Black History Month Film Series

National Designations:
- Black History Month
- American Heart Month
- Dental Month
- American History Month

Did you know? Call us at 617-635-4366 to participate in our special Valentine project for older adults in Boston who are homebound.

My Notes: 

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“Happiness is when what you think, what you say, and what you do are in harmony.” - Mahatma Gandhi
### Did You Know?

Our Senior Shuttles provides free rides to medical appointments. Call 617-635-3000 for more information.

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**City Happenings:**
- St. Patrick’s Parade

**National Designations:**
- Women’s History Month
- Nutrition Month
- Sleep Awareness Week March 4-11
“The world is but a canvas to our imagination.”
-Henry David Thoreau
**City of Boston**
**Mayor Martin J. Walsh**
**Commission on Affairs of the Elderly**

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**Did You Know?**
Art projects, like coloring, can be relaxing and meditative. Enjoy this coloring page to help achieve mindfulness!

**This Month:**

**City Happenings:**
- “Love Your Block” neighborhood cleanups

**National Designations:**
- Volunteering Month
- Stress Awareness Month
- Garden Month
- Poetry Month

**My Notes:**

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“Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.” -Melody Beattie
### Did You Know?
37,000 flags are placed in the Boston Common on Memorial Day.

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**City Happenings:**
- Memorial Day Flag Garden at the Soldiers and Sailors Monument in the Common

**National Designations:**
- Older Americans Month
- Stroke Awareness Month
- Mental Health Month
- Arthritis Month

**My Notes:**

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

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**May 2018**

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“The longer I live, the more beautiful life becomes.”
-Frank Lloyd Wright
**Did You Know?** We recently launched Boston’s Age-Friendly Action Plan. Visit www.boston.gov/agefriendly to learn more about our action items.

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This Month:

**City Happenings:**
- Senior LGBT Luncheon

**National Designations:**
- Alzheimer’s & Brain Awareness Month
- Internet Safety Month
- LGBT Pride Month
- Hunger Awareness Month

**My Notes:**
“You are never too old to set a new goal or to dream a new dream.” - C.S. Lewis
### This Month:

**City Happenings:**
- 4th of July Fireworks on the Esplanade
- Concerts on City Hall Plaza
- Mayor’s Annual Garden Contest

**National Designations:**
- Ice Cream Month
- Picnic Month

### Tips to Beat the Heat:
Stay cool, hydrated, and informed. Extremely high temperatures can affect your health. Call 911 if you need medical care.

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**Commission on Affairs of the Elderly**

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**June 2018**

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**Independence Day**

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**August 2018**

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**Parents’ Day**

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**My Notes:**

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“Keep your face to the sunshine and you cannot see a shadow.” - Helen Keller
City of Boston
Mayor Martin J. Walsh
Commission on Affairs of the Elderly

Did you know? We operate four volunteer programs across the city. Call 617-635-4366 to get involved.

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<td>Senior Citizens Day</td>
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<td>Did you know? We operate four volunteer programs across the city. Call 617-635-4366 to get involved.</td>
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This Month:

City Happenings:
• GospelFest
• Caliente!
• Mayor Walsh’s Summer Movie Nights

National Designations:
• Eye Awareness Month
• Harvest Month
• Immunization Awareness Month

My Notes:

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“With the new day comes new strength and new thoughts.”

-Eleanor Roosevelt
**Tips:** In recognition of Preparedness Month, we recommend you keep informed, make an emergency plan, and sign up for the AlertBoston emergency notification system at www.boston.gov.

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**This Month:**

**City Happenings:**
- Boston Public Schools are in session

**National Designations:**
- Preparedness Month
- Hispanic Heritage Month from Sept. 15-Oct. 15
- Active Aging Week from Sept. 23-29

**My Notes:**
“Every leaf speaks bliss to me, fluttering from the autumn tree.”
-Emily Brontë
# This Month:

**City Happenings:**
- Pumpkin Float in the Boston Common
- Head of the Charles
- Mayor’s Senior Health & Fitness Walk

**National Designations:**
- Computer Learning Month
- Prescription Errors Education and Awareness Week from Oct. 24-31

## My Notes:

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**Reminder:**
Medicare Open Enrollment begins this month. Call us at for more information: 617-635-4366
“The greatness of a community is most accurately measured by the compassionate actions of its members.” - Coretta Scott King
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<td><strong>Reminder!</strong> See <em>Boston Seniority</em> magazine for registration information for next month’s Senior First Night celebration.</td>
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This Month:

**City Happenings:**
- 50th Anniversary Party

**National Designations:**
- Caregiver Month
- Alzheimer’s Disease Awareness Month
- Diabetes Awareness Month

**My Notes:**

Reminder!

See *Boston Seniority* magazine for registration information for next month’s Senior First Night celebration.
“Kindness is like snow. It beautifies everything it covers.”

-Kahlil Gibran
Ways to Fill Your Calendar!

In Boston, there are hundreds of events and programs happening across the city. Here are a few ways to fill your calendar with new activities this year! You can also find a variety of programming at the Boston Public Library branch locations. Go to www.bpl.org for more information.

*Subject to change

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<tr>
<th>Activity</th>
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<td>Bingo</td>
<td>Charlestown</td>
<td>BCYF Golden Age Senior Center</td>
<td>617-635-5175</td>
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<td>Chair Yoga</td>
<td>Dorchester</td>
<td>BCYF Grove Hall Senior Center</td>
<td>617-635-1484</td>
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<td>Computer-Seniors</td>
<td>Hyde Park</td>
<td>BCYF Hyde Park Community Center</td>
<td>617-635-5178</td>
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<td>Knitting Club</td>
<td>Roslindale</td>
<td>BCYF Roslindale Community Center</td>
<td>617-635-5185</td>
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<td>Mattapan</td>
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<td>Liquid Embroidery</td>
<td>Charlestown</td>
<td>BCYF Golden Age Senior Center</td>
<td>617-635-5175</td>
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<td>BCYF Paris Street Community Center</td>
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<td>Senior Bridge Club</td>
<td>Jamaica Plain</td>
<td>BCYF Curtis Hall Community Center</td>
<td>617-635-5195</td>
</tr>
<tr>
<td>Activity</td>
<td>Neighborhood</td>
<td>Location</td>
<td>Phone Number</td>
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<td>Senior Group Goldenairs</td>
<td>Roxbury</td>
<td>BCYF Shelburne Community Center</td>
<td>617-635-5213</td>
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<td>Senior Lap Swim</td>
<td>South End</td>
<td>BCYF Blackstone Community Center</td>
<td>617-635-5162</td>
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<tr>
<td>Senior Swim</td>
<td>South Boston</td>
<td>BCYF Condon Community Center</td>
<td>617-635-5100</td>
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<td>Senior Volleyball</td>
<td>Allston</td>
<td>BCYF Jackson Mann Community Center</td>
<td>617-635-5153</td>
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<td>Table Tennis</td>
<td>Chinatown</td>
<td>BCYF Quincy Community Center</td>
<td>617-635-5129</td>
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<td>Yoga for Seniors</td>
<td>West Roxbury</td>
<td>BCYF Roche Community Center</td>
<td>617-635-5066</td>
</tr>
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<td>Zumba 50+</td>
<td>Jamaica Plain</td>
<td>BCYF Curtis Hall Community Center</td>
<td>617-635-5195</td>
</tr>
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<td>55+ Club</td>
<td>North End</td>
<td>BCYF Nazzaro Community Center</td>
<td>617-635-5166</td>
</tr>
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</table>

Look out for upcoming issues of *Boston Seniority* magazine to find more events and programming that you can write down in your calendar! Email aging@boston.gov for a list of magazine pick-up locations.
How The Elderly Commission Can Help You

We are focused on setting the City’s direction for successful aging. The Commission is dedicated to improving older Bostonians’ lives by providing direct services and connecting you to important benefits and programs.

Housing:
The Elderly Commission works to ensure that older adults are able to find and maintain housing. We can:
• Assist with housing search, application, and court advocacy.
• Connect older adults with other City and community agencies that can provide resources for home repair and other challenging situations like hoarding.
• Provide mediation and court advocacy

Access to Information and Benefits:
Community Advocates connect seniors to a comprehensive array of resources, benefits, and information. We can:
• Assist with applications for public benefits like SNAP and LIHEAP.
• Ease the process of applying for, and receiving, Medicare benefits.
• Assist older adults access several tax relief exemptions and programs like the Elderly Exemption 41C, Senior Circuit Breaker Tax Credit and more
• Assist older adults with navigating systems including the aging network and city services.

Transportation:
We are committed to helping people continue to lead independent lives by connecting them to transportation resources. We offer:
• Free wheelchair-accessible shuttles that provide door-to-door service for non-emergency doctor’s appointments. Call (617)-635-3000 for more information.
• Taxi Coupons at discounted rates.
• Senior Charlie Card application assistance.
Volunteer Opportunities:

We operate 4 volunteer programs in impact driven work across the city:
• RSVP matches seniors with valuable volunteer opportunities in Boston.
• The Senior Companion Program matches seniors with homebound persons who need assistance.
• Senior Greeters volunteer their time to greet guests of City Hall.
• Senior Property Tax Work-Off Program: Qualified senior homeowners get the opportunity to work-off up to $1,500 on their property tax bill by volunteering for a City agency.

Alzheimer’s and Caregiver Support:

Know that you are not alone. We are here to support you. We:
• Host Memory Cafes, which are places where individuals experiencing memory loss and their caretakers can meet in a safe, social environment.
• Provide referrals and offer workshops, training, and support groups for those who are supporting an elderly loved one.

Outreach and Engagement:

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

Stay Connected with the Commission on Affairs of the Elderly:

Main number: (617) 635-4366
Facebook: @BostonElderlyCommission
Website: www.boston.gov/elderly
Twitter: @AgingInBos
Boston’s Winter Guide

Every winter, we need your help and cooperation to ensure that we are ready for the challenges that snow, ice, and freezing temperatures create on our roadways and in our neighborhoods. Please use these tips to help prepare for the winter!

STAY WARM AND SAFE

• Heating problems? First alert your landlord. If your landlord is unresponsive, call 311 to file a report and Inspectional Services will investigate.
• Never use your oven for heat. Space heaters can cause fires, so don’t place them near curtains or things that can catch fire. Remember to turn them off before going to bed. Clear exhaust vents to avoid carbon monoxide poisoning, and check for working carbon monoxide and smoke detectors.

Units must be heated to:
- **68° during the day**
- **64° during the night**

SIGN UP AND STAY INFORMED

To get news about snow emergencies:
• visit boston.gov/snow
• follow @CityofBoston, or
• register for alerts at boston.gov/alert-boston

IMPORTANT NUMBERS

**ABCD Fuel Assistance:** 617-357-6012

**Boston Water & Sewer:** 617-989-7000

**Consumer Complaints:** 617-635-3834

**DCR:** 617-626-4973

**Elderly Commission:** 617-635-4366

**Inspectional Services:** 617-635-1010

**MBTA:** 617-222-3200

**MassDOT:** 857-368-6111

**National Grid Gas:** 800-322-3223

**Eversource:** 800-592-2000

**Tow Lot:** 617-635-3900

**Verizon:** 800-837-4966

Call 3-1-1

Available 24/7 to assist with all non-emergency city services.

All emergencies should be reported to 911.
2019 Calendar

Boston Seniority
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Martin J. Walsh
Mayor

Emily K. Shea
Commissioner

Cassandra Baptista
Director of Communications

Martha Rios
Editor and Photographer
As we say goodbye to the past year and say hello to a new one, it is a time to reflect on the many achievements we have made together and look forward to all of the goals we will reach in 2018.

We believe in a Boston for everyone. It’s the reason for our success. It’s the goal we heard loud and clear from residents as we drafted Imagine Boston 2030, our first citywide plan in over half a century.

We’re excited that our city’s senior population is growing. We want older Bostonians to continue to thrive here. In 2018, we will continue to make progress on our goals from the Age-Friendly Action Plan, our City’s blueprint to make Boston the best city to live and age in. With your support, we can make this another record year for Boston.

We want to make Boston the best city in the world for older adults because you shape our communities and instill values we continue to live by. I promise to carry this dedication into the New Year.

Sincerely,

- Mayor Martin J. Walsh