

# Boston Seniority

Age Strong Commission

City of Boston

Mayor Martin J. Walsh

“Recovery is Possible.”

-Rob Quinn

RESOURCES  
+ STORIES OF  
RESILIENCE

p. 14 - 23

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Free Publication



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## On the Cover:

The Editors of *Boston Seniority* magazine met with South Ender Rob Quinn, 59, on the first day of spring at the Esplanade. "It's my first bike ride of the year," said Rob. "I love visiting the Charles River during all seasons. It's always a different

background. I love being near water—the peace and serenity of it. I like being outdoors and seeing people being active. I like being in an environment where people are trying to get healthy. That's why I moved to Boston. It's a walking city. There is so much to do here." Read more about his story on page 14.



# Boston Seniority

Published by the City of Boston's Age Strong Commission

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Stay Connected  
with the Age Strong  
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Do you have a story to share?  
We want to hear from you!

Email us at  
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## From the Mayor's Desk

### Recovery and Resilience in Boston



Recovery is a deeply personal issue to me, as it is to so many Bostonians. I'm open about my own recovery from alcoholism because I want to help end the stigma around the disease of addiction and offer hope to anyone who is suffering. And as the opioid epidemic claims lives throughout our neighborhoods and across our country, there has never been a more important time to talk about substance use.

It can be hard to feel hope in these times, but I take hope from my deep conviction that, with treatment and support, people do get better. That's how I rebuilt my life, and it's why I have made recovery services a priority of my administration.

I'm proud of the progress we are making in the City of Boston. We created the Mayor's Office of Recovery Services, the first municipal recovery office in the United States, to improve access to treatment, reduce stigma, and support people in recovery. We doubled the capacity of our access-to-care program, turned our 311 call center into a 24-hour recovery hotline, and created a street outreach team to help individuals access care. And we're working to build a comprehensive, long-term recovery campus on Long Island that will fill gaps in the system of care and serve as a national model for innovative care. The Long Island Recovery Campus isn't about rebuilding a bridge; it's about rebuilding lives.

In this issue of *Boston Seniority*, I invite you to learn more about substance use and recovery, and to read the stories of people who are in recovery. By coming together, we can build a Boston where everyone can find their path to recovery.

Sincerely,

*-Mayor Martin J. Walsh*



## ▶ Reader Poetry Submission April is National Poetry Month

# Age Curious

*Submitted by:  
Janice Williams, 68, Roslindale*

Six decades worth of amazing moments  
I still ponder my reason for being  
in a world that seems forever surly  
Most days I feel a smorgasbord of eager thoughts  
sometimes more than the mind/body can handle all at once  
a sheep herder with an endless flock  
Age has brought a feeling of calm acceptance  
my youthful enthusiasm rearranged  
I am not sure if I like it or not  
I have not many regrets or complaints  
it has been a true existence of fullness  
I only ask that curiosity continue to be my guide

### How You Can Participate in Poetry Month This April

Do you have a submission for consideration in *Boston Seniority* magazine? Email us at [Bostonseniority@boston.gov](mailto:Bostonseniority@boston.gov). Check out the Boston Public Library's website for upcoming poetry workshops and readings at [www.bpl.org](http://www.bpl.org)

# Simple Strategies for Reducing Stress

## April is Stress Awareness Month

Since 1992, Stress Awareness Month has officially been held every April in an effort to raise public awareness about the triggers and effects of stress.

Stress is a natural human response to challenges and change. Some triggers of stress include big life changes, like new jobs, retirement, financial issues, or loss of independence.

Some stress is normal and at times necessary. It can make you feel energized to accomplish the task at hand. But chronic stress is believed to deteriorate health and accelerate biologic aging. So how do you know when your stress levels are impacting your health?

### Here are some warning signs that stress is affecting your health:

- You feel tired and lethargic.
- You become easily upset or angry.
- It takes longer to recover from health setbacks.
- You experience significant changes in your sleep habits or weight.

Consider trying the strategies in this infographic to combat stress in your life.

44% of Americans report that their stress levels have increased in the past five years.

*-According to the American Psychological Association*

### Healthy Ways to Combat Stress



Identify what is causing your stress. Write down a list of the stressful things on your mind and prioritize the list to help ease your mind.



Practice meditation. Learning to control your breath and mind can reduce stress. Visit [www.mindful.org](http://www.mindful.org).



Build and maintain strong relationships. Spend time with people who bring you joy.



Make good food choices during your day. Stress can increase inflammation, so eat healthy meals.



Get involved in community events and activities. Consider volunteer work with the Age Strong Commission.



Walk away before reacting in anger. Take a breath and come back to the problem from a calmer place.



Exercise regularly. Movement can help you feel endorphins and release stressful energy.



Rest your mind. Take time to turn off the television and radio and unplug from distractions.



Ask for help from friends, family, and your primary care provider.

**For more information about this topic, contact:**

The American Institute of Stress  
[www.stress.org/seniors](http://www.stress.org/seniors)

Your Primary Care Provider can offer coping strategies and may refer you to a specialist.

## ► City Initiatives

# Who is language and communication access for?



*Provided by the City's Language and Communications Access Program*

*In 2016, Mayor Martin J. Walsh signed a city ordinance called “Establishing Language and Communications Access for City Services.” We are excited to share with you the progress that has been made in this monthly article series. We hope you will support us in making Boston a more accessible place to live, work, and play.*

Who benefits from language and communications access? The short answer is that it is for any constituent who requires language or communications assistance when interacting with the City of Boston. This constituency includes Boston residents, business owners, visitors, students, community members, etc.

More specifically, our program focuses on providing meaningful access to two main demographic groups: people who use languages other than English and people who have disabilities. Below is an overview of these demographic groups in Boston as of 2016. To explore City and neighborhood-specific data in more detail, check out our Demographic Data Reports for Language and for Disability at [boston.gov/LCA](http://boston.gov/LCA).

## ► Language

About 37% of Boston’s population uses a

language besides English at home. Some are fluent in multiple languages, including English. About 17% say they have some difficulty in speaking, reading, writing, or understanding English. Like any skill, there is a range of proficiencies when it comes to knowing a language. Some people may be in the beginning stages of learning. Others may be fluent but need additional support in specific contexts such as legal or medical situations. It is important to recognize these differences as being unique to the individual and circumstance.

The City of Boston supports interpretation and translation for anyone who needs assistance in a language other than English. The top ten most commonly requested language accommodations in Boston are:

- |                        |                        |
|------------------------|------------------------|
| 1. Spanish             | 6. Cape Verdean Creole |
| 2. Haitian Creole      | 7. Russian             |
| 3. Mandarin - Chinese  | 8. Arabic              |
| 4. Vietnamese          | 9. Portuguese          |
| 5. Cantonese - Chinese | 10. French             |

## ► Disability

Our goal is to reduce barriers for people with disabilities that may affect their hearing, speaking, reading, writing,

and/or understanding. Increasing communications accessibility includes using supportive technology, adapting the way information is presented, and providing services that help people express themselves and understand others.

In Boston, there are more than 84,000 people who have a disability. About 22% self-identify as Deaf or having a hearing difficulty, and 21% self-identify as being blind or having a vision difficulty. It is important to recognize that people experience their disability in different ways. A disability can be visible and invisible. It can present several challenges or few challenges to a person’s mobility, independent-living, or communications ability. Furthermore, one person’s disability may have vastly different implications on their livelihood than another person’s experience with the same disability.

With this in mind, the City of Boston is working to adopt several standards to increase citywide accessibility for people with disabilities. Specifically, we:

- 1.) Advertise American Sign Language and Communications Access Real-Time Translation (CART) services
- 2.) Write text at the 8th-grade reading level and avoid using technical terms
- 3.) Use simple and clear design which means less text and more images and icons

4.) Provide options for video captions, image descriptions, audio transcripts, alternative formatting, and PDF-readable documents for all media

## ► What’s next?

We understand that people’s experiences cannot always be simplified to a single label or category. There is a wide range of ways in which someone may experience a language or communication barrier. As such, we are in the midst of a citywide data collection effort to better understand the intersections of language, disability, age, and other details. Learn more about the Language, Disability, and Childcare Survey at [boston.gov/LCA](http://boston.gov/LCA). (translations available).

The best way for us to expand our efforts is to learn from people who would benefit from greater accessibility. We’d love to hear how we are doing, what we can do to improve, or how this kind of accessibility has changed your interactions with the City. You can write to us at [LCA@boston.gov](mailto:LCA@boston.gov).

Know that your feedback will help shape what we do today and the future direction for years to come.

**The Office of Language and Communication Access works to strengthen the City of Boston so that services, programs and activities are meaningfully accessible to Bostonians.**

## Health Care Proxy

*Submitted by Tara McCortney,  
Greater Boston Legal Services (GBLS)*

A health care proxy is a legal document in which you (the “principal”) appoint someone you trust (the “agent”) to make health care decisions for you if you are unable to make those decisions for yourself due to a temporary or permanent illness or injury. For instance, an agent may make health care decisions on your behalf if you are in a coma or suffer from dementia., Health care proxies enable your wishes and preferences to be followed in the event you are incapacitated. Without a health care proxy, if you become incapacitated, your loved ones or medical providers would have file in Court to have guardian appointed to make medical decisions.

Health care proxies are not to be confused with living wills. While health care proxies designate someone to make health care decisions for you, living wills allow you to list what medical treatments you do and do not want for your end-of-life care. While living wills are common among terminally ill patients, health care proxies are recommended for everyone over the age of 18.

Health care proxies are relatively simple documents, requiring two witnesses to oversee the signing of the document



by you and the agent. You can name an alternate agent on the health care proxy form in the event the primary agent cannot be reached. You should make several copies of the health care proxy, keeping one for yourself and giving the others to your doctor or health plan, the agent, and your family members, clergy, or lawyer. Your personal copy should be kept somewhere safe, but where it can be easily found. A safety deposit box would not be appropriate, as it could not be easily accessed in the event you suddenly fall ill or are in an accident.

Just about anyone can be a health care proxy, except administrators, operators, or employees of a health care facility where you are a patient or resident. The agent does not have to be a family member; they can be a close friend. Whoever you choose, be sure they would be willing to

make health care decisions for you, even if they would choose something different for themselves, they would stand up for you, and they would feel comfortable asking medical staff questions. Selecting someone who has religious, spiritual, or moral objections to your health care wishes is inadvisable.

You can change your mind and communicate those changes to your agent, and you can revoke the health care proxy entirely. To revoke a health care proxy, you can either sign another proxy at a later date, tell your health care provider that you want to revoke your health care proxy, or reject the decision that your agent has made.

A health care proxy is not activated until a physician determines you do not have capacity to make medical decisions

for yourself, either temporarily or permanently. With an activated health care proxy, medical decisions can be made quickly, and your loved ones or medical providers will not have to go through a Court process seeking guardianship.

You can find the Massachusetts health care proxy form at [www.massmed.org/](http://www.massmed.org/). Type in health care proxy form in the search bar and download.

**Greater Boston Legal Services** provides free legal assistance in civil (noncriminal) matters to low-income families and individuals in the Greater Boston area, helping people access the basic necessities of life, including shelter, healthcare, and safety from abuse. For more information call, 617-371-1234.

# April Happenings: Ways to Fill Your Calendar

*\* Please note not all events are free and are subject to change*

**APRIL**  
**14**  
**SoWa Vintage Market**  
**Time:** 10:00 am – 4:00 pm  
**Location:** 450 Harrison Ave,  
Lower Level, South End  
**Contact Info:** 617-286-6750

**APRIL**  
**17**  
**Yoga for Beginners**  
**Time:** 10:00 am - 11:00 am  
**Location:** BPL - South End  
Branch, 685 Tremont St.  
**Contact Info:** 617-536-8241  
*\*Please bring your own mat.*

**APRIL**  
**15**  
**Mindfulness: Escape what's  
holding you back**  
**Time:** 7:45 am - 8:30 am  
**Location:** Faneuil Hall  
Marketplace

**APRIL**  
**18**  
**Free Thursdays at the ICA**  
**Time:** 5:00 pm - 9:00 pm  
**Location:** ICA,  
100 Northern Avenue  
**Contact Info:** 617-478-3100

**APRIL**  
**16**  
**Free Quilting Classes**  
**Time:** 10:30 am -12:30 pm  
**Location:** BPL - Codman  
Square Branch, 690  
Washington St.  
**Contact Info:** 617-859-1482

**APRIL**  
**19**  
**Color Your World: Coloring  
for Adults**  
**Time:** 10:30 am – 12:30 pm  
**Location:** BPL - West End  
Branch, 151 Cambridge St.  
**Contact Info:** 617-523-3957

## One Boston Day: April 15, 2019

What will you do to give back to Boston on this annual day of remembrance?

### This Month...

An Education Series sponsored by: **The Dementia Caregiver Support Program of the MGH Division of Palliative Care and Geriatric Medicine at O'Keefe Auditorium, Blake One, MGH Campus**

► **When:** Tuesday, April 16, 5:30 pm  
**Title of Talk:** From Chaos to Clarity: Defining Palliative Care and Hospice Across the Trajectory of Dementia

► **When:** Tuesday, May 21, 5:30 pm  
**Title of Talk:** Experienced Dementia Caregivers Share their Stories and Best Lessons

► **When:** Tuesday, June 18, 5:30 pm  
**Title of Talk:** Evaluation and Treatment of Anxiety and Depression in Older Adults with Cognitive Impairment and Dementia

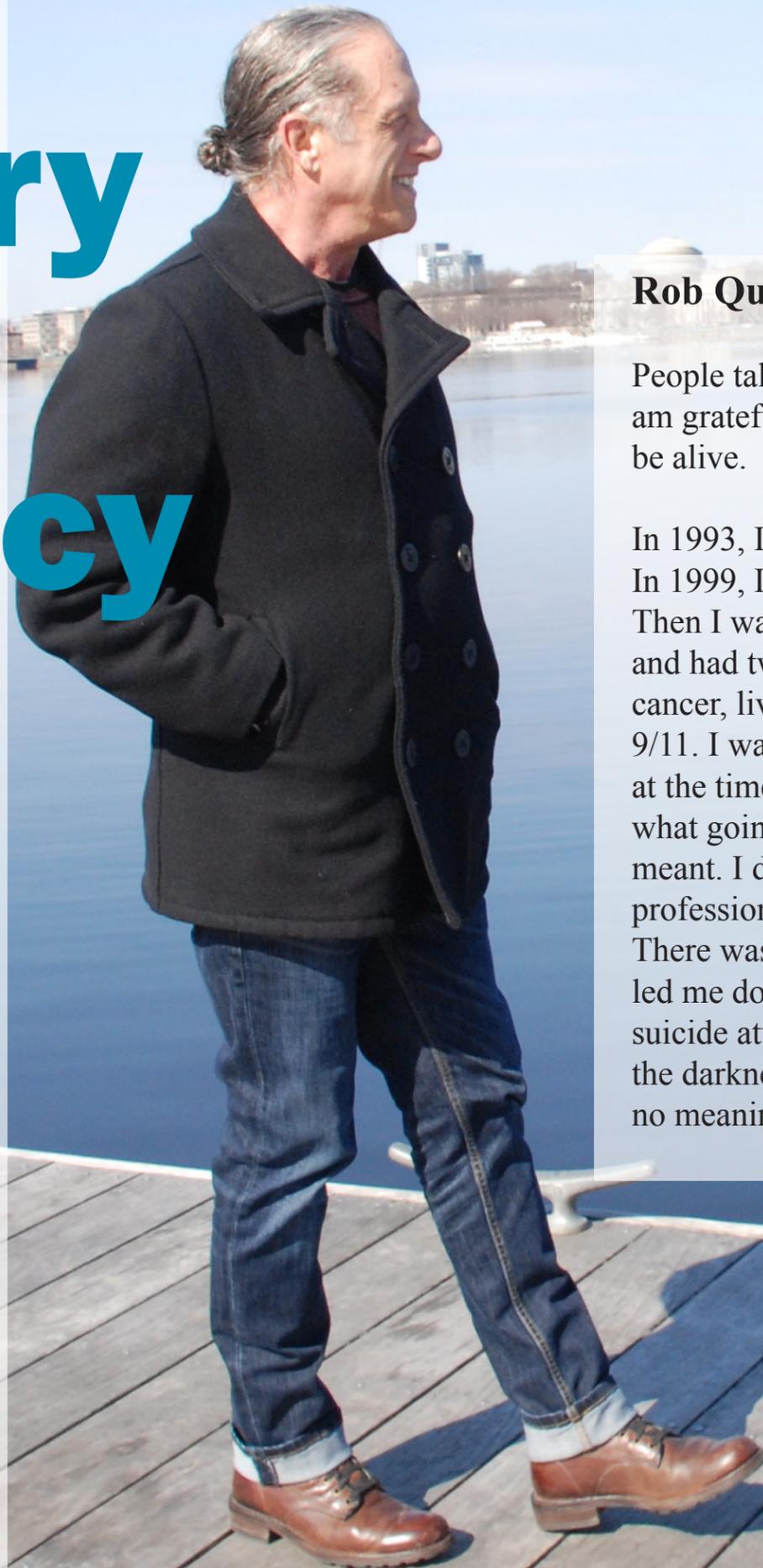
Light refreshments will be served and parking vouchers will be available. Event is free of charge.

*Seating is limited. Please call 617-724-0406 to RSVP.*

# Stories of Recovery & Resiliency

In life, we all walk different paths. Our communities are stronger when we embrace and share our individual journeys—both the painful and triumphant ones. If you are not familiar with substance misuse, we hope that this information is educational and impactful. If you are in recovery or know someone who needs support, know that the City of Boston is here for you. Because recovery is deeply personal, we want you to hear from people in their own words about their stories of resilience.

-Your Editors



## Rob Quinn, 59, South End

People talk about aging gracefully. I am gratefully aging. I'm grateful to be alive.

In 1993, I was diagnosed with HIV. In 1999, I was diagnosed with AIDS. Then I was diagnosed with skin cancer and had two rounds of chemo. Aids, cancer, living in New York City during 9/11. I was working in Pediatric HIV at the time. I was not prepared for what going on long-term disability meant. I didn't realize how much my professional identity was a part of me. There was no motivation to get up. It led me down a path of addiction and a suicide attempt. I was not prepared for the darkness of the next 8 years. I had no meaning and purpose in life.

I moved back to Springfield, MA because I wanted to die at home. Because I no longer had the financial means and connections I had in NYC, I did an addiction transfer from drugs to alcohol because it was legal.

I remember one night a doctor in the emergency room telling me my blood alcohol was 3.0. He said it's amazing I was even alive. It was exhausting. I had gained 70 pounds from drinking. I started seeing a nutritionist, and she told me I needed accountability. She wasn't talking about with food, she was talking about my life.

On Valentine's Day 2007, I was thinking about relationships. I remember telling myself, "If you don't love yourself, you can't love anyone else. Why don't I love myself?"

*Continued on page 16*



**"We're so lucky in Boston to have so many resources."**

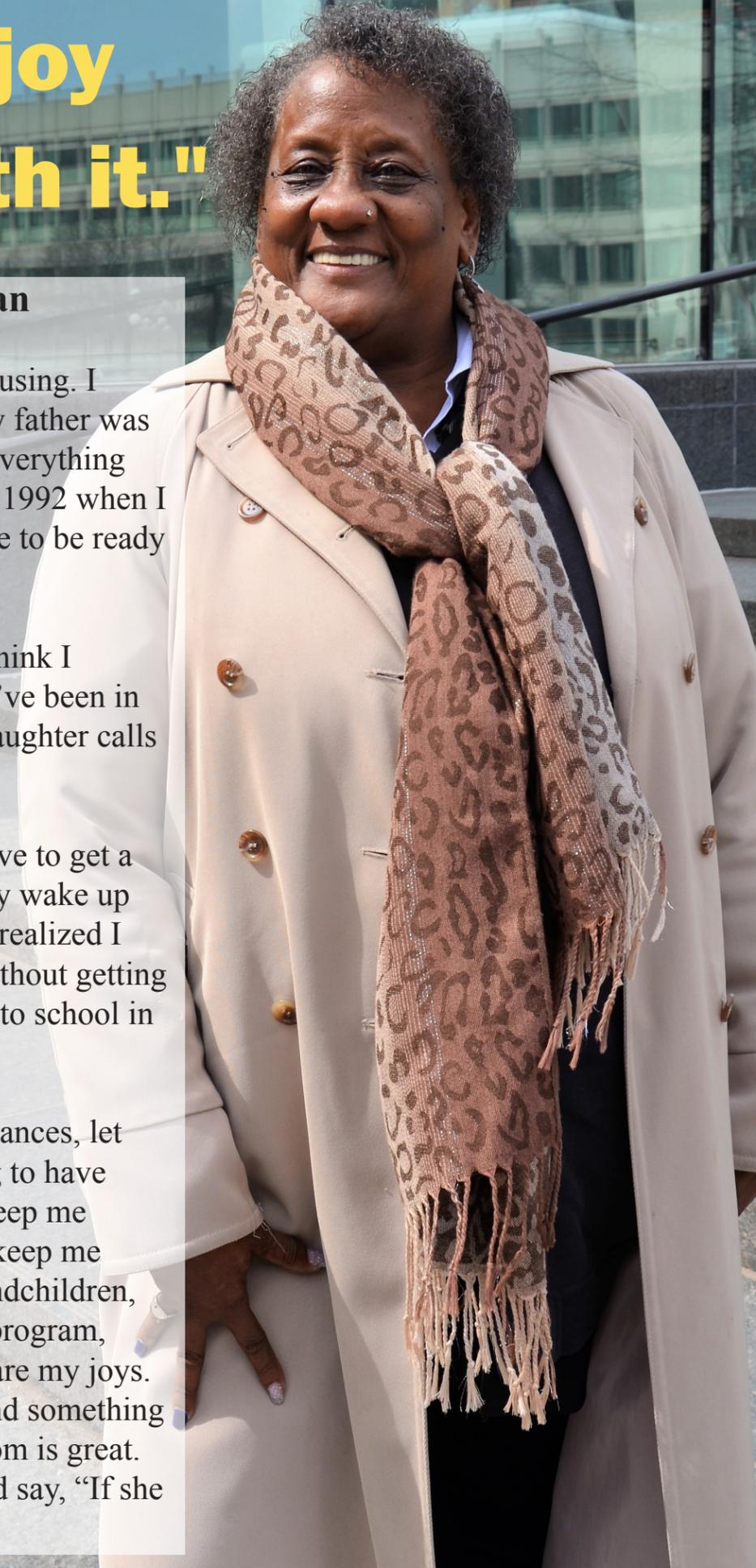
*Continued from page 15*

I stupidly went cold turkey. I don't recommend that approach. But I've never looked back. I celebrated 12 years sober and clean this past Valentine's Day.

I couldn't do it without support. Support from family—however you define it—and community supports. As I transitioned to Boston, there are people and places I reached out to that made me feel safe. I needed to be connected to providers, services, and my own LGBT community. I went through Victory Programs and the Boston Living Center. Through these programs, I got guidance and direction. Victory programs have saved many lives. We are so lucky in Boston to have so many resources to help people.

I am one to give back to the places that helped me. I merged my professional life and personal experience, and that's how I got involved with volunteering. I started a peer support group. Volunteerism is work. You get paid in so many other ways.

I joke that I have OCD: Optimism, confidence, and determination for anything I need to overcome. That's how I'm aging gratefully. Whatever life is going to throw at me, bring it on. I get back up. It can be done. I'm a walking example of it. Sometimes you're going to stumble. But it doesn't matter at what age, recovery is possible.



**"Find your joy and run with it."**

**Sylvia Brewer, 65, Mattapan**

I was 14 years old when I started using. I learned from my brothers, and my father was a chronic alcoholic. It grew into everything you're not supposed to do. It was 1992 when I needed to get it together. You have to be ready on your own.

There were many a time I didn't think I would make it to this age. Now, I've been in recovery for over 20 years. My daughter calls me her "she-ro" (*instead of hero*).

I tell my grandbabies that they have to get a diploma to get a career where they wake up happy and loving what they do. I realized I couldn't keep telling them that without getting a diploma myself, so I went back to school in my late 50s.

To someone struggling with substances, let this not be your life. You're going to have down days, but I don't let them keep me down. The pieces of my life that keep me clean and in recovery are my grandchildren, church, the Foster Grandparents program, and going back to school. Those are my joys. Find your joy, and run with it. Find something that works for you because freedom is great. Maybe someone will read this and say, "If she can do it, I can do it too."

# 6 Signs of Possible Substance Misuse You Probably Didn't Know

Source: Boston Public Health Commission

Many older adults struggle with substance use, including alcohol, painkillers and other drugs.

Older adults are prescribed prescription painkillers more often than younger people, which can increase the likelihood of developing a problem. Life changes, like retirement, the loss of a loved one, or empty nesting, can also lead to social isolation and stress, which can increase the risk of a substance use disorder.

As you get older, your body starts to process alcohol and drugs more slowly. You may feel their effects more quickly or more intensely. Alcohol and other drugs can also interact with medications, so it's important to talk to your doctor about your use of substances.

It is important to note that some of the signs of a use disorder can mimic those of aging-associated diseases, such as Alzheimer's.

## SIGN 1

Changes in sleeping habits



## SIGN 2

Coordination problems, such as walking unsteadily



## SIGN 3

Changes in personality, mood or energy levels



## Did You Know?

90% of people with a substance use disorder do not receive the treatment and services they need. The Boston Public Health Commission's Access-To-Care program, PAATHS, works with Boston residents and their families to help connect people to recovery services. Call 311 for more information for you or a loved one.

## SIGN 4

Losing track of time



## SIGN 5

Concentration difficulties



## SIGN 6

Unexplained cuts, bruises, or marks



## Fast Facts

- ▶ By the year 2020, the number of addicted older U.S. adults who need substance use disorder treatment is expected to double to about six million.
- ▶ Nearly half of older U.S. adults have a chronic pain disorder, and the chances of them having chronic pain increase as they age, according to a SAMHSA report.
- ▶ Taking any drug, whether legal or illegal, can affect the brain and therefore what a person remembers or how they behave.

# "You're not alone. We've been there."



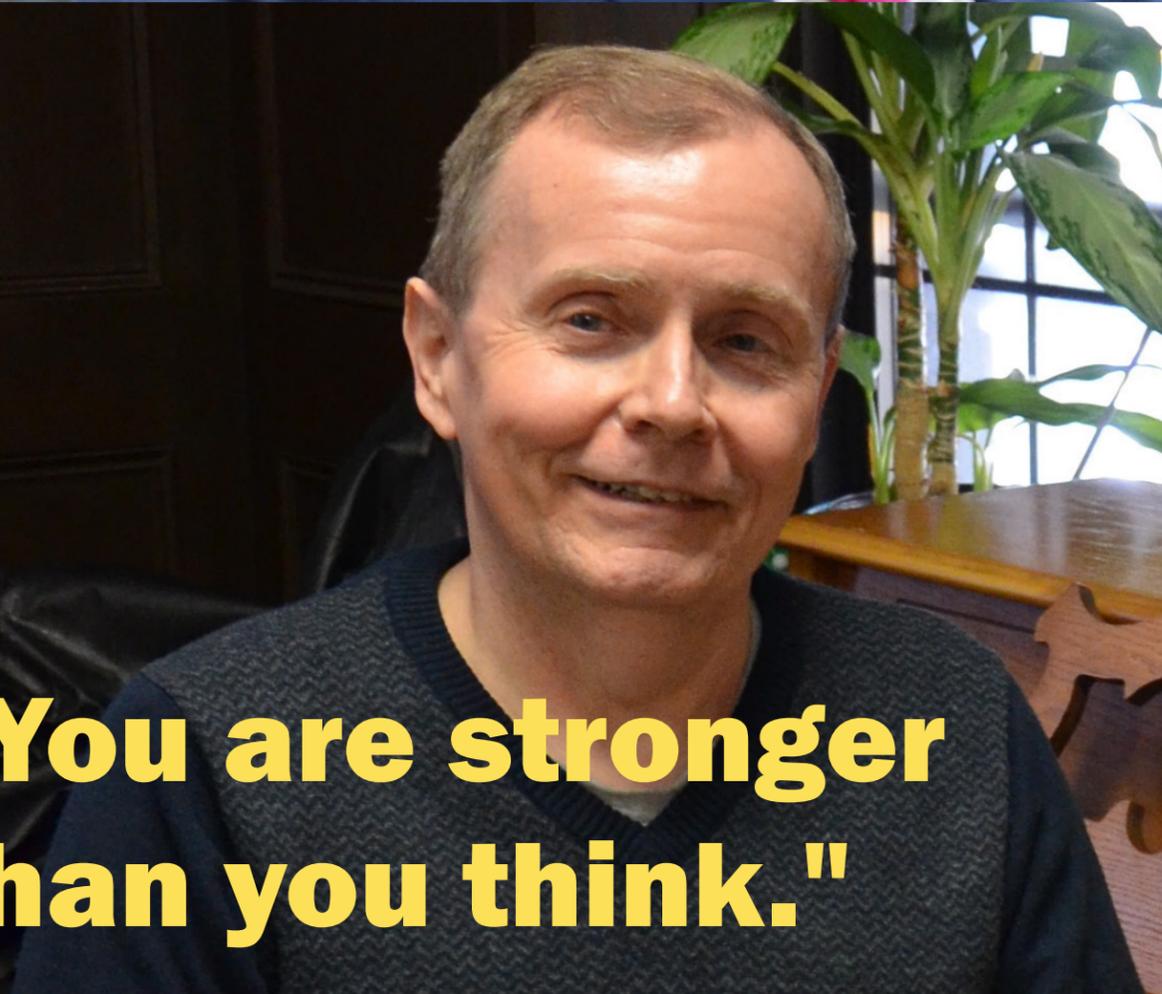
## **John Meaney, 63, Dorchester**

I always had a sense of not belonging. My mother was an alcoholic, in and out of the house. I was 14 or 15, and I fell in with the wrong crowd. Sex, drugs, alcohol, rock'n'roll—that began my path to addiction.

I ended up at Meridian House. There, I was given structure and consequences. They gave me hope. I got involved in 12-step programs and Adult Children of

Alcoholics groups, so I could better adapt to life, which I still do today. Things didn't get better right away, but with these support groups, I was able to get my family back and regain trust from people I had lost. When I look back, it seems like a different life. Now, I am involved in recovery in the City of Boston, so I stay in touch with others on a path to wellness. The people I consider successful in life are the people who have gone through the most and have the ability to change. We all have the ability to change. You're not alone. We've been there.

# "You are stronger than you think."



## **Alan Baptista, 57, Roxbury**

When my mother passed, it was hard. I always thought she was invincible. Then I got into an abusive relationship, and everything went to hell from there. I tried substances because he was on them. It only took one hit, and I was off to the races. It cost me two cars, all my money, an arrest, family, and almost my life.

Bay Cove means a lot to me. It has many different programs and services throughout the city and state. This is where everything came together for me.

I have been substance free for 5 years. Before, I felt alone in a crowd. I was isolated. Now I volunteer in theater, running the acting workshop at Center Club Boston. Theater is about sharing and bringing people together, which we need now more than ever.

My advice is to reach out for help and learn that you are stronger than you think. I don't fear life anymore. I have more compassion for people. I have more capacity to love than ever before, and I don't expect it back. I know in my heart that my spirit can withstand anything.

# FREQUENTLY ASKED QUESTIONS ABOUT SUBSTANCE USE

Provided by the Boston Public Health Commission

## ► What is a substance use disorder?

Substance use disorder (when severe, is also called addiction) is a disease that involves changes in how the brain functions. Substance use disorders are characterized by the compulsive use of a substance, despite negative consequences.

## ► Is addiction a choice?

Addiction is a disease, not a choice. Substance use disorders are characterized by changes in the brain that make it difficult for a person to control their use.

## ► Who develops a substance use disorder?

Most experts believe that anyone can develop a substance use disorder. Like cancer or diabetes, the risk of developing a substance use disorder is affected by a combination of genetic, biological,

behavioral, and environmental factors.

## ► Do people recover from substance use disorders?

Although substance use disorders are often chronic conditions, most people do recover and go on to lead healthy and successful lives. Treatment programs, peer support programs, and long-term management can help people learn to manage their disorder.

## ► How do I dispose of medication or needles?

It's important to properly dispose of your medications. Unused or expired medications can pose a risk to children, family members, and the environment. They can also be used incorrectly. You can dispose of medication safely, easily, confidentially, and for free at many health centers, pharmacies and hospitals. You can also dispose of them in a

MedReturn Drug Collection Kiosk at 11 Boston Police Department Stations.

Many Boston residents use needles at home to manage health care conditions. You can properly dispose of these needles at drop-off sites throughout the City, or you can use a mail-back service like Medasend or Stericycle. If you find a needle on a sidewalk or other public way, please call 311 and provide the location of the needle(s) with as much detail as possible. The Mobile Sharps Team will locate and collect the waste.

## ► Where can I go to learn more or to get help?

If you have questions about substance use or disposal, call 311 for Recovery Services. 311 can answer your questions and help connect you with treatment or other services. You can also find us online at [www.boston.gov/Recovery](http://www.boston.gov/Recovery)

## Thoughts from a Professional in the Recovery Field



**Douglas Lomax, 68, Hyde Park**  
Program Manager at the Safe and Sound Recovery Center

"For people like myself who are seniors in the field of recovery, we have so much to give. I lived addiction. It's about tapping into our wisdom. We need to be thinking outside of the box. We need to deal with the source of addiction, which is usually trauma. We have to heal from trauma. I'm here to serve. Sometimes it's just showing people you care and guiding people to some hope. Every time someone shows up, I'm going to do my best to get them access into treatment. I don't have the luxury or right to give up on people. People didn't give up on me."

## Snapshot of Recovery Services' Milestones

- Mayor Walsh creates the Mayor's Office of Recovery Services (ORS), the first municipal recovery office in the United States

2015

- 311 for Recovery Services is launched
- With the Boston Fire Dept, Mayor Walsh launches the Post-Overdose Response Team

2016

- The Engagement Center is opened on Southampton Street
- With Boston EMS, Mayor Walsh launches the Community Assistance Team

2017

- ORS releases the City's Youth Substance Use Prevention Strategic Plan
- The City announces it will be filing litigation against opioid manufacturers and distributors

2018

- Mayor Walsh works to rebuild the bridge to Long Island to develop the Long Island Recovery Campus, a campus where people can receive long-term treatment for substance use disorders

2019

## ► In Boston, we Age Strong.

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



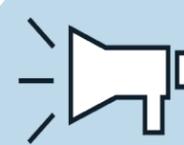
*We can help with:*

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



### Information + Referral:

Our helpful Advocacy Representatives can connect you to resources, benefits, and information, including health insurance counseling, applications for SNAP (food), referrals to protective services, and more.



### Volunteer Opportunities:

Boston needs your strong skills and experience. We can connect you to a variety of volunteer opportunities based on your interests, location, and preferred time commitment.



### Events + Engagement:

Staying active and engaged in your community is an important part of aging strong in the City. See below for some of our programming opportunities!



### Housing:

Our housing team has the expertise and compassion to solve problems with you, including housing search, landlord/tenant advocacy, applications for fuel assistance, and much more.



### Transportation:

Being able to travel around Boston is an important part of leading an independent life. We offer free, wheelchair-accessible shuttles that provide door-to-door service for non-emergency medical appointments. Call (617) 635-3000 to schedule your ride.



### Caregiver Support:

We are here to help with questions, offer support, and connect caregivers to helpful resources. We provide referrals, offer workshops, and host Memory Cafes. See below for details about Memory Cafes.

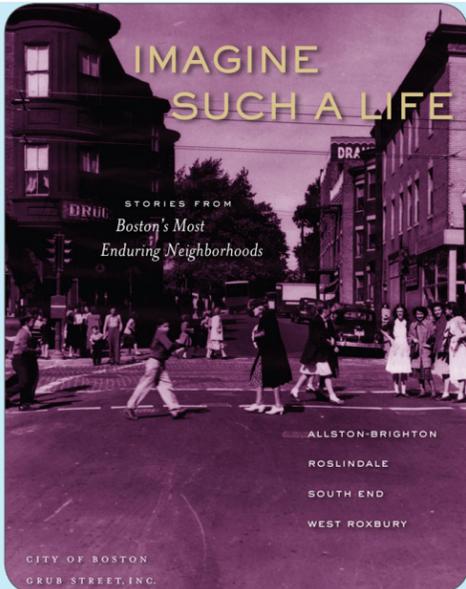


# Around The World!

Boston Seniority magazine was spotted in Grand Rapids, Maryland with Jeraldine Curry, 69.



# Seen Around Town



## Book Giveaway Winner!

Response to last month's question:

"Two women in history have made an impact on my life. My 91-year-old Mum, who met my Dad during WWII in England, and at 17, she traveled to the USA on her own. Hedy Lamar is my other addition due to her brilliance in chemistry and for her knowledge of technical issues that would have benefited the war effort, but because she was a woman, her ideas were over looked at that time."

-David Pearson, Roslindale

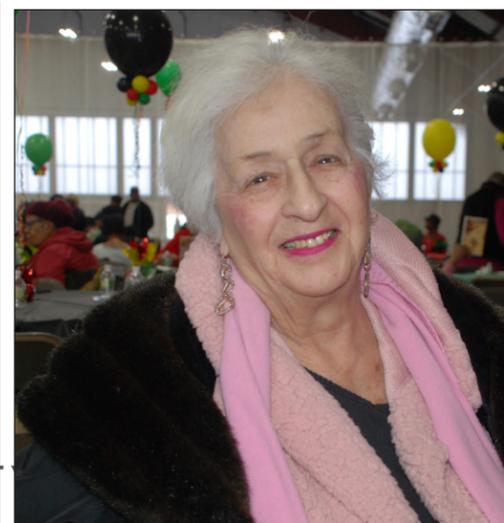


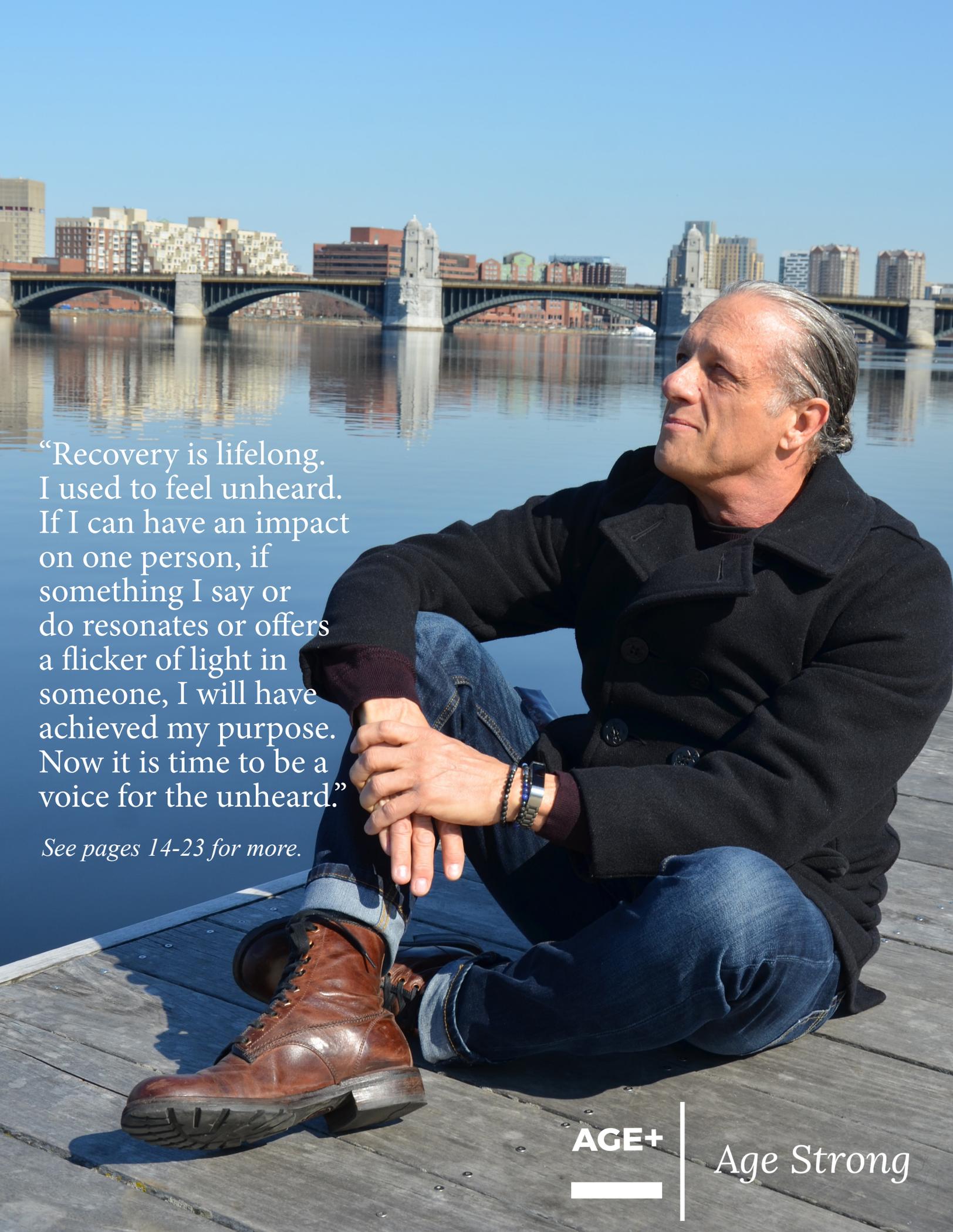
## The Flashback

Last month's answer:  
525 Boylston Street

Can you guess?

Hint:  
This was taken on January 1939.



A middle-aged man with grey hair is sitting on a wooden pier, looking off to the side. He is wearing a black peacoat, blue jeans, and brown leather boots. His hands are clasped together. In the background, there is a large bridge over a river, and a city skyline with various buildings under a clear blue sky.

“Recovery is lifelong. I used to feel unheard. If I can have an impact on one person, if something I say or do resonates or offers a flicker of light in someone, I will have achieved my purpose. Now it is time to be a voice for the unheard.”

*See pages 14-23 for more.*

**AGE+**

Age Strong