

Boston Seniority

Age Strong Commission City of Boston Mayor Kim Janey



National Family Caregivers Month

p.14-21

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Free Publication



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In our "National Caregivers Month issue," we celebrate caregivers and provide information and resources for family caregivers throughout the City of Boston. See pages 14-21 for more information.



Boston Seniority

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

Email us at
Bostonseniority@boston.gov

From the Mayor's Desk

See You Soon



Welcome to November, the time where the fall season is on full display in our city. November marks a special time when residents celebrate being together. It's bittersweet for me, as it marks my final Mayoral address to you all.

November is National Family Caregivers Month. Often those who care for older adults are immediate family, and often caregivers get burned out. As a reminder, respite care is available to caretakers who need some time to practice self-care and to recharge.

Veterans Day: To our armed forces and their families both at home and abroad, thank you for your service. During the holidays, we thank you for your sacrifices as you continue to keep us safe.

Thanksgiving: Please practice COVID safety protocols when visiting with family, especially around our most vulnerable communities like older adults. Mask up, keep windows and doors open, and be safe if traveling.

November falls during the annual Medicare Open Enrollment period (through Dec 7). We encourage older adults to reach out to The Age Strong Commission to get help assessing your current plan, especially prescription drug coverage. Make an appointment with an advocate at 617-635-4366.

It has been my greatest honor serving as Boston's 55th Mayor. I am so proud of the work that we have accomplished. My hope is that the seeds we planted during my tenure will continue to lift up our seniors and more-vulnerable populations.

Being your Mayor has been one of the most fulfilling and rewarding experiences. You have taught me so much and guided me all throughout. This is not a "goodbye," but a "see you soon."

With deep gratitude,

Mayor Kim Janey



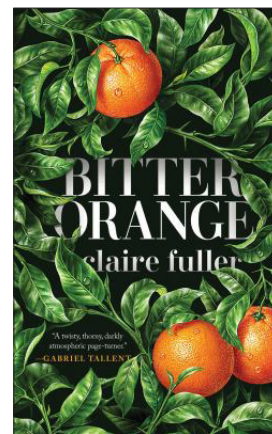
P.S. COVID vaccine booster shots are available to seniors and residents with underlying medical conditions. Don't forget to sign up! The vaccine saves lives.

▶ Book Picks

Autumn Reading

Source: Boston Public Library

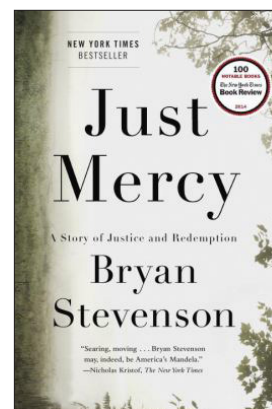
Every month staff from the Boston Public Library recommend their favorite books for all ages across a variety of genres. We hope this list inspires you to keep reading!



Bitter Orange by Claire Fuller

Summer 1969, constrained 39-year-old never-been-kissed Frances arrives at Lyntons, a crumbling country house. She has been hired to catalogue its garden architecture. There

Frances encounters a bohemian couple into whose hypnotic, hedonistic world she is absorbed.



Just Mercy by Bryan Stevenson

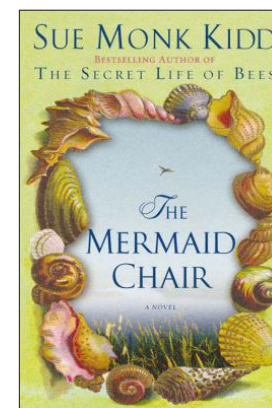
Stevenson traces his journey as an eager young Harvard Law School student and intern working in Georgia to his founding of the Equal Justice Initiative (EJI) in Alabama. His

expert precision and presentation of the facts, his more personal moments of reflection, and his holistic depiction of the individuals he has represented make for a compelling read and close examination of this country's unjust system of mass incarceration.



Night Came with Many Stars by Simon Van Booy

It's always exciting when you're a few chapters in and you start to realize that the book you're reading is going to be a great one. Van Booy's latest is a profound, beautifully structured, and exquisite telling of four generations of a family living in Kentucky from the early 30's to 2010.



The Mermaid Chair by Sue Monk Kidd

Evoking a sense of poignancy, Kidd tackles such major themes as love, betrayal, grief, and forgiveness in this rewarding tale of Jessie Sullivan's return to her childhood home.



The Poison Heart by Kalynn Bayron

Briseis can make plants bloom with a single touch, a gift she must hide from everyone except her adoptive mothers. When a mysterious aunt passes away and leaves her a

mansion in rural New York, Briseis jumps at the opportunity to move into the estate, grateful to find a private place where she can relax and learn how to control her powers.



For more titles or BPL info, visit bpl.org or call 617-536-5400.

► Scam Corner

4 Simple Steps to Fight Identity Fraud

Source: AARP

New AARP-sponsored report shows the most common ruses adopted by scammers.

Identity fraud is easy money for criminals, but there are four steps you can take to protect yourself and your money:

1. Ignore requests for an urgent form of payment, such as using a gift card or making a wire transfer.
2. Protect your passwords and log-in information.
3. Do not communicate with strangers about confidential or sensitive financial matters.
4. Verify everything you're told to determine if a supposed problem truly requires your attention.

The helpful tips are in a new, AARP-sponsored report by Javelin Strategy & Research, which estimates that identity fraud led to \$56 billion in losses in 2020.

The report says older consumers are not more vulnerable to every kind of fraud, but notes that the stakes are high



for adults age 50-plus because losses tend to be steeper for people who have accumulated a lifetime of wealth.

The report also:

- Describes the four common personas that fraudsters hide behind as they lie, cheat and steal.
- Explains that some frauds, such as paying online for nonexistent goods and services, struck consumers of all ages at about the same rate. Other frauds tend to hurt certain age groups more often.
- Explores the financial and emotional price of fraud.

For more information on scams and how to avoid them, visit aarp.org/scams

► Benefit

Emergency Broadband Benefit Program: Keeping Communities Connected

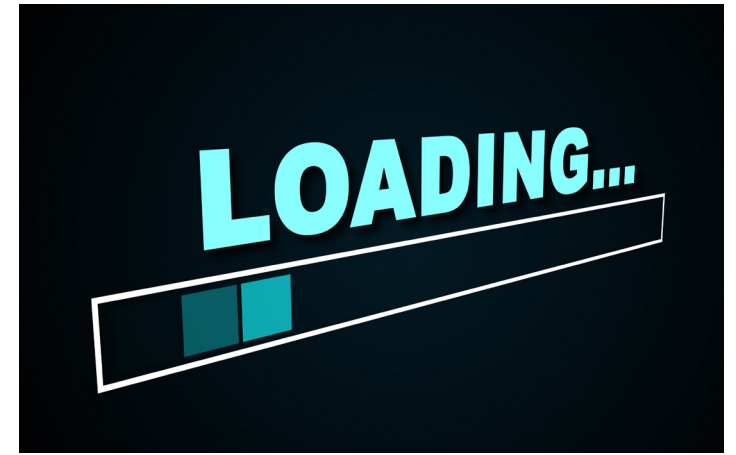
Source: Federal Communications Commission (FCC)

During the pandemic, the Federal Communications Commission (FCC) launched the Emergency Broadband Benefit program (EBB) to help those hit hardest by COVID-19 to stay connected by providing financial support toward both broadband service and communication devices (laptop, tablet, desktop computer).

Qualified households can receive up to a \$50/month discount on your broadband service and associated equipment rentals and a one-time discount of up to \$100 for a laptop, tablet or desktop computer (where available).

Do you qualify?

- your income is at or below 135% of the federal poverty guidelines
- if your household experienced a substantial loss of income due to job loss or furlough since February 29, 2020 and your household income in 2020 was the same or less than \$99,000 for single filers or \$198,000 for joint filers
- you participate in any of these government benefit programs: Lifeline,



Supplemental Nutrition Assistance Program (SNAP), Medicaid, Federal Public Housing Assistance (FPHA), Veterans Pension and Survivors Benefit, or Supplemental Security Income (SSI)

You can learn more, and apply for EBB by visiting getemergencybroadband.org or call 833-511-0311.

Before you apply, it is important to understand that the Emergency Broadband Benefit Program ends when the fund runs out of money or six months after the Department of Health and Human Services declares an end to the COVID-19 health emergency, whichever is sooner. Participating households will need to opt-in to continue receiving broadband services from their provider after the program ends. If a household chooses to continue receiving service after the end of the Emergency Broadband Benefit Program, they will be billed the broadband provider's general monthly rate.



(Photo credit: Ninny Phommachanh)

► Age Friendly Business

Brookline Bank is Certified Age Friendly!

Part of the Age Strong Commission's work includes "Age Friendly" initiatives to make Boston more accessible to older adults. One such initiative is training businesses as Age Friendly, which Brookline Bank recently completed in full at their branch locations.

"Brookline Bank is the first business who has taken the initiative to certify all of their locations," shares Andrea Burns, Director of Age Friendly for Boston's

Age Strong Commission. "Step one is training on communicating with older adults, including those with dementia. Age Strong and Brookline Bank worked together to train all 165 employees over multiple sessions. In the process, we learned how bank employees employed creative methods to deliver services during the pandemic, how they have appropriate language capacity at each location, and how they keep customers safe from fraud. The second step

evaluates the physical space: is there sufficient lighting, seating areas, and clear signage? Locations must have at least seven "Age and Dementia Friendly" features to be certified.

We are proud to add Brookline Bank to our growing list of Age and Dementia Friendly businesses. They play a valuable role in their communities by providing extra care and support to older patrons."

Here's a Q&A with Jacqueline Joyce, Brookline Bank, Back Bay Branch

What made you consider doing Age Friendly work for your chain of banks?

We had one branch that had taken this course a couple of years ago and they spoke about how rewarding the training experience was for them. We decided to contact the Age-Friendly Commission to train all our staff on being aware of the impediments older citizens may encounter.

How many locations / people did the training?

All 30 branches, totalling 165 people trained.

How do you think being "Age Friendly" will help older customers?

Having staff take a moment to think--and be aware of situations they encounter when assisting older adults will make it easier for them to ask us questions and



support them with their needs.

Did you learn anything surprising when doing the training?

Yes-We learned about food insecurity of older residents, how to speak to them directly and how to guide them to quieter spaces, along with many other tips. It made us more aware of difficulties senior citizens may encounter not just in banking, but in every aspect of their lives.

Have you known older customers who have been affected by fraud/scams?

We constantly speak to our customers, especially seniors, about fraud and have prevented many senior citizens from making the mistake and sending out money. We ask them many questions about where and why they want to send money out before proceeding with transactions that are unusual in their banking history.

To learn more about Age Friendly initiatives, visit boston.gov/departments/age-strong-commission/age-friendly-boston

► Did you Know?

November Awareness

November is National Diabetes Month

Did you know that nearly 34 million Americans suffer from diabetes, another 86 million have prediabetes, and the total national cost of diagnosed diabetics is estimated to be around \$327 billion? The percentage of Americans age 65 and older remains high, at 26.8%, or 14.3 million seniors (diagnosed and undiagnosed). Since November is National Diabetes month, centering around World Diabetes Day (November 14), we're outlining diabetes basics here.

In type 1 diabetes, the body does not produce insulin. The body breaks down the carbohydrates you eat into blood sugar (blood glucose) that it uses for energy—and insulin is a hormone that the body needs to get glucose from the bloodstream into the cells of the body. With the help of insulin therapy and other treatments, everyone can learn to manage their condition and live long, healthy lives.

Type 2 diabetes is the most common form of diabetes—and it means that the body doesn't use insulin properly. And while some people can control their blood sugar levels with healthy eating and exercise, others may need medication or insulin to help manage it. A key part of managing type 2 diabetes is maintaining a healthy diet. Fitness is another key to managing type 2.

Research such as the Diabetes Prevention Program shows that you can do a lot to reduce your chances of developing type 2 diabetes. Here are some things you can change to lower your risk:

- **Lose weight and keep it off.** You may be able to prevent or delay diabetes by losing 5 to 7 percent of your starting weight. For instance, if you weigh 200 pounds, your goal would be to lose about 10 to 14 pounds.
- **Move more.** Get at least 30 minutes of physical activity 5 days a week. If you have not been active, talk with your health care professional about which activities are best. Start slowly to build up to your goal.
- **Eat healthy foods most of the time.** Eat smaller portions to reduce the amount of calories you eat each day and help you lose weight. Choosing foods with less fat is another way to reduce calories. Drink water instead of sweetened beverages.

Ask your health care professional about what other changes you can make to prevent or delay type 2 diabetes. Most often, your best chance for preventing type 2 diabetes is to make lifestyle changes that work for you long term.

Know your risks, practice prevention, and seek medical advice and treatment. For more information, visit the American Diabetes Association at diabetes.org.

National Military Family Appreciation & Veterans Day

November is Military Family Appreciation Month—a time when America honors and recognizes those unique sacrifices and challenges family members make in support of their loved ones in uniform. No matter what rank or branch, or where life has taken them, our nation's military families share the common threads of service and sacrifice. For more information, visit www.militaryfamily.org. Veterans Day is celebrated nationally on

November 11, marking the anniversary of the signing of the Armistice in 1918, the agreement to end the fighting during World War I, once called the “war to end all wars.”

The City of Boston holds parades and other activities to honor those who have served.

For more information, contact Boston's Veterans Services at 617-241-8387 or veterans@boston.gov

Transgender Day of Rememberance

Transgender is a term used to describe people whose gender identity differs from the sex they were assigned at birth. Gender identity is a person's internal, personal sense of being a man or a woman (or boy or girl.) For some people, their gender identity does not fit neatly into those two choices. For transgender people, the sex they were assigned at birth and their own internal gender identity do not match.

People in the transgender community may describe themselves using one (or more) of a wide variety of terms, including (but not limited to) transgender, transsexual, and non-binary. Always use the term used by the person.

Trying to change a person's gender identity is no more successful than trying to change a person's sexual orientation -- it doesn't work. So most transgender

people seek to bring their bodies into alignment with their gender identity. This is called transition.

Since 1999, every year on November 20, we remember and honor those murdered by transphobia and hate crimes related to transgender and gender-diverse people as the Transgender Day of Rememberance. It is a day to draw attention to the continued violence endured by transgender people.

The week leading up to Transgender Day of Rememberance is known as Transgender Awareness Week, where organizations and activists hold community events like teach-ins, and candlelight vigils to raise visibility. Often the names of those murdered are read at the public events.

To learn more about transgender people and the issues important to them, visit glaad.org/transgender/transfaq.

November Happenings: Get Out and About in Boston!

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

** Registration required

NOVEMBER
12
Friday Unwind: Gentle Yoga with Hands to Heart Center
Time: 4:00 pm - 5:00 pm
Location: Virtual
Contact Info: Boston Public Library, Program Department programs@bpl.org

NOVEMBER
16
“¡Con Salsa!” – The History of Afro-Latin Music in the United States**
Time: 6:30 pm - 7:30 pm
Location: BPL - South End Branch, 685 Tremont St., South End,
Contact Info: 617-859-2129 programs@bpl.org

NOVEMBER
17
Food & Book Club: Anthony Bourdain’s Hungry Ghosts**
Time: 6:30 pm - 7:30 pm
Location: BPL - Egleston Square Branch, 2044 Columbus Ave., Roxbury
Contact Info: 617-445-4340

NOVEMBER
18
Chair Yoga for Older Adults with YogaHub
Time: 2:00 pm - 3:00 pm
Location: Virtual
Contact Info: Boston Public Library, Program Department 617-859-2129

NOVEMBER
19
Holiday Small Works
Time: 11:00 am - 5:00 pm
Location: Copley Society of Art, 158 Newbury St., Boston
Contact Info: 617-536-5049

NOVEMBER
23
Career Skills: Job Seeker's Discussion Group**
Time: 10:30 am - 12:00 pm
Location: Virtual
Contact Info: Boston Public Library, kblic@bpl.org

Did you know?

Main Streets

20 locations across Boston neighborhoods
community resources, services & events

NOVEMBER
25
Institute of Contemporary Art - Free Thursday Night
Time: 5:00 pm - 9:00 pm
Location: 25 Harbor Shore Drive, South Boston
Contact Info: 617-635-3911

NOVEMBER
29
Reading Frederick Douglass Together**
Time: 5:30 pm - 7:30 pm
Location: BPL - Roxbury Branch, 149 Dudley St., Roxbury
Contact Info: 617-442-6186

NOVEMBER
30
Career Skills: Resume Writing**
Time: 10:30 am - 12:00 pm
Location: Virtual
Contact Info: Boston Public Library, kblic@bpl.org

City of Boston's Annual Holiday Lightings

► **Friday, November 22:**
Annual Trellis Lighting Ceremony
Location: 110 Atlantic Ave., North End

► **Monday, November 29:**
2021 Copley Square Tree Lighting
Time: 5:00 pm
Location: 560 Boylston St., Copley Square

► **Thursday, December 2:**
Boston Common Tree Lighting
Time: 6:00 pm
Location: 139 Tremont St., Boston

**Dates and times are subject to change*

Consult social media for weather cancellations:
Facebook: @bostonparksdepartment
Twitter: @bostonparksdept
617-635-4505
boston.gov/parks





National Family Caregivers Month (NFCM) is a time to recognize and honor family caregivers across the country. It offers an opportunity to raise awareness of caregiving issues, educate communities, and increase support for caregivers.

This year we encourage family caregivers to celebrate the passions and interests that enrich their lives. This is a time to recognize and honor family caregivers across the country.

In this issue, we recognize family caregivers and caregiving professionals, and we provided them with an opportunity to share their stories and they provided us with information and resources for caregivers throughout the City of Boston.

-Boston Seniority Team

Interviews by:
Andrew Higginbottom
Age Strong, Staff Assistant

Q&A with Boston Senior Home Care

Boston Senior Home Care (BSHC) links older adults and those with disabilities to programs and services that help them live independently in their own homes and communities. They also provide support, information, and resources to caregivers of family members, friends, or loved ones.

Boston Seniority interviewed Alicia Gomez, chief operations officer at BSHC.



Can you tell me a little bit about the background of BSHC and the caregiver program?

Boston Senior Home Care is a nonprofit organization and an Aging Services Access Point (ASAP) serving the Boston community. Since 1974, our agency has been committed to supporting and enriching the lives of those we serve. Our success in that regard is due to the innovative and creative programs and services we offer, our culturally diverse staff, and our collaboration with community partners, such as Boston's Age Strong Commission, to serve older adults,

people with disabilities, caregivers and their families, and support systems.

During the pandemic, we realized that caregivers and their care partners needed the services and supports we provide more than ever. We also recognized that each caregiving journey was unique and that we should customize our caregiver support program based on caregivers' individual needs and preferences.

Today, our Caregiver Solutions program empowers all caregivers – those providing multigenerational care, helping a spouse or older adult, or grandparents raising grandchildren - with ongoing support, information, and resources.

Multigenerational caregiving, or the 'sandwich generation,' is near and dear to my heart because I take care of my mother who lives with me and my family. I know first-hand the feeling of being pulled in different directions while balancing a full-time job. And, there are many more caregivers out there just like me. So, as an agency, our goal is to ensure that caregivers have the tools they need to be able to balance providing exceptional care while ensuring their own needs are being met. Since COVID, our supportive counseling and support groups have become very popular with the caregivers we serve.

What types of services and programs does BSHC offer?

Boston Senior Home Care provides case management, care planning, and social services and supports those who wish to remain in the community but require assistance to do so. Although the majority of the people we assist are over age 60, we also offer an Adult Foster Care program for people as young as sixteen years old. By living with their caregivers, Adult Foster Care recipients benefit from personalized care, the ability to participate in family activities and continue their familiar routines. It is especially beneficial to those with a disability or chronic health condition. In return, caregivers receive a monthly stipend to help with the financial responsibility of providing full-time care.

In addition, we provide programs and education initiatives for older adults and caregivers on maintaining a healthy lifestyle. Conversations about what matters most and end of life care is one of our specialties. We want older adults and their caregivers, as well as their support network of family and friends, to feel supported by trained professionals as they move through the stages of life and the challenges they often face.

When should an older adult or an older adult's family consider BSHC?

Anyone who needs information or services is encouraged to contact us anytime. In fact, Boston ElderINFO (BEI), our information and referral service, represents the Elder Care

Alliance comprising three ASAPs: Boston Senior Home Care, Central Boston Elder Services, and Ethos. BEI provides free consultations, and information and referrals to programs serving older adults and people with disabilities and special needs as well as caregivers throughout the City of Boston. Our highly trained Information and Referral Specialists answer questions and guide callers through the broad range of programs and services available.

What are your responsibilities at BSHC? Why did you enter this type of work?

My responsibilities include creating operational strategies that support the development and enhancement of vital community programs. Years ago, I decided to pursue a career in social work because I wanted to make a difference in the community, particularly with seniors and people with disabilities. Visiting older adults in their homes, assessing their needs and seeing them as individuals with a desire for quality of life drove my educational and career path. My philosophy is that aging should be celebrated and we should do all we can to ensure that older adults remain independent and safe in their place of choice. And, that's what we do at Boston Senior Home Care. For more information about Boston Senior Home Care, please visit bostonseniorhomecare.info or call 617-451-6400.

Q&A with Massachusetts Adult Day Services Association (MADSA)

Massachusetts Adult Day Services Association (MADSA) is a well-respected membership organization with an over 40-year history of outstanding representation of Adult Day Health (ADH) programs across the State.

Massachusetts supports older adults during daytime hours with its ADH Program. Through a combination of daytime services, this program aims to provide a care environment that supports people in their emotional, cognitive, and physical wellbeing. This program also serves persons with severe conditions, as well as those who have been diagnosed with Alzheimer's Disease and other related dementias.

MADSA is the eyes, ears and voice on the fast moving and ever-changing issues that face the aging landscape.

Boston Seniority spoke with Michele Keefe, the executive director of MADSA.

What is adult day healthcare? What kind of services does adult day healthcare programs provide?

Adult Day Health Programs (ADH) provide health care services to elders and adults with disabilities, including daily nursing care, chronic disease management, ongoing medical and preventative health care, social services, recreation, family support/respice,

exercise programs, personal care, and two meals - all for just \$62.67 per day! (State Medicaid rate/Less than \$10.50/hour) Participants attend daily, choose their own schedules, and return to their own homes at the end of the day.

Each ADH program is unique, but all of these vital community-based health care programs provide a wide array of services including:

- Registered Nursing Care, chronic Disease Management, Health Oversight and Care Coordination
- Skilled Services including nursing assessments, physician-ordered treatments, medication administration and management, blood draws and lab work, wound care, injections, etc.
- Physical, Occupational and Speech Stabilization services
- Direct Care/Assistance with Activities of Daily Living and Hygiene
- Nutritional and Dietary Services: Two meals and snacks
- Rehabilitative and Preventive Care
- Social/Behavioral Health Services/Counseling
- Therapeutic Recreation designed to enhance cognitive ability and build physical strength
- Support and Education for participants, families, and caregivers

When should an older adult or an older adult's family consider adult day care?

Older adults and family members should

consider ADH services when they would like to meet other people and have a medical, behavioral health or memory condition that would benefit from regular monitoring, care, and oversight by a registered nurse and other ADH staff. Those in need of assistance with nutrition should also consider ADH programs as they provide two meals and snacks overseen by a Registered Dieticians. Nurses and social workers also help participants coordinate care and find needed services in the community and provide respite for families and working caregivers.

What activities are offered? Are there a variety of individual and group programs?

Yes. A wide variety of activities are offered by ADH programs. There are group activities such as musical entertainers, exercise, and outings to restaurants, museums — and others tailored to the interests of each participant such as individual art projects.

What are some of the benefits of adult day health care for an older adult? What are some of the benefits for a caregiver?

● Older adults attend ADH programs during the day and benefit from meeting friends, socializing, and exercising, while having access to nurses, social service staff, and personal care if needed. ADH participants are able to maintain community life and their highest level of

functioning, while coping with a medical condition that requires careful monitoring and attention.

- ADH services provide major support for elderly spouses and working caregivers who are committed to helping elders remain at home for as long as possible, resulting in considerable savings to the state.
- Some ADH participants suffer from memory disorders, Dementia or Alzheimer's disease. Without these services, ADH participants would be at risk in the community and would require more expensive health care or institutional services.

What made you enter this kind of work?

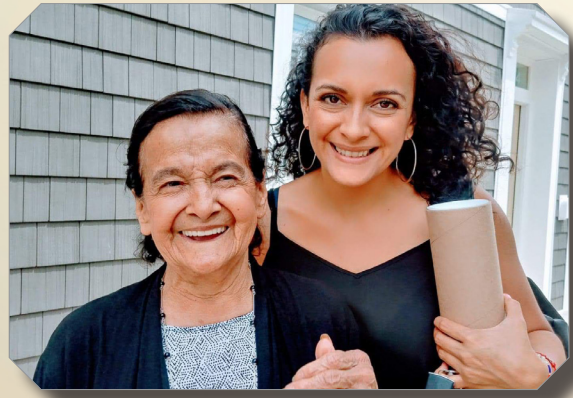
Working with older adults has been a calling for me since I was young. My grandparents were amazing and very committed to the well-being of my sisters and me, and helped everyone they encountered. I worked as a nurse's aide and later pursued my graduate degree in public policy, focusing on housing and healthcare services.

How many adult day healthcare services are in Massachusetts? In Boston?

There are 130 in Massachusetts and 24 in Boston.

For more information on MADSA and adult day health in Boston, visit madsa.net or call 617-469-5858.

Q&A with a Respite Caregiver



Gloria Porras-Velasquez with her grandmother, Mercedes, 89, from East Boston
(Photo credit: Art Velasquez)

What made you become a caregiver?

My grandmother Mercedes developed dementia at 88 years of age. She was always a very independent person, and never liked to depend on anyone.

Since her diagnosis it's been very painful to see her struggle with simple everyday things that we all take for granted like walking, cleaning herself, eating, and communicating with others. It's almost like she has regressed back to her childhood. After talking to many doctors about her condition, we quickly understood that this was only the beginning and we had to act fast.

I own a small company with my husband, and we work from home most of the time. I knew that although it was going to be very difficult, we decided to take care of her at home. We've learned a lot about dementia this past year and its devastating effects, coupled with the pandemic. We've also learned that we have a lot of patience.

How long have you been a caregiver?

22 months

Can you tell me a little about your grandmother?

My Grandmother is from Bogota, Colombia. She left home at 13 years of age because she wanted to have more opportunities to work and a better future. Growing up without a family made her life very difficult, but it also made her a very strong woman who doesn't believe in obstacles or excuses. She is a single mother and only had one daughter (Cristina). She still likes to learn new things like painting, and challenges herself by trying to learn knitting. She tends to be bratty, but she has a good sense of humor, and a very infectious laugh.

What are your responsibilities/duties as a caregiver?

- Assist her with basic needs.
- Assess her medical needs.
- Provide her with companionship.
- Monitor her medications.
- Assess her care plan regularly.
- Prepare her meals daily.
- Most importantly, understand her necessities. What she is going through is not easy, and sadly I can't expect her to be the same person that she used to be.

What would you tell someone who is new to caregiving?

It's an experience that has you learning every day and it constantly tests your patience and teaches you more empathy. It's very important to listen to them and then put yourself in their shoes. Ask yourself "If this was me, how would I like to be treated and cared for when I reach this critical time in my life?"

10 TIPS FOR FAMILY CAREGIVERS

- Seek support from other caregivers. You are not alone!
- Take care of your own health so that you can be strong enough to take care of your loved one.
- Accept offers of help and suggest specific things people can do to help you.
- Learn how to effectively communicate with doctors.
- Caregiving is hard work so take respite breaks often.
- Watch out for signs of depression and don't delay getting professional help when you need it.
- Be open to new technologies that can help you care for your loved one.
- Organize medical information so it's to date and easy to find.
- Make sure legal documents are in order.
- Give yourself credit for doing the best you can in one of the toughest jobs there is.

► In Boston, we Age Strong.

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



We can help with:

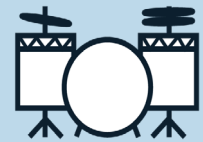
Call us for more details at 617-635-4366.



Access to Information and Benefits:

Our Community Advocates connect older adults to a comprehensive array of resources, benefits, and information. We can:

- Assist with applications for public benefits like Supplemental Nutrition Assistance Program (SNAP) and fuel assistance.
- Ease the process of applying for, and receiving, Medicare benefits.
- Assist older adults in accessing several tax relief exemptions and programs like the Elderly Exemption 41C, Senior Circuit Breaker Tax Credit, and others.
- Assist older adults with navigating systems including the aging network and city services.



Outreach and Engagement:

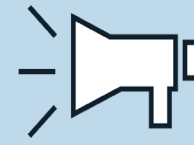
The Commission organizes many events and programs throughout the year. From large city-wide celebratory events to smaller neighborhood focused gatherings, we engage with older residents on many levels. During the pandemic we also host many programs online.



Transportation:

We are committed to helping older adults 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.



Volunteer Opportunities:

We operate volunteer programs that impact our 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 and companionship.
- *Senior Greeters* volunteer their time to greet guests of City Hall.
- *Senior Property Tax Work-Off Program*: Qualified senior homeowners may work-off up to \$1,500 on their property tax bill by volunteering for a City agency.



Housing:

The Age Strong Commission works to ensure that older adults are able to find and maintain housing. We can:

- Assist with housing applications.
- 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.



Alzheimer's and Caregiver Support:

Know that you are not alone; we are here to support you. We:

- Host Memory Cafés, 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 older loved one.

10 WAYS TO LOVE YOUR BRAIN



START NOW. It's never too late or too early to incorporate healthy habits.



HIT THE BOOKS

Formal education will help reduce risk of cognitive decline and dementia. Take a class at a local college, community center or online.



BUTT OUT

Smoking increases risk of cognitive decline. Quitting smoking can reduce risk to levels comparable to those who have not smoked.



FOLLOW YOUR HEART

Risk factors for cardiovascular disease and stroke – obesity, high blood pressure and diabetes – negatively impact your cognitive health.



BREAK A SWEAT

Engage in regular cardiovascular exercise that elevates heart rate and increases blood flow. Studies have found that physical activity reduces risk of cognitive decline.



STUMP YOURSELF

Challenge your mind. Build a piece of furniture. Play games of strategy, like bridge.

Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. When possible, combine these habits to achieve maximum benefit for the brain and body.

HEADS UP!

Brain injury can raise risk of cognitive decline and dementia. Wear a seat belt and use a helmet when playing contact sports or riding a bike.



FUEL UP RIGHT

Eat a balanced diet that is higher in vegetables and fruit to help reduce the risk of cognitive decline.



CATCH SOME ZZZ'S

Not getting enough sleep may result in problems with memory and thinking.



TAKE CARE OF YOUR MENTAL HEALTH

Some studies link depression with cognitive decline, so seek treatment if you have depression, anxiety or stress.



BUDDY UP

Staying socially engaged may support brain health. Find ways to be part of your local community or share activities with friends and family.



Visit alz.org/10ways to learn more.

alzheimer's association®

THE BRAINS BEHIND SAVING YOURS.



COVID-19

Am I eligible for a booster shot?

Who?

If you received a Pfizer or Moderna series:

- > 65 years and older
- > Age 18+ who live in long-term care settings
- > Age 18+ who have underlying medical conditions
- > Age 18+ who work or live in high-risk settings



If you received a J&J vaccine:

- > Age 18+



When?

- > At least 6 months after Pfizer or Moderna
- > At least 2 months after J&J



Which booster shot do I get?

- > You may have a preference, but you can get any booster shot.

FIND OUT MORE AT CDC.GOV & VACCINES.GOV



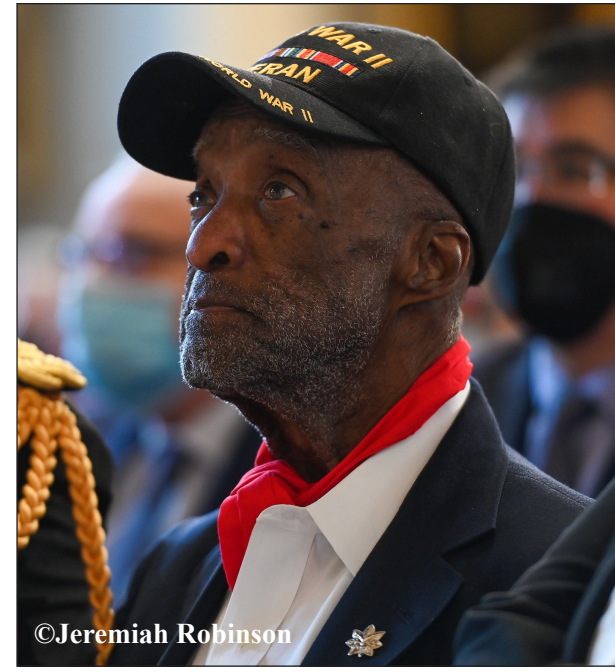
326630-BE

For booster questions, see mass.gov/info-details/covid-19-booster-frequently-asked-questions or call your physician.

To access booster shots call your physician, local pharmacy or go to: boston.gov/covid-19

If you need help registering for a booster shot or with transportation, call Age Strong at 617-635-4366

► Seen Around Town



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“May we think of freedom, not as the right to do as we please, but as the opportunity to do what is right.”

-Peter Marshall

Veterans Day

HONORING ALL WHO SERVED

AGE+

City of Boston
Age Strong Commission
Mayor Kim Janey