

Boston Seniority

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

iciously Grown



It's Nutrition Month!

p. 16-23

March 2018
Issue 3
Vol. 42

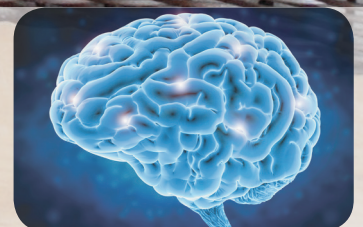
Free Publication



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See if we saw you! A photo series from social outings around the city.



On the Cover:

Behind the scenes with this month's cover stars, Gwendolyn "Gwen" Bradford, 69, and Daniel "Danny" Roman, 71. They made fast friends at our photo shoot! Special thanks to the KITCHEN at the Boston Public Market and Stillman's Farm. See **pages 16-23** for our feature on National Nutrition Month!

Boston Seniority

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Stay Connected with the Commission on Affairs of the Elderly:



Main number: (617) 635-4366



Website: www.boston.gov/elderly



Facebook: @BostonElderlyCommission



Twitter: @AgingInBos

Question for our readers:

How do you stay active?

Email us at bostonseniority@boston.gov with: your name, age, neighborhood, phone number, and short answer to this month's question for a chance for your quote to be featured in a future issue!

From the Mayor's Desk

Honoring women's history, and advocating for women's futures



When I took office in 2014, I knew I wanted to prioritize advocating for equal opportunity for women and girls in the City of Boston. To formalize that commitment, I created the Mayor's Office of Women's Advancement to promote equal rights and equal economic, social, political, and educational opportunities for all women and girls throughout Boston. Some of the office's most recent work includes: researching paid parental leave and childcare affordability; reducing the demand for sex trafficking in the City of Boston; creating specific programming for women entrepreneurs; and developing a multi-pronged approach to closing the gender wage gap.

I tasked the Mayor's Office of Women's Advancement with developing a model to close the wage gap because economic equity is not just a social justice issue -- it's critical to the economic vitality of Boston. Women make up the majority of our city (52%), but like every city and most companies in the nation, women--especially women of color--are underrepresented and underpaid in our workforce.

We work with individual women through the free Work Smart salary negotiation workshops. We also work with employers through the Boston Women's Workforce Council's 100% Talent Compact. I am proud to have been a vocal proponent of Massachusetts's Equal Pay law, which will go into effect this July. We're doing this work because we want all women who work and live in Boston to have the agency to reach economic equity. We know that closing the gender pay gap is good for women, families, and communities--but we also know it's good for our economy and our bottom lines.

Sincerely,

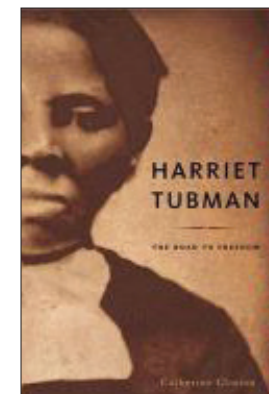


-Mayor Martin J. Walsh

▶ Book Picks

BPL's Women's History Month Book Recommendations

In 1978 a California education task force declared the week of March 8th as Women's History Week. Over the years it became popular and was celebrated around the country, though it wasn't until 1987 that Congress declared the whole month of March as Women's History Month. To celebrate the achievements of women around the world, check out one or more of these books today!



Harriet Tubman
The Road to Freedom
by Catherine Clinton

Every schoolchild knows of Harriet Tubman's heroic escape and resistance to slavery, but few readers are aware

that Tubman went on to be a scout, a spy, and a nurse for the Union Army. An enduring work on one of the most important figures in American history.



The Boston Girl
by Anita Diamant

Bestseller Diamant (*The Red Tent*) tells a gripping story of a young Jewish woman growing up in early-20th-century Boston. - Publishers Weekly



Hidden Figures
by Margot Lee Shetterly

The American dream and the untold story of the black women mathematicians who helped win the space race



Jane Goodall
The Woman who Redefined Man
by Dale Peterson

Chronicles the life of English primatologist Jane Goodall, discussing her work with chimpanzees in Tanzania and her significance in scientific history.



BOSTON
PUBLIC LIBRARY

Getting to Know Boston's Office of Women's Advancement

The Office of Women's Advancement provides opportunities for women that emphasize economic equality, and the health and safety of all women.

What's the mission of the Office of Women's Advancement?

Our mission is to advocate for equal opportunity for women in all arenas of our City. We provide opportunities that emphasize economic equality, and the health and safety of all women.

What do you think are some of the most pressing women's issues in Boston and across the country today?

Our office is paying particular attention to reducing the wage gap in Boston,

advancing opportunities for women entrepreneurs, researching ways to offer more affordable childcare, and working on reducing the demand for sex trafficking in the City.

What are some of the office's recent achievements?

Our salary negotiation workshop program was so successful that it will now expand statewide. In the first year of the program, nearly half of the women in the study (48%) used their newly gained skills to negotiate a pay raise for their current job

or a competitive starting salary in a new position; nearly 90% took some kind of action whether that be researching and benchmarking a salary or having informal conversations with colleagues about the gender wage gap.

In 2017, 3,512 women took salary negotiation workshops, and we now have over 220 companies signed on the 100% Talent Compact.

We developed the Boston Women's Workforce Council -- a first-of-its-kind public-partnership with Boston University and Greater Boston businesses to close the wage gap through data analysis and best practice sharing.

We just released the 2018 gender wage gap report, with new information on the racial, as well as gendered, inconsistencies in pay.

What are the City's goals this year and beyond for women's advancement in Boston?

We're steadily working to measure and close the gender wage gap in Boston by collaborating with individuals and employers. We're researching childcare affordability, accessibility, quality and thinking about ways to support educators and families. We're always adding new resources for women entrepreneurs, such as iFundWomen and AtTheTable.

How can people get involved?

- Become a volunteer salary negotiation workshop facilitator.
- Sign up for our newsletter and social media at Boston.gov/Women.
- Share our events, opportunities, and resources with the women you know.

Contact us at: 617-635-3138 or email bostonwomen@boston.gov

Famous Local Women in History



Maria Stewart
1803 - 1879

African American abolitionist and feminist speaker



Lucy Stone
1818 - 1893

First woman in Massachusetts to receive a college degree



Clara Barton
1821 - 1912

Founder of the American Red Cross



Melnea Cass
1896 - 1978

Community and civil rights activist; "First Lady of Roxbury"



Donna Summer
1948 - 2012

Singer-songwriter who popularized disco music

The Winter Blues: Understanding Seasonal Affective Disorder

By Geraldine Wyse, RN
Healthy, Wealthy and Wise

Seasonal Affective Disorder (SAD) is a type of depression that's related to changes in the seasons. Generally, symptoms appear in the fall and continue throughout the winter months.

SAD is more common in colder weather areas, including the Northern United States. About 11 million Americans suffer from this disorder. Symptoms may include, but are not limited to:

- Persistent feelings of depression
- Low energy
- Feeling sluggish or agitated
- Changes in appetite or weight
- Difficulty sleeping and concentrating
- Social withdrawal
- Loss of interest in activities you once enjoyed
- Having frequent thoughts of death or suicide

As always, consult your primary care physician if you have questions or concerns about your mental health.

Did you know?

11 million Americans suffer from Seasonal Affective Disorder



During winter, the body's internal clock is disrupted. This leads to changes in hormones Serotonin and Melatonin, both of which may trigger SAD symptoms.



When possible, sit by a window for some extra natural light during the day.



Watch out for carbs. Consuming too many of these foods can result in feelings of lethargy and weight gain.



Combat the winter blues by bringing in more light. Add some lamps, brighten rooms with colorful paint, and throw back the shades.



Stay active outdoors. Not only will exercise improve overall mood and health, you'll be able to maximize your intake of natural light.



Consider taking a supplement. Thiamine, folic acid, and B6 have all been shown to enhance mood.



Specifically designed light boxes offer full-spectrum lighting that replicates natural light without harmful UVs. Light therapy is a proven treatment for SAD.



Spending time with friends and family, and doing indoor activities, is a healthy social past time during the winter months.



Consider scheduling a visit with your health practitioner to strategize about the best way to treat symptoms associated with SAD.

For more information and resources on SAD, visit:

The Mayo Clinic
www.mayoclinic.org

American Psychological Association
www.apa.org

March is Brain Injuries Month

By Liz Harnois of the Brain Injury Association of Massachusetts
The Brain Injury Association of MA strives to create a better future for those affected by brain injury through prevention, education, advocacy, and support.

In Massachusetts, approximately 16,000 people over the age of 60 sustain a traumatic brain injury (TBI) each year. The leading cause of these injuries are falls, followed by motor vehicle accidents.

Oftentimes, TBI's are not identified in older adults because other factors may contribute to changes in physical, cognitive, and emotional functioning. For example, some of the symptoms of a brain injury may be confused with normal aging or another cause of dementia such as Alzheimer's Disease.

Symptoms and consequences that may follow a brain injury include:

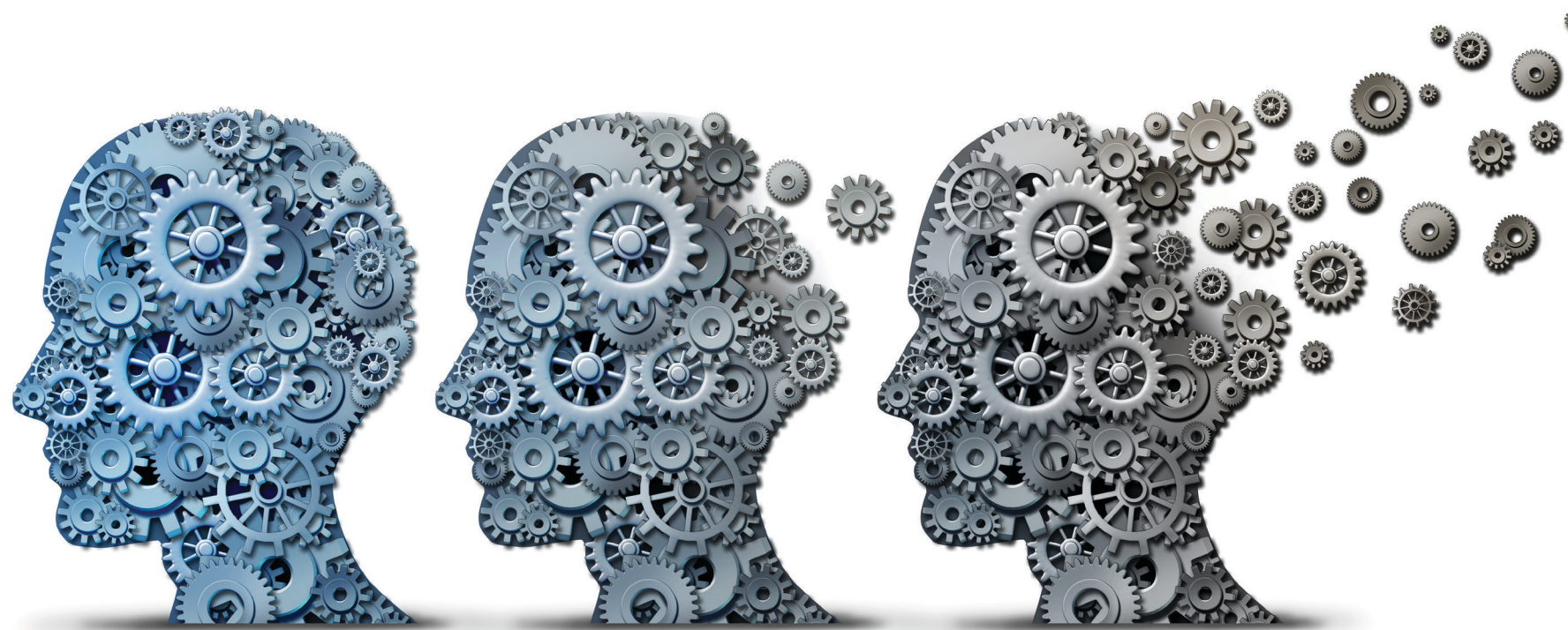
- Physical consequences such as dizziness, fatigue, headache, motor impairments, and sensitivity to light and sound
- Cognitive consequences such as problems with memory, concentration, organization, processing, and communication
- Emotional consequences such as anger, anxiety, depression, irritability, and personality changes

Factors that are often more common

in older adults such as the use of multiple medications, chronic illnesses, and the decreased tolerance for drugs and alcohol increase the risk for sustaining an injury and complicate recovery. It is important to identify possible TBIs as we age because there may be additional resources and support that are available with a diagnosis of brain injury.

Determining whether you have sustained an injury:

If you have hit your head, experienced a loss or change of consciousness, and have experienced problems (such as those identified as symptoms and consequences) as a result, you may have sustained a traumatic brain injury. It is possible to sustain an injury to the brain as a result of an internally caused injury, such as stroke, infection, or tumor as well. In the past, there was a misconception that the brain was not injured unless you "passed out." With medical advancements, we now understand that the brain can be injured with or without a loss of consciousness. Brain injury is often considered to be an "invisible" injury because brain trauma



is not always indicated by an open wound.

If you suspect you may have injured your head, the next step is to speak to your medical provider. The best way to identify a brain injury is through neuropsychological testing because neurological imaging such as a CAT scan, MRI, or EEG do not always detect more mild injuries.

Be your own medical advocate and ask to meet with a neuropsychologist if you believe you or a loved one may have injured their brain. Because older adults are at a greater risk for falls, it is important to make sure we are taking the right steps to prevent falls and injuries.

According to the CDC, here are four ways to prevent falls:

- Improving strength, balance, and flexibility through exercise

- Reviewing your medications with a doctor or pharmacist so you understand drug interactions and side effects
- Maintain vision health through proper eyewear and regular check-ups
- Improve your home safety by reducing clutter and tripping hazards, adding railings and grab bars, and increasing the lighting on stairways and commonly used pathways such as between your bed and your bathroom

The Brain Injury Association of Massachusetts (BIA-MA) can provide resources such as information on the state services that exist for brain injury and support groups that are available throughout the Commonwealth. As an organization, BIA-MA collaborates with the Massachusetts Rehabilitation Commission and the Executive Office of Elder Affairs.

For information, please visit: www.biama.org or call 508-475-0032

Save Money On Your Taxes!

Save up to \$1,500 on your Property Tax Bill

The **Senior Citizen Property Tax Work-Off Program** offers qualified senior homeowners the opportunity to earn up to \$1,500 per fiscal year off their property tax bill for volunteer work performed. Available positions are located at government offices for the City of Boston such as Boston City Hall, Boston Public Schools, Boston Centers for Youth and Families, and other municipal offices in Boston.

For more information, contact:

The City of Boston's Commission on Affairs of the Elderly
617-635-4366 or www.boston.gov/elderly

Did You Know?

There are a number of tax exemptions that seniors in Boston are entitled to? An exemption is a release from the City of Boston from having to pay taxes on all or part of a parcel of real property. As well as others! Want to learn more?

As a Boston Homeowner, You May Be Entitled To:

- A residential exemption
- An elderly exemption
- A veteran's exemption

To find out which exemptions you may be entitled to, contact:

City of Boston's Taxpayer Referral & Assistance Center
617-635-4287 or
www.cityofboston.gov/assessing

Senior Circuit Breaker Tax Credit

For Homeowners and Renters over 65 in Massachusetts

The Massachusetts “Circuit Breaker” tax credit provides tax relief for low to moderate income adult homeowners or renters age 65 +. Residents can apply for this income tax credit even if they owe no income taxes. The value of the refundable credit can be as high as \$1,080 for 2017 tax filers. To obtain the credit, you must file a MA Income Tax “Form 1” and the “Schedule CB Form” for the 2017 tax year. **You may file to get a refundable credit for the last 3 years* tax returns, in addition to this year’s credit.**

Basic Requirements for Eligibility:

- Must be a Massachusetts resident, age 65 or older
- Must own or rent residential property in MA as your primary residence
- Must have an annual income of \$57,000 or less for a single filer, \$72,000 or less for a head of household, \$86,000 or less for joint filers
- **Homeowners** can qualify if their property taxes and half of the water & sewer bills are more than 10% of their annual gross income
- **Renters** can qualify if 25% of their rent is over 10% of their total income for the year.

You are Ineligible for this Tax Credit if:

- You are married and do not file jointly
- You are a dependent of another tax filer
- You receive a federal or state rent subsidy directly, or live in a property tax exempt facility
- Your property is assessed at a value greater than \$747,000

For more information, contact:

The Department of Revenue at 617-887-6367 or visit www.mass.gov

▶ Staying Connected

Seniority Distribution Lists

▶ **ALLSTON-BRIGHTON**
Veronica B. Smith Senior Center
20 Chestnut Hill Ave
Chinese Golden Age Center
677 Cambridge St.

▶ **BACK BAY**
Boston Public Library
700 Boylston St.
Shaw's Super Market
53 Huntington Ave

▶ **BEACON HILL**
Church on the Hill
140 Bowdoin St.
Dept. of Elderly Affairs
1 Ashburton Place

▶ **CHARLESTOWN**
BCYF Golden Age Center
382 Main St.
Navy Yard YMCA
150 2nd Ave

▶ **DORCHESTER**
BCYF Grove Hall Community Ctr
51 Geneva Ave
Stop & Shop (South Bay)
1100 Massachusetts Ave

▶ **DOWNTOWN**
ABCD
178 Tremont St.

▶ **EAST BOSTON**
East Boston Social Center
68 Central Sq.

▶ **FENWAY**
Shaw's
33 Kilmarnock St.
YMCA
316 Huntington Ave

▶ **HYDE PARK**
BCYF Hyde Park
1179 River St.
YMCA
1137 River St.

▶ **JAMAICA PLAIN**
BCYF Curtis Hall
20 South St.
Stop & Shop
301 Centre St.

▶ **MATTAPAN**
BCYF Mildred Ave
5 Mildred Ave
ABCD Mattapan
535 River St.

▶ **MISSION HILL**
BPL Parker Hill Branch
1497 Tremont St.

▶ **NORTH END**
Nazarro Center
30 North Bennett St.
ABCD North End House
1 Michelangelo St.

▶ **ROSLINDALE**
BCYF Roslindale
6 Cummins Highway
Stop & Shop
950 American Legion Hwy

▶ **ROXBURY**
BCYF Tobin
1481 Tremont St.
Roxbury YMCA
285 Martin Luther King Blvd

▶ **SOUTH BOSTON**
BCYF Curley
1663 Columbia Road - K Door
Stop & Shop
713 East Broadway

▶ **SOUTH END**
Harriet Tubman House
566 Columbus Ave
Salvation Army
1500 Washington St.

▶ **WEST END**
West End Senior Center
150 Staniford St.
Operation A.B.L.E.
174 Portland St. 5th Fl

▶ **WEST ROXBURY**
BCYF Ohrenberger
175 West Boundary Rd
Roche Bros.
1800 Centre St.

For a list of more sites, email aging@boston.gov.

Our Magazine Schedule

Did you know? *Boston Seniority* magazine is published 10 times a year, with a circulation of 15,000 copies to over 350+ sites.

10 Issues:

-  Winter Calendar Issue 1
-  February Issue 2
-  March Issue 3
- April Issue 4
- May Issue 5
- June Issue 6
- Summer Issue 7
- September Issue 8
- October Issue 9
- November Issue 10



Food *for* Thought

Food is many things: food is fuel, food is medicine, food is culture. A good meal nourishes the body and feeds the soul.

In recognition of *National Nutrition Month*, we want to connect you with important food resources and information throughout Boston. Bon appétit!

Your Editors



January/ February

Fruits

- Apples

Vegetables

- Mung beans
- Mushrooms
- Potatoes
- Sprouts

March/ April

Fruits

- Apples

Vegetables

- Mung beans
- Mushrooms
- Potatoes
- Sprouts

May/ June

Fruits

- Strawberries

Vegetables

- Asparagus
- Bok Choy
- Cabbage
- Cauliflower
- Lettuce

July/ August

Fruits

- Blueberries
- Cantaloupes
- Peaches
- Raspberries

Vegetables

- Chard
- Green Beans
- Peppers

September/ October

Fruits

- Cranberries
- Watermelon

Vegetables

- Arugula
- Eggplant
- Leeks
- Pumpkins

November/ December

Fruits

- Apples
- Cranberries

Vegetables

- Carrots
- Mushrooms
- Onions
- Sprouts

Best Time For... *Massachusetts Produce*

5 Facts about Malnutrition



1 Malnourished individuals can come in all sizes

- You can be underweight or overweight and still malnourished

2 Malnutrition affects all groups of people

- 1 in 4 adults aged 65+ either reduces meal sizes or skips meals

3 Malnutrition can come from a number of factors

- Limited income
- Living alone
- Lack of mobility
- Depression

4 You can't always prevent or treat malnutrition by just eating more

- Adjust your diet, exercise, and consult a registered dietitian

5 Malnutrition has many warning signs

- Muscle weakness
- Fatigue
- Unplanned weight loss
- Decreased appetite

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.

*Source:
National Council on Aging

Senior Meals: Did You Know...

By Tara Hammes

Registered Dietician and Director of Nutrition at the Elderly Commission

The City of Boston funds nutrition programs, including home-delivered meals, congregate meals, and ethnic meals.

- Each meal provides 1/3 the nutrients needed for older adults. Sometimes this is the only meal seniors receive each day.
- We're providing more than a meal. The socialization positively impacts the quality of life while reducing social isolation whether it be at a dining site or a check-in by a home delivered meal driver.
- There are 46 dining sites in the City of Boston. They are all open to adults 60+. This includes those located in housing sites.
- Senior meals decrease senior malnutrition. Malnutrition is a leading cause of hospital readmission.
- In addition to a hot lunch, senior meals can include a supper bag and frozen meals for holidays and weekends.

Ask Our Dietitian!

Have a question for Tara? Email us at boston seniority@boston.gov with: your name, age, neighborhood, phone number, and short question for a chance to have it answered in a future issue!



► Nutrition Month

Fresh Truck Spring Schedule 2018

Fresh fruits and vegetables at an affordable price!

SUNDAY

South End / 1:00-4:00pm
South End Community Health Center
1601 Washington St.

MONDAY

South Boston / 12:00-2:00pm
Mary Ellen McCormack
Old Colony and Devine Way

Charlestown / 12:00-2:00pm
BHA & Newtown
150 Medford St.

East Boston / 3:00-6:00pm
Maverick Square
201 Sumner St.

South End / 3:00-6:00pm
South End Community Health Center
1601 Washington St.

TUESDAY

Dorchester / 8:30-11:30am
Neponset Health Center
398 Neponset Ave

Dorchester / 1:30-3:30pm
Bowdoin Street Health Center
230 Bowdoin St.

WEDNESDAY

Dorchester / 10:00am-12:00pm
Rainbow Adult Health Care
95 Freeport St.

South Boston / 12:00-2:00pm
Old Colony & West 9th BHA
E 9th St. and Dorchester St.

Dorchester / 2:00-4:00pm
ABCD Head Start Geneva
198 Geneva Ave

Dorchester / 3:00-6:00pm
Franklin Field
100 Ames St.

THURSDAY

South Boston / 12:00-2:00pm
West Broadway BHA
7 Joyce Hayes Way

Roxbury / 12:00-2:00pm
Charles Street AME
551 Warren St.

Charlestown / 3:00-6:00pm
BHA & Newtown
150 Medford St.

Hyde Park / 3:00-6:00pm
Thomas Menino YMCA
1137 River Way

FRIDAY

South End / 3:00-6:00pm
South End Community Health Center
1601 Washington St.

*Cash, Credit, EBT/HIP accepted
at all locations*

Contact Info -

Phone: 617-297-7685
Email: www.freshtruck.org

Project Bread

Their toll-free FoodSource Hotline can connect you to specific food resources in your community. Call: 1-800-645-8333

Greater Boston Food Banks

GBF provides our neighbors in need with the healthy food and resources they need. Call 617-427-5200

Food Access Map

The Mayor's Office of Food Access has comprehensive food access maps by neighborhood and language. Visit www.boston.gov/food

Fair Foods \$2 a bag!

They provide a bag of mixed fresh produce for a suggested donation of \$2 at various sites. For more info, visit www.fairfoods.org

Food Resources:

My Food Story...



"My daughter has taught me about how to eat better. She cooks kale and spinach a lot. Before she cooked for me, I didn't really eat healthy. I used to

fry food, but my daughter bakes instead. I was raised on southern food, and it's hard to change, but I do feel better with the food I am eating now."

-Gwen Bradford, 69, from the South End is a Senior Greeter at City Hall



"I'm from Puerto Rico, and I like to cook. I learned how to cook by watching my mother. I did all of the cooking for my four kids, who I raised alone. My daughters still call me to cook for them--they love my food!"

-Danny Roman, 71, from Jamaica Plain is a Senior Companion for the Elderly Commission

3 Frequently Asked Questions About the Annual Census

By Ky'ron Owens,
Civic Engagement Coordinator, Elections Department

The Annual Census is an important opportunity for all residents of Boston to be heard and to be counted. Here are some frequently asked questions about the Census.

Q: Why is it important to fill out the annual census?

A: It is important to respond to the Annual Resident Census because it is critical that everyone “B COUNTED” and the City uses this information to plan how city resources will be distributed throughout the City. For voters it is especially important that they respond to the Annual Resident Census to keep their voter status active and to ensure we maintain an accurate voter list.

Q: What do I do if some information mailed on the census paperwork is inaccurate?

A: If the information on the Annual Census form mailed to you is inaccurate, draw a single line through the wrong information and write a brief explanation. Residents have the option to respond



to the Census over the phone and can bring the error to our attention at that time. Lastly, residents can respond online at boston.gov/annual-census and the information that is input will be used going forward. Please remember to include any new information when responding to the Annual Resident Census.

Q: How is the information utilized?

The information:

- Helps the City plan on how to distribute resources
- Maintains accurate voter list



B COUNTED

The Boston Election Department conducts the Annual Resident Census, as mandated by state law. We mail the census form to every household. It's your responsibility to respond.

Purpose:

- The census records people 17 and older who live in the City.
- It also helps us maintain an accurate voter list, and keeps your voter status active. *If you recently moved or have become eligible to vote, **MAKE SURE YOU REGISTER!***
- The census gives people access to a jury of their peers.
- The City uses census information to plan out how best to distribute resources.

Ways to Respond:

- **By mail:** 1 City Hall Square, Room 241
Boston, MA 02201
- **Over the phone:** 617-635-VOTE (8683)
- **In person:** Located in room 241 of Boston City Hall
- **Apply online (or for more information):** www.boston.gov/annual-census



@BostonElection



Boston Election Department

Here's How We Can Help

We are focused on setting the City's direction for successful aging. We recently launched Boston's Age-Friendly Action Plan, which will serve as a guide in ensuring policies, programs, services and structures are in place to enable older adults to age well. The Commission is also dedicated to improving older Bostonians' lives by providing direct services and connecting you to important benefits and programs.

Did you know?

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



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 \$1,000 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.



Call us for more information at 617-635-4366!

Commission Advertisements

NEED A BUS BUDDY?

Get **one-on-one** guidance using Boston's public transportation.

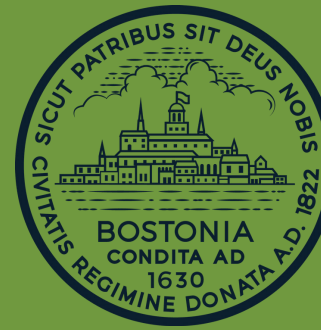
BECOME A BUS BUDDY

Experienced MBTA riders can **show others** the way!

Interested? Call 617-635-3988



The Elderly Commission



Uplift, Inspire, and Lend a Hand



Volunteer to Deliver Food to Older Adults

Flexible Schedule

Monique Carvalho
RSVP Program Coordinator
Phone: 617-635-4374

Email: Monique.carvalho@boston.gov

Senior Tax Preparation Day

Friday, March 23rd at the Elderly Commission

Please bring the following:

- All W-2 and 1099 received.
- Prior years Tax Return.
- Social Security benefits letter.
- Proof of health insurance.
- Photo I.D.
- Any educational expenses.
- Social Security numbers for any dependents.
- Proof of expenses for care of dependents.
- All information for spouse if filing jointly.

By Appointment Only

Registration Deadline:

Wednesday, March 14th

Call Monique Carvalho at

617-635-4374



► Seen Around Town





My To-Do List for Nutrition Month:

- Eat a variety of fruits and vegetables.
- Substitute fruit for sweets and avoid sugary beverages.
- Cut back on sodium, and try different spices and seasonings instead.
- Incorporate different types of protein in your diet—like lean meat, nuts, and beans.

***See pages 16-23 for more
nutrition information.***