

Boston Seniority

Age Strong Commission

City of Boston

Mayor Martin J. Walsh



**KICKING OFF THE
NEW YEAR
STRONG**

p. 16-23

**Save on
Your Taxes**

p. 8-11

Feb. 2019
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Free Publication



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

On the Cover:

Our cover star is South End resident Stanislav "Stan" Berdecki, 68. For the past four years, Stan has volunteered with the Property Tax Work-Off Program and hopes to return this summer. What's his favorite part of living in Boston? "I take advantage of the cultural activities," he says. "The city is so walkable, and there's so much culture."



Boston Seniority

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Stay Connected
with the Age Strong
Commission:



Main number: (617) 635-4366



Website: www.boston.gov/age-strong



Facebook:
[@AgeStrongBos](https://www.facebook.com/AgeStrongBos)



Twitter: [@AgeStrongBos](https://twitter.com/AgeStrongBos)

Do you have a story to share?
We want to hear from you!

Email us at
BostonSeniority@boston.gov

From the Mayor's Desk

We want you to age strong,
so we made it our name.



Boston is known for its strength. We have strong weather, strong teams (Go Pats!), and a strong community that knows how to come together. Our new Age Strong Commission reflects the strength of the people who continue to make Boston a world-class city—you.

We engaged the community through surveys and conversations to learn how Bostonians are aging now and what their hopes are for aging in the future. We heard from older adults that they want to be seen as strong and experienced.

Those conversations reflect a growing trend and national movement towards inclusive aging language and actions, designed by the FrameWorks Institute, the research partner for the Reframing Age Project.

The new name comes less than two years into the City's implementation of the Age-Friendly Action Plan, which has resulted in successful launches of: the City's first pilot Senior Civic Academy; an interactive public restrooms map; age- and dementia-friendly business designations; an Employment Guide for people over 50; and a front-facing City staff training to educate employees on the needs of older people in Boston.

Boston is truly a place for every generation because in our city, we age strong.

Sincerely,

-Mayor Martin J. Walsh



Commissioner's Corner

I am happy to share with you our new name, the Age Strong Commission. This improvement came directly from feedback from many older Bostonians, who did not feel like the word "elderly" represented who they are or their contributions to Boston. The word "elderly" does not define you. You are so many things: experienced, vibrant, passionate, and most of all, strong. That's how we want to feel as we age, and that is how we hope to be seen.



Aging is a shared experience. We are doing it together. Our mission is to enhance your lives with meaningful programs, resources, and connections so together we can live and age strong in Boston. We are working towards making Boston a city that embraces aging, and this new name is another positive step in that direction.

We have been a Commission for more than 50 years, and we're just getting started. I am so excited you are a part of this new chapter.

Sincerely,

-Emily K. Shea
Age Strong Commissioner

▶ Seasonal Feature

Boston Love Stories: 50 Years in the Making

In celebration of Valentine's Day, we talked to couples about their love stories at our annual 50th Anniversary Celebration. Are you celebrating 50+ years with your partner? Call us at 617-635-4366 to learn more about our annual event.

**John, 75, and Mary, 76
Together for: 53 years**

"She swept me off my feet," said John of his wife Mary. "He's wicked patient," Mary said. "We're not perfect by any means but you have to make the best of the bad times because it's worth it."



**Booker T., 76. and Willie Ann, 75
Together for: More than 50 years**

"We met in Brooklyn, riding the subway," Booker said. "We used to get on and off at the same stop. We'd wait for each other to get on the train. I love her very much." Willie Ann added, "He's always been there for me, from Day 1."



**Almarita, 76, and Eugene, 78
Together for: 57 years**

"You learn to forgive, trust, respect, and work together. He's a good husband and father," said Almarita of her high-school sweetheart. "She's a loving person," said Eugene.



**Joe, 80, and Carol, 79
Together for: 50 years**

"We had danced together before we were introduced," said Carol. "As soon as I met him, I wanted to be with him." Joe smiled and said, "She's a wonderful dancer."



Ways to Save on Your Taxes

Did you know there are a number of tax exemptions that seniors in Boston are entitled to? As a Boston homeowner, you may be entitled to:

- A residential exemption
- An Elderly exemption
- A Veteran's exemption

Property Tax Work-Off Program

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.

Please call the Age Strong Commission at (617) 635-4366 to learn more.

Senior Circuit Breaker Tax Credit

The Massachusetts “Circuit Breaker” tax credit provides tax relief to 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 2018 tax filers. To obtain the credit, you must file a MA Income Tax “Form 1” and the “Schedule CB Form” for the 2018 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

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

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

Don't forget!
File your exemptions by April 1 and your taxes by April 15th.

5 Reasons to Think about Your Taxes Now

There are many important reasons to think about filing your taxes as early as possible.

Here are 5 top reasons to think about your taxes now:

1

Feel less stress by getting your taxes filed early.

2

Be prepared so the process can be done correctly.

3

Have more time to review tax credits, deductions, and exemptions you may be eligible for.

4

Have another set of eyes to eliminate errors.

5

Get your tax refund sooner.

Want help filing your taxes?

RSVP to our upcoming tax session for older adults on March 29th. This tax session is intended for those filing simple returns, standard reduction, or Schedule A. Please call (617) 635-4366 to schedule your appointment.

Make Sure To Bring:

- Non-expired Photo ID required
- Social Security Card or Individual Taxpayer ID Letter (ITIN) for you, your dependents and/or your spouse
- A copy of last year's tax return
- All 1099 forms: (1099-G, 1099-R, 1099-INT, 1099-SSA, 1099 or self-employment)
- W2 forms from all jobs in 2018
- Bank-issued printed account and routing numbers to direct deposit your tax refund into your account
- Proof of health insurance for taxpayer, spouse and all dependents
- If you receive the premium tax credit, you must bring in a 1095-A
- Total child care expenses in 2018, and child care provider's name, address, and Employer Identification Number (EIN) or Social Security Number (SSN)
- All 1098-T forms (tuition payments)
- Total student loan interest paid (1098-E) or lender statement
- Proof of all paid rent in 2018
- Proof of ANY deductible out of pocket expenses (annual BWSC, charitable receipts, property taxes)
- Any mail from the MA Department of Revenue and/or the IRS
- *Taxpayers who have received or expect to receive health insurance credits need to bring proof of ALL household income

Tax Sites

▶ **ALLSTON-BRIGHTON**
ABCD: Allston Brighton NOC
640 Washington St. / 617-903-3640

Allston Brighton Child & Family Services Center
406 Cambridge St. / 855-687-7345

Brighton Branch BPL
40 Academy Hill Road / 855-687-7345

▶ **BACK BAY**
Copley Square Central BPL
700 Boylston St. / 855-687-7345

▶ **BROOKLINE**
High Street Veterans Family Learning Center
266 High St. / 855-687-7345

Trustman Family Learning Center
341R Saint Paul St. / 855-687-7345

▶ **CAMBRIDGE**
Just-A-Start Tax Help
402 Rindge Ave / 617-918-7504

▶ **CHARLESTOWN**
BHA Charlestown-Works
76 Monument St. / 617-635-5221

▶ **CHINATOWN**
Boston Chinatown Neighborhood Center
38 Ash St. / 617-635-5129

▶ **DORCHESTER**
ABCD: Dorchester NSC
110 Claybourne St. / 617-288-2700

From Boston's Tax Help Coalition

Note: Your income must be less than \$55,000 to qualify for free assistance.

Codman Square Health Center
450 Washington St. / 617-825-9660

DotHouse Health
1353 Dorchester Avenue / 617-288-3230

▶ **DOWNTOWN**
ABCD: Robert M. Coard Building
178 Tremont St. / 617-348-6583

JVS Center for Economic Opportunity
75 Federal St. / 617-399-3235

▶ **EAST BOSTON**
ABCD: East Boston APAC
21 Meridian St. / 617-567-8857

Neighborhood of Affordable Housing
143 Border St. / 617-567-5882

▶ **FENWAY**
ABCD: Parker Hill / Fenway NSC
714 Parker St. / 617-445-6000

▶ **HYDE PARK**
Hyde Park Branch BPL
35 Harvard Avenue / 617-918-5246

▶ **JAMAICA PLAIN**
ABCD: Jamaica Plain APAC
30 Bickford St. / 617-522-4830

StreetCred at Martha Eliot Health Center
75 Bickford St. / 617-414-5170

▶ **MATTAPAN**
ABCD: Mattapan FSC
535 River St. / 617-298-2045

▶ **QUINCY**
1199 SEIU
108 Myrtle St. / 617-284-1199

▶ **ROXBURY**
ABCD: Roxbury/North Dorchester Neighborhood Opportunity Center
565 Warren St. / 617-442-5900

Roxbury Center for Financial Empowerment
7 Palmer St. (2nd Floor) / 617-541-2666

Urban Edge
1542 Columbus Avenue / 617-989-9323

▶ **SOUTH BOSTON**
ABCD: South Boston APAC
424 West Broadway / 617-269-5160 ext. 0

▶ **SOUTH END**
ABCD: South End NSC
554 Columbus Avenue / 617-267-7400

StreetCred at Boston Medical Center
850 Harrison Avenue / 617-414-5170

StreetCred at South End Community Health Center
1601 Washington St. / 617-414-5170



All tax sites are wheelchair accessible except for ABCD: South End NSC. For disability accommodations, call: 617.635.3682

*All sites by appointment only

February Happenings: Ways to Fill Your Calendar

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

FEBRUARY
16
Roslindale Winter Farmers Market
Time: 10:00 am - 2:00 pm
Location: Sons of Italy Hall, 30 Birch St, Roslindale
Contact Info: 617-327-4065

FEBRUARY
17
Chinese New Year Parade and Cultural Village
Time: 10:00 am - 4:00 pm
Location: Phillips Square, 1 Harrison Ave, Chinatown

FEBRUARY
21
Free Thursdays at the ICA
Time: 5:00 pm - 9:00 pm
Location: ICA, 100 Northern Ave
Contact Info: 617-478-3100

FEBRUARY
16
Trident Cinema Cafe: Moonrise Kingdom
Time: 7:00 pm - 9:00 pm
Location: Trident Booksellers & Cafe, 338 Newbury St., Back Bay
Contact Info: 617-267-8688

FEBRUARY
19
The Healing Power of Music Therapy for People w/ Dementia & Their Caregivers
Time: 5:30 pm - 7:00 pm
Location: O'Keefe Auditorium, Blake One MGH Campus
Contact Info: RVSP by calling 617-724-0406

FEBRUARY
25
Tai Chi for Adults
Time: 12:30 pm - 1:30 pm
Location: BPL - Mattapan Branch, 1350 Blue Hill Ave
Contact Info: (617) 298-9218

FEBRUARY
17
SoWa Vintage Market Sundays
Time: 10:00 am - 4:00 pm
Location: 450 Harrison Ave, Lower Level, South End

FEBRUARY
20
Drawing in the Galleries at the MFA
Time: 6:00 pm - 9:00 pm
Location: MFA, 465 Huntington Ave
Contact Info: 617-267-9300

FEBRUARY
27
Drop-in Device Help
Time: 11:00 am - 12:00 pm
Location: BPL - Lower Mills Branch, 27 Richmond St., Dorchester
Contact Info: (617) 298-7841

"Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for. We are the change that we seek. – Barack Obama

This Month...

Mayor Martin J. Walsh, the City of Boston's Black Employee Network (BEN), and the entire City of Boston kicked off a month-long celebration in honor of Black History Month.

Upcoming Events:

- **3rd Annual African Americans Veterans Brunch**
February 16th, 11:00 am - 1:00 pm
ABCD Thelma Burns Building
575 Warren St., Roxbury
- **Dream Chasers - One Mic Many Voices**
February 27th, 5:00 pm - 7:00 pm
Perkins Community Center
155 Talbot Ave, Dorchester Center
- **The Fashionscape and Arts of Boston**
February 28th, 7:00 pm - 9:00 pm
Bruce C. Bolling Municipal Building
2300 Washington St., Roxbury

For more information, call
Freda Brasfield at 617-635-3382.

► City Initiatives

What is Language and Communications Access, and why is it important?

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're excited to share with you the progress that's 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.

Language and Communications Access is an important part of Mayor Walsh's larger vision for a more inclusive and equitable city. It joins other priority initiatives under Mayor Walsh's leadership such as Imagine Boston 2030, the Mayor's Resilience Strategy, Age-Friendly Boston, and Climate Ready Boston. Together, these citywide efforts aim to make Boston a better and more liveable city for all.

What is Language and Communications Access (LCA)? LCA is an accessibility plan that makes it easier for people to interact with the City. It can take many forms. Interpretation and translation services help those who need to communicate in another language besides English. Assistive technology provides a layer of support for any communications-related need for users of other languages or people with a disability.

Some people may use their own assistive technology devices such as hearing aids and text-to-speech software. The City of Boston can further supplement access through technology such as Communications Access Real-

Time (CART) and live interpretation equipment.

LCA is an important measure to have in place for several reasons. First, everyone has a right to access City services and benefits. Part of the City's responsibility is to actively remove barriers that would make it difficult for people to do so. We are here to help improve people's livelihoods. Whether someone wants to join a new community, report an emergency, or start their own business, the process should be fair and accessible to everyone regardless of age, ability, or languages used.

LCA is also important because it meets people where they are. Thoughtful accessibility planning promotes a message of inclusivity and empowerment. People are able to engage with their leaders and representatives without fear of discrimination. They may feel more connected to their communities because they feel like they belong. Under Mayor Walsh's leadership, the City of Boston wants to recognize diversity and celebrate and promote those differences. This is what makes Boston so great. We hope you think so, too.

The Language and Communication Access program works to strengthen the City of Boston so that services, programs and activities are meaningfully accessible to all constituents. **Visit boston.gov/LCA to learn more and find translations of this article.**



► Volunteer Programs

Age Strong volunteers prepare care packages for homeless youth in honor of MLK Day

More than 80 older Bostonians stepped up to serve in honor of Martin Luther King, Jr. on January 18th at the Thelma Burns Center. Volunteers prepared care packages for Boston's homeless youth filled with basic necessity items, along with celebrating the legacy of Dr. King, joining hundreds of thousands of Americans across the country in volunteer service.

"Today, we answer Dr. King's call to serve and are making a difference in the lives of Boston residents," said Commissioner Emily Shea, Age Strong Commissioner. "Volunteer service is a powerful tool that builds strong communities."

Senior Corps Boston of the Age Strong Commission planned this day of service to leverage the strength of residents to help

tackle local problems and advance Dr. King's dream of opportunity for all.

The annual event honored Dr. King's legacy and was an opportunity for Americans to renew their own personal vows of citizenship through service to others and engage in conversations to advance community goals.

The Corporation for National and Community Service is a federal agency that leads the annual MLK Day of Service, working with thousands of nonprofit groups, faith-based organizations, schools, and businesses nationwide.

**Interested in Becoming a Volunteer with Us?
Call us at (617) 635-4366.**



Starting the New Year Strong

With a new year, comes new energy and a new name for our Commission: Age Strong. For us, strength comes in many forms. Strength of community. Of cultures. Of experiences. Strength to embrace new chapters and opportunities.

Our new name is a resolution to you. We hope to continue to enrich your lives in Boston and tell meaningful stories about aging in our city.

What are your resolutions for the new year? Whatever they are, we hope we can support you achieve all the things you set out to do.

-Your Editors

AGE+

Age Strong Commission

“I like when I’m looked at as a strong person.” - Survey Respondent

FAQs About Our Name Change

Who We Are and What We Stand For

As the City of Boston's Age Strong Commission, we believe in the following values:

Respect

We believe it is an honor to help older Bostonians.

Inclusivity

Diversity in our city makes Boston better, and we pay special attention to how we can best meet the needs of all older residents.

Patience

We take the time to listen with compassion and meet people where they are.

Integrity

Trust is core to who we are and how we serve older Bostonians.

Joy

Enjoying all that Boston has to offer is important to us, so we promote fun at our events, in our conversations with residents, and on our teams.

Why did we change our name now?

The demographics of our city are changing. In 2010, there were over 88,000 residents age 60+. By 2030, this number is expected to exceed 130,000. Our previous name alienates some people who could miss out on important resources that increase their quality of life as they age.

What has improved?

Our name, website, and social media pages have been updated with the new name. You can still count on us to provide all the same programs and services. We are just improving the way we talk about aging in order for more people to connect with us.

Snapshot of Our Rename Process



Community Feedback
Surveys and interviews



Staff Participation
Research and engagement



National Trends
Research on cities across the country and insights from the FrameWorks Institute

In the News

Age Strong Commission Announced During Mayor Walsh's 2019 State of the City Speech

Mayor Walsh announced the Age Strong Commission, formerly known as the Commission on Affairs of the Elderly, at his annual State of the City address. The new name reflects the City's efforts to make Boston inclusive, accessible and positive for people as they age.

"Boston is a community for every generation," said Mayor Walsh. "Our older residents are the heart of our city, and we look forward to continuing to serve their needs and draw on their tremendous strength."

"Words matter," said Chief of Health and Human Services Marty Martinez. "Boston's older adults are bold, strong, and vibrant, and its new name accurately reflects who we serve on a daily basis."

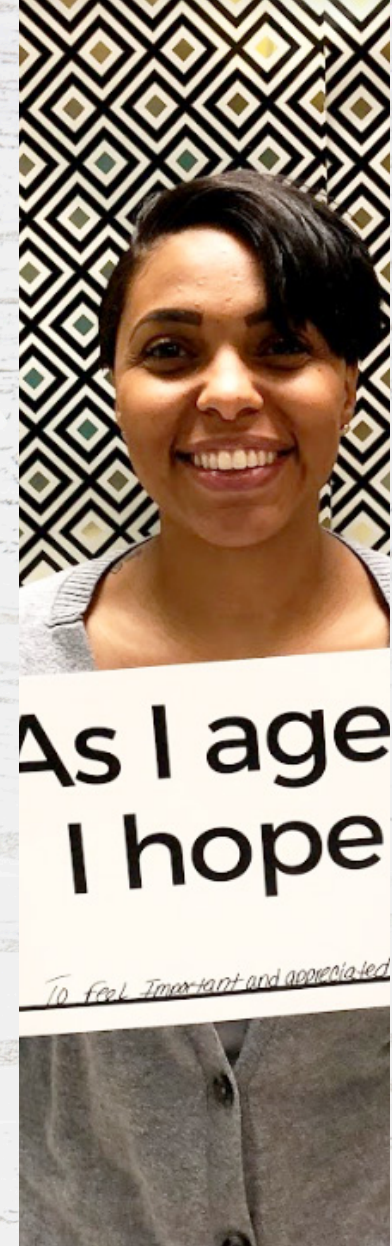
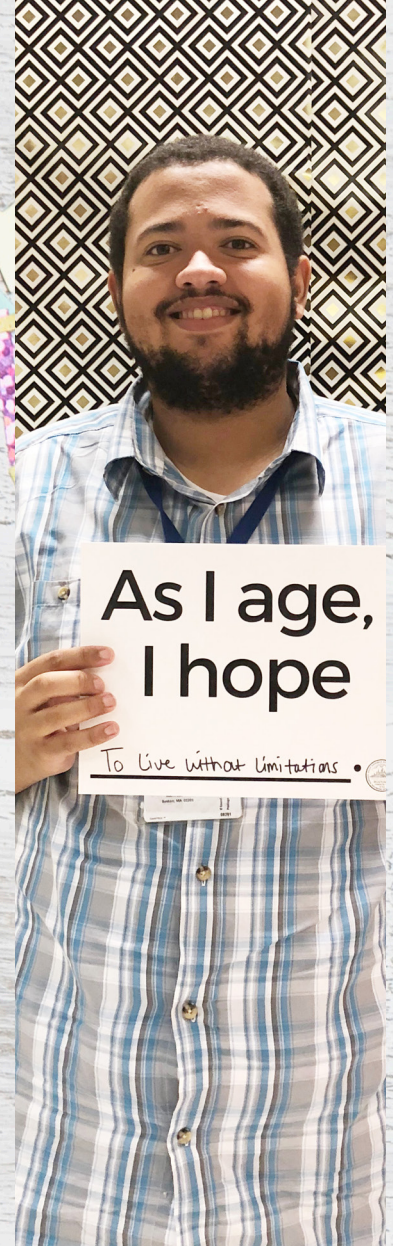
Nora Moreno Cargie, president of Tufts Health Plan Foundation and vice president of corporate citizenship at Tufts Health Plan said, "This new name 'Age Strong' acknowledges the strength of Boston's human resources: the value, diversity and passion of its older people.


Older Bostonians are an asset for this city. Their accumulated wisdom, skills and experience are examples of how we can all age strong. The name is also a call to action reflecting the critical and important work of the commission."

"The City of Boston's Age Strong Commission, like the AARP Disrupt Aging® initiative, is a call to shape the future of aging," said Mike Festa, AARP Massachusetts State Director.

For 74-year-old Barbara J. Defoe, President of the Mayor's Senior Advisory Council, the new commission name is personal.

"I embrace the name Age Strong as it relates to the more mature citizens of our city," said Defoe. "Age Strong suggests that we are the foundation of society, and have been the shoulders on which our nation is built. The name will be a constant reminder of the resiliency and power of all who have contributed to the greatness of the City of Boston."



Commissioner  **Emily Shea**
"As I age, I hope for happiness and purpose."

Joseph Goncalves,
Administrative Assistant
"As I age, I hope to live without limitations."

Meaghan Murray,
Advocacy Representative
"As I age, I hope to stay fit and healthy."

Porshia Gray,
Principal Personnel Officer
As I age, I hope to be around to meet my grandkids."

Mike Killoran,
Director of Transportation
"As I age, I hope to stay active."

Deolinda Daveiga,
Advocacy Representative
"As I age, I hope for good health."

Monique Carvalho,
Volunteer Program Coordinator
"As I age, I hope to feel important and appreciated."

Cassandra Baptista,
Director of Communications
"As I age, I hope I am treated with respect and compassion."

AGE STRONG STAFF

We asked our Age Strong Commission staff what their hopes are as they age. Want to share yours? Email us at BostonSeniority@boston.gov

My Resolution Is...



“To quit smoking.”
-Giovanna Raineri, 70



“To be happy. To be brilliant.”
-Georgia Green, 64



“To do much better than last year.” -Meena Carr, 77



“To eat healthy.”
-Eleanor Lovejoy, 73



“To eat more vegetables.”
-John Newton, 55



“For health and hope the world can come together.”
-Lisha Leach, 58



Our Cover Star's Advice for the New Year

“Maintain your health and stay active. Enjoy the people you come into contact with. Those are the important things.” -Stan Berdecki, 68

Goals for 2019



I will spend more time on:

I will spend less time:

I will let go of:

I will share my:

I will achieve my goals by:

Set your own intentions for the year with our New Year resolutions template!

► 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.



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.



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.



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.



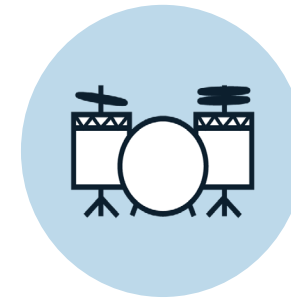
Volunteer Opportunities:

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.



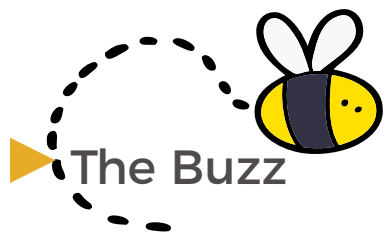
Caregiver Support:

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.



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!



Around The World!

Boston Seniority magazine was spotted at Peace Bridge in Calgary, AB, Canada!

Marcy Ostberg, Director of Operations for the Department of Neighborhood Development and her adorable son made sure they brought along their favorite magazine!



Gratitude Journal Winners

In November, we asked what you were grateful for and you responded with great answers. Here are our winners:

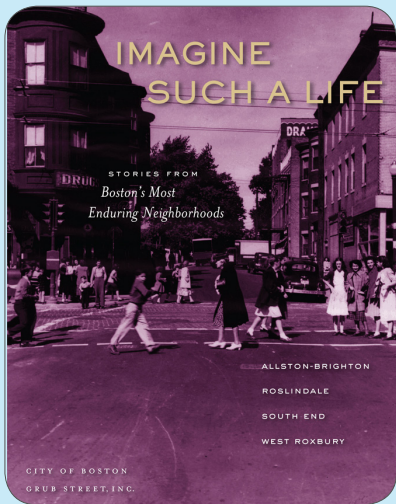


Sunny Davidson, North End, 68

"In less than two years, I will have had eight surgeries, all with "brilliant" results. I am deeply grateful for each remarkable healing, because even with our collective efforts such results are not to be taken for granted."

Arnetta E. Baty, Dorchester, 66

"I have so much to be thankful for in my 66 years of life. My mom passed in 2010, but God blessed me some many more Mamas in 2011 and a wonderful husband and 13 more young adult children to share my life with. Carl and I started a non-profit in 2011...I love our little organization and all the things that we do for those that we come in contact with and share our experiences while working things out for the benefit of all."



Book Giveaway Winner

Congratulations to Yolanda Ramos from West Roxbury for winning *Imagine Such A Life*, Volume 4, a book about the memoirs of older Bostonians.

Seen on our Social Media

#WednesdayWisdom

Find us on Facebook and Twitter:
@AgeStrongBos



Last month's answer:
Shows Dudley St. in Upham's Corner in Dorchester.

Can you guess?

From the Boston City Archives: Can you guess what neighborhood this is?

Hint: The photo was taken in 1913.



Volunteer Opportunities with Age Strong

Become a Respite Companion!

Respite Companions offer friendship and are attentive to an individual living with dementia, while giving the gift of respite to a caregiver.

**Tax-Free Stipend - Government benefits not affected*

Become a Senior Companion!

Senior Companions serve one-on-one with seniors who are more frail and other homebound persons who have difficulty completing everyday tasks.

**Tax-Free Stipend - Government benefits not affected*



**For more information,
call 617-635-4366!**



Aging Together: Senior Children and Their Parents

UMass Boston Research Study, funded by the National Institute on Aging
Approved by Institutional Review Board at UMass Boston and Executive Office of Elder Affairs

Senior children (aged 65+) and their parent (aged 90+)



You are part of a growing group, but we don't know much about you. We want to learn what your relationship is like, what challenges you may face, and what support you may need — also if your parent has dementia, how that has changed your relationship.

- **In-person interview with you at a place of your convenience**
- You'll receive \$40 as a thank you

Learning about your experience will help us better understand how parents and children age together. Your contribution will be greatly appreciated.

Call or email for more information

Email: agingtogether@umb.edu

Phone: 617-901-1082

 facebook.com/AgingTogetherUMB

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John W. McCormack Graduate School of Policy and Global Studies
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New Year 2019 Resolution



Age Strong
Commission