

Boston Seniority

Age Strong Commission

City of Boston

Mayor Martin J. Walsh



POWERHOUSE

CELEBRATING
WOMEN'S HISTORY
MONTH p. 14-19

March 2019
Issue 3
Vol. 43

Free Publication



Mayor's Letter
p. 4



Annual Census
p. 6



Upcoming Events
p. 12

CONTENTS

4
MAYOR'S SPOTLIGHT

5
BOOK PICKS

BPL's book recommendations.

6
CITY CENSUS

"B Counted" in the Annual Census.

8
CITY INITIATIVES

Language access strengthens the City of Boston.

10
RECIPE

Try this fiber-rich dish!

12
EVENTS & ACTIVITIES

Here are some ways to fill your calendar this month.

14-19
POWERHOUSE

In celebration of Women's History month.

20
COMMISSION INFO

How the City can help you.

22
THE BUZZ

Find out what this month's buzz is all about.

26
SEEN AROUND TOWN

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

On the Cover:

Our cover star is Dorchester resident Thelma Burns, 82, who enjoyed exploring the Boston Athenaeum for our *Seniority* photoshoot for Women's History month. Read more from her story on page 14.



Boston Seniority

Published by the City of Boston's Age Strong Commission

Martin J. Walsh
Mayor

Emily K. Shea
Commissioner

Cassandra Baptista
*Director of Communications
Editor and Photographer*

Martha Rios
Editor and Photographer

City Hall Plaza-Room 271
Boston, MA 02201

Printed by Flagship Press, Inc.
Boston Seniority font by Scott Simpson

Boston Seniority is supported in part by The Executive Office of Elder Affairs.

Although all material accepted is expected to conform to professional standards, acceptance does not imply endorsement by the City of Boston.

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

Celebrating Women's History and Advancement



This month, we're celebrating Women's History Month and reflecting on the contributions women of every race, class, and ethnic background have made to our city. I am proud to say that we have hired more women in leadership positions than ever before at Boston City Hall. In doing so, we're making sure we've got a diversity of perspectives at the table for every important decision. We have also made it a priority to take a proactive approach when it comes to gender equity in our city.

Through the Mayor's Office of Women's Advancement, we're offering free salary negotiation workshops as part of our effort to close the gender pay gaps. More than 8,000 women are now equipped with the tools they need to advocate for themselves in the workplace. We're working with over 250 employers who have committed to working together to close the gender-based disparities in our business community.

We also know access to affordable childcare is an issue Boston's families struggle with, especially single moms. We've included a new survey in our census mailing this year to better understand the challenges families are experiencing. We want to make sure every child, every family, and every early childhood educator is supported in our city. We're also working to combat gender-based violence, including commercial sexual exploitation, which disproportionately affects young women.

I invite you to join me in recognizing women's efforts toward greater equity, and in renewing our commitment to promoting equal rights and opportunities for all women and girls in Boston. Together, we must recognize the inequities that women experience and the work still ahead while continuing to celebrate the voices, contributions, and achievements of the women who have made Boston the world-class city it is today.

Sincerely,

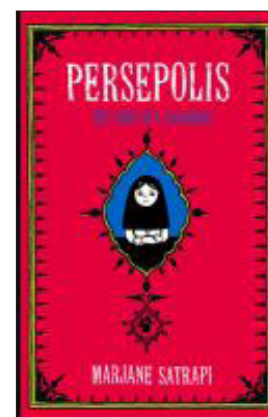
-Mayor Martin J. Walsh



► Book Picks

BPL's Women's History Month Book Recommendations

Happy Women's History Month! Check out these fantastic graphic novels written by women, about women. Graphic novels are not just for kids. These beautifully illustrated books—from memoirs to superhero comics—are exciting reads for people of all ages.



Persepolis

by Marjane Satrapi

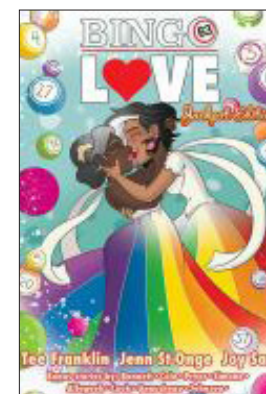
The great-granddaughter of Iran's last emperor and the daughter of ardent Marxists describes growing up in Tehran in a country plagued by political upheaval and vast contradictions between public and private life.



Princess Jellyfish

by Akiko Higashimura

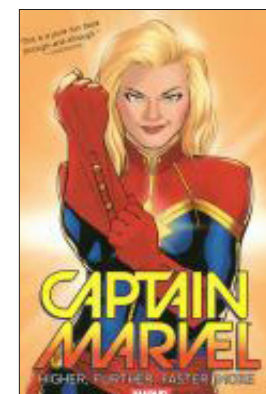
Tsukimi Kurashita, a girl with a strange fascination for jellyfish, crosses paths at a pet shop with a beautiful and fashionable woman -- or so she seems -- and this chance encounter sets Tsukimi and her friends on a new and unexpected path.



Bingo Love Volume 1

When Hazel Johnson and Mari McCray met at church bingo in 1963, it was love at first sight. Forced apart by their families and society, Hazel and

Mari both married young men and had families. Decades later, now in their mid-'60s, Hazel and Mari reunite again at a church bingo hall. Realizing their love for each other is still alive, what these grandmothers do next takes absolute strength and courage.



Captain Marvel Vol. 1

by Kelly Sue DeConnick
As Carol Danvers takes on a mission to return an alien girl to her homeworld, she lands in the middle of an uprising against the Galactic Alliance and the Spartax!

Investigating the forced resettlement of Rocket Girl's people, Carol discovers she has a history with the man behind the plot. But when the bad guy tries to blackmail her and turn the Avengers against her, it's payback time!



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. *There is an optional survey included in the 2019 Annual Census that will help the city better understand childcare and language access.*

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
- **Respond online (or for more information):** www.boston.gov/annual-census



@BostonElection



Boston Election Department

► City Initiatives

Meaningful Access: What does it mean for a city to be “accessible”? Thinking about equity in language and communications access.

Provided by the City’s Language and Communications Access Program

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

Accessibility planning is about creating an environment in which every person can participate, contribute, and be heard. This is why the Language and Communication Access (LCA) program is a priority initiative for the Mayor. About 17% of Boston residents do not use English as their primary language and around 12% of the city population lives with a disability. Making Boston a more inclusive and equitable city means thinking about accessibility as a practice of equity rather than a protocol or checklist.

To begin, it is important to think about the ways in which society has been built to benefit the “mainstream” population. In Boston and most of the United States, “mainstream” means being able to speak English, move freely and independently, and communicate without difficulty, among many other advantages.

When we ask ourselves, “How can we make Boston a better place for everyone?” it is important to think about how to meet the needs of people who do not share one or more of these mainstream characteristics. It is equally important to recognize that no one is inherently deficient because of who they are or what they have and do not have.

For this reason, the City of Boston is refining how it approaches equity and accessibility. We know that people across Boston’s 23 neighborhoods may speak or use other languages besides English; they may also rely on assistive technology devices to communicate and be understood. There is so much diversity in the ways people relate to language and communications. This is why access is an automatic imperative to this work.

So, you ask, how will the City of Boston intends create more welcoming and accessible services and spaces? **Here are a few ways we intend to start:**

- Collect feedback about the priorities and needs of people in our main demographic groups



- Partner with community organizations to advocate for and raise awareness about language and communications accessibility
- Invest in in-house technology such as assistive listening devices and live interpretation equipment
- Maintain a list of multilingual staff and public volunteers who can help interpret or translate
- Publicize free interpretation, translation, and Communications Access Real-Time (CART) services for City events, services, or programs
- Maintain as close to an 8th grade-reading level for external communications
- Provide video captions, audio transcripts and image descriptions when feasible
- Offer options for alternative formatting across published PDF-readable documents

- Place language identification cards at every customer service and main reception desk in City Hall
- Translate vital documents for each department in the City’s top five most common languages
- Provide immediate interpretation services through Boston 311, the Mayor’s 24/7 hotline for non-emergencies

These are a few ways that the City of Boston is working to address equity as it relates to language and communications access. We would love to hear your ideas and suggestions on how we can add to this list. Write to us at LCA@boston.gov.

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.**



March is National Nutrition Month®

► Healthy Recipe Spicy Spinach Polenta

By Tara Hammes
Registered Dietitian and Nutrition Director at the Age Strong Commission

March is National Nutrition Month and National Colorectal Cancer Awareness month. Consuming fiber-rich vegetables such as peas and spinach helps decrease your risk of developing the disease.

Ingredients:

- ½ teaspoon salt, more to taste
- ½ cup polenta or cornmeal
- 1 cup peas
- 4 cups fresh spinach or 1 cup thawed frozen spinach, chopped
- 2 cloves garlic or 1/4 teaspoon garlic powder
- 2 teaspoons olive oil or butter
- ½ teaspoon chili flakes or 1 chopped fresh chili
- 2 eggs
- 1 tablespoon grated Romano or Parmesan cheese
- pepper, to taste

Directions:

1. Boil two cups water and the salt in a medium pot.
2. Turn the heat to low and slowly stir in the polenta until smooth. Add peas and stir occasionally until cooked, about 20 minutes.
3. Heat one teaspoon oil, garlic and chili in a pan over medium heat.
4. Add spinach until wilted, about five minutes. Transfer to a bowl.
5. In the same pan, heat one teaspoon oil over medium heat until hot.
6. Add eggs and cover with a lid to steam for one to two minutes until they are sunny-side up.
7. Divide polenta into two bowls. Add cheese, salt and pepper. Layer the spinach then egg. Sprinkle with the remaining cheese, salt and pepper to taste.

Serves: 2 Per serving: 265 calories
14g fat (3g saturated), 188mg cholesterol
750mg sodium, 26g carbohydrate, 5g fiber
12g sugar, 19g protein

(Inspired by *Good and Cheap*, by Leanne Brown)

Senior Meals: Did You Know...?

By Tara Hammes
Registered Dietitian and Director of Nutrition at the Age Strong Commission

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

- Each meal provides 1/3 of the daily nutrients needed by 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 isolation whether this be at a dining site or a check-in by a home delivered meal driver.
- There are 47 dining sites in the City of Boston. They are all open to adults 60+. This includes those located in housing sites. Any senior can attend any site - not just those in their neighborhood.
- Senior meals decrease senior malnutrition. Malnutrition is a leading cause of hospital readmission and can increase one's hospital stay for several days.
- 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!

SNAP: Food Assistance

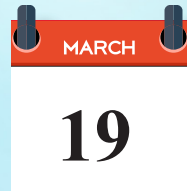
Find out if you are eligible to receive SNAP (food stamps) or if you want help with the application.

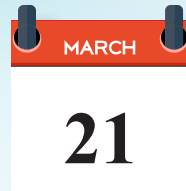
SNAP is there for YOU!
They don't become available to someone else if you choose not to apply.

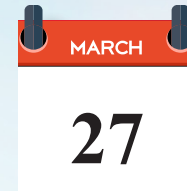
For more information call 617-635-4366.

March Happenings: Ways to Fill Your Calendar

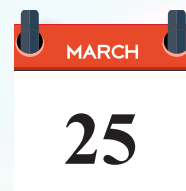
* Please note not all events are free and are subject to change


 **Crafty Grown-ups**
Time: 3:30 pm – 5:00 pm
Location: BPL- North End Branch, 25 Parmenter St.
Contact Info: 617-227-8135


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

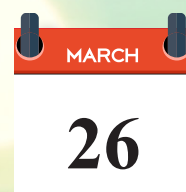
 **Book Discussion**
Time: 11:15 am – 12:15 pm
Location: BPL - Brighton Branch, 40 Academy Hill Rd
Contact Info: 617-782-6032


 **Free Wednesdays at The MFA**
Time: 4:00 pm - 9:30 pm
Location: MFA, 465 Huntington Ave, Fenway
Contact Info: 617-267-9300

 **Yoga For Adults**
Time: 1:30 pm – 2:30 pm
Location: BPL - Charlestown Branch, 179 Main St
Contact Info: 617-242-1248

 **Dorchester Winter Farmers' Market**
Time: 10:00 am - 1:00 pm
Location: Great Hall, 6 Norfolk St., Dorchester

 **Discussion on the Difference between Normal Aging and Dementia**
Time: 5:30 pm -7:00 pm
Location: Haber Auditorium, Blake One, MGH Campus
Contact Info: RVSP by calling 617-724-0406

 **Quilting Class**
Time: 10:30 am – 12:30 pm
Location: BPL - Codman Square Branch, 690 Washington St., Dorchester
Contact Info: 617-859-1482

 **Emmanuel Music: Bach Cantata**
Time: 10:00 am- 11:30 am
Location: Emmanuel Church, 15 Newbury St., Back Bay
Contact Info: 617-536-3356

“I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

– Maya Angelou

This Month...

Free Speaker Series Presented by Beacon Hill Village at the BPL, Commonwealth Salon at 700 Boylston

► **When:** Tuesday, March 19, 3:00 pm
Title of Talk: “Exercise to Maintain Mobility and Prevent Disease”
Description: Kieran Reid, Ph.D., MPH, Tufts University will present the latest evidence on the benefits of physical activity to help people preserve independence as we age. Dr. Reid will discuss what older adults can do to maintain mobility and cognition.

► **When:** Monday, April 29, 3:00 pm
Title of Talk: “Diet and Health”
Description: Dr. Walter Willett, who will demystify the conflicting claims of some popular diets and discuss new findings on which foods promote better health.

For more information about these talks and to register, please call Beacon Hill Village at 617-723-9713.



March is ...

HERSTORY

As women, we hold multitudes. We can be powerful and vulnerable, and be both at the same time. This month, we honor women's history and the sacrifices and voices that have paved the way for women's advancement today. We were honored to speak with one of Boston's female powerhouses, Thelma Burns.

On a early morning in February, Thelma, 82, met with Boston Seniority magazine at the Boston Athenæum. The stately library setting felt appropriately grand for our conversation with the ever-elegant Thelma about her impressive life as a community activist and advocate in Boston.

An alumna of Boston University and Harvard University, Thelma is a longtime Dorchester resident as well as a former Robert F. Kennedy Human Rights Fellow, registered nurse, and former METCO director for the Belmont Public Schools. Thelma sits on several community boards, lending her voice to conversations that continue to impact and elevate our city. In celebration of Women's History Month, we asked Thelma about the issues she is passionate about, the women she admires, and the ways she stays strong.

-Your Editors



**"FIGHT LIKE
A GIRL!"**

What are some secrets to becoming a powerful female changemaker?

When it comes to being a strong woman and making changes, you have to be forceful, serious, and persistent. You have to get the community together.

What issues today interest you?

Now that I'm older, I'm most passionate about issues regarding seniors in Boston. I think there is more advocacy around elders then there has ever been before. I am always learning so much. I can combine the old-fashioned ideas with the new. I tell older people, 'You're not worn out yet. You're just beginning.'

What women do you admire?

There are so many, but I have always admired Melnea Cass. She was a pioneer and a hard worker.

What is the biggest insight you would like to

share with readers?

I think in general we all should be more compassionate these days. We need to be more patient.

You are a two-time cancer survivor. How have you remained strong and positive through those experiences?

I was negative about my situation at first, but I had to take a different view on my life. I had to fight like a girl. I know what that really means now. It takes time. Now, I volunteer every week at Dana Farber because I want to give back. The doctors call me their miracle. I still go to a lot of support groups. I learn something every time, and I make new friends. It's a journey.

What do you hope your legacy will be?

I hope people remember me as what I do every day—volunteering and advocating—and carry that on.

ADVANCING WOMEN IN BOSTON

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

The mission of the Office of Women's Advancement 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. This office 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.



"Women's History Month is the time to celebrate the contributions of all women to Boston's vibrancy. Women are pillars of their workplaces, homes, and communities; we hold them up and keep them strong. We support those around us. In March, we hope all people honor the women that make all of our lives full."

Women are pillars of their workplaces, homes, and communities; we hold them up and keep them strong. We support those around us. In March, we hope all people honor the women that make all of our lives full.

-Tania Del Rio, Executive Director for the Mayor's Office of Women's Advancement

Fast Facts:

35% Of Boston businesses are women-led and generate \$3.3B in revenue annually

52% Of Boston's residents are women, and women are the primary earners in 54% of our households

8,000+ Women trained via salary negotiation workshops

Contact info:
617-635-3138
boston.gov/womens-advancement



BEHIND THE SCENES AT THE BOSTON ATHENAEUM

Our grand photoshoot setting for Women's History month was graciously provided by the Boston Athenaeum. Founded in 1807, the Boston Athenaeum is one of the oldest cultural institutions and independent libraries in America, with over half a million volumes in its collection.

The Athenaeum boasts five galleried floors that look out onto the Granary Burying Ground. Louisa May Alcott, acclaimed American novelist best known for Little Women, used the library discreetly at a time when women were not allowed to be members. Today, the Boston Athenaeum aims to be inclusive and "spark conversations of critical importance, foster

an engaged, diverse membership, and cultivate our library's dynamic collections for research and enjoyment." In 1966, the building was officially designated as a National Historic Landmark.

Public Hours
Tuesdays 12 p.m.- 8 p.m.
Wednesday to Saturday 10 a.m.-4 p.m.

General Admission Costs
Adults (ages 13 and up) \$10
EBT Card to Culture \$2

For more about the history of the library and membership information, visit www.bostonathenaeum.org

WOMEN WE ADMIRE...



"Mildred Hailey did so much for Jamaica Plain and housing. She was my mentor. She was a giving and loving person. She's who I look up to most." -**Julia Martin, 90**



"Michelle Obama. I admire everything about her. She's just so special." -**Daisy Morgan, 80**



"I admire Barbara Defoe very much. She's compassionate and very kind. That's why I admire her." -**Almira Wallace, 78**



"Anna Ekpengyong runs a food pantry, giftshop, and she's an usher at 12th Baptist Church. She's 92 years old." -**Norma Lawrence, 74**

► 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.



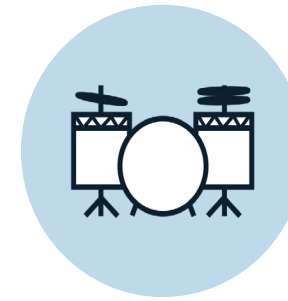
Volunteer Opportunities:

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.



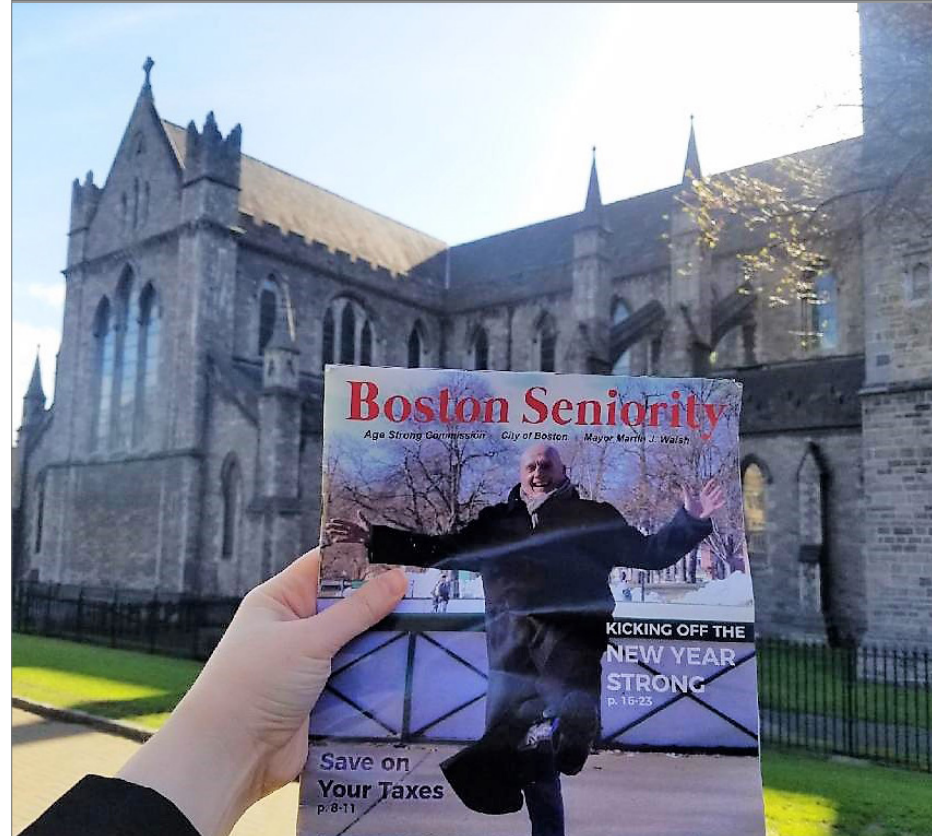
Events + Engagement:

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!

To celebrate St. Patrick's Day, *Boston Seniority* magazine flew all the way out to Dublin, Ireland! Here the magazine is pictured in front of St. Patrick's Cathedral, founded in 1191.

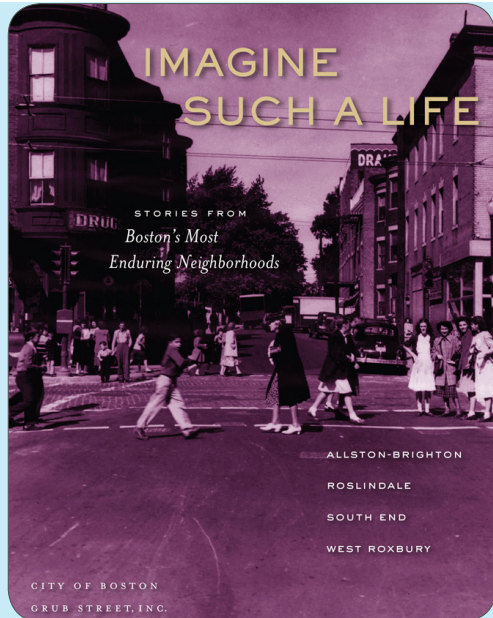
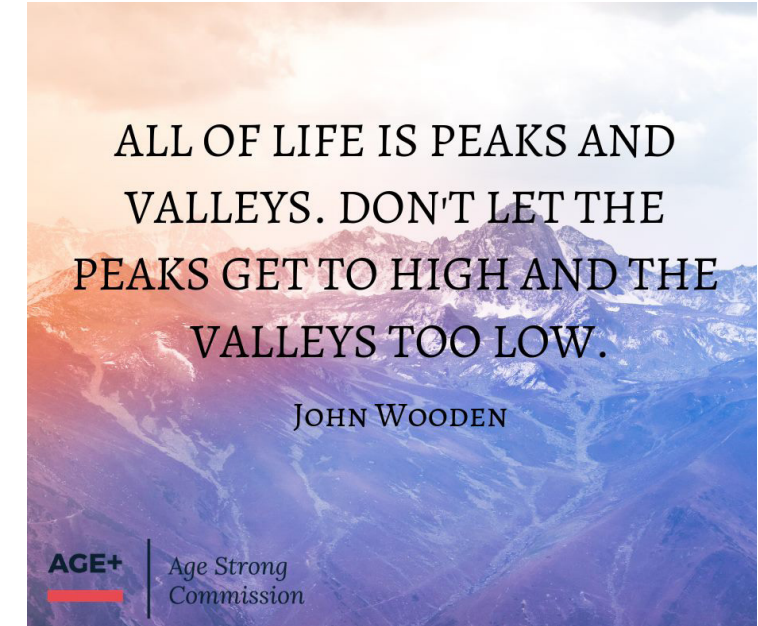


Seen on Social Media

Find us on Facebook and Twitter: @AgeStrongBos



On social media, we post inspirational quotes for a dose of #WednesdayWisdom. Here are a few!



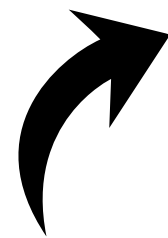
Book Giveaway!

Let us know what women in history or in your life have inspired you for a chance to win this book. Email us at bostonseniority@boston.gov by April 10 with:

- your name
- age
- neighborhood
- phone number

In the News...

Did you catch the Age Strong Commission in the *Boston Globe* recently? The article talked about our Commission's new name and the importance of evolving our language to meet the needs of people as they age.



The Boston Globe

Who are you calling senior? For older folks, some terms are fast becoming radioactive



The Flashback

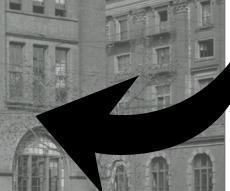
Last month's answer:

The Back Bay neighborhood at St. James Avenue between Arlington and Berkeley Streets.

Can you guess?

Hint:

This was taken on October 1912.



▶ 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

▶ Commission Advertisements



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*



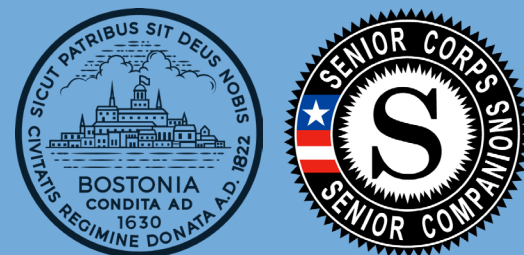
Uplift, Inspire, and Lend a Hand




Volunteer to Deliver Food to Older Adults

Flexible Schedule

Contact: Monique Carvalho, RSVP Program Coordinator
Phone: 617-635-4374 Email: Monique.Carvalho@Boston.gov



For more information,
call 617-635-4366!

► Seen Around Town





AGE+

Age Strong