

Boston Seniority

Age Strong Commission

City of Boston

Mayor Martin J. Walsh



FINDING YOUR *Caregiving Community*

p. 16-25

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Mayor's Letter
p. 4



Job Interviewing
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First Night Form!
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Lisa, Gloria, and Juanita invited *Boston Seniority* magazine into their lives to share their caregiving story. Learn more about their journey on p. 16.



Boston Seniority

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

Email us at
BostonSeniority@boston.gov

From the Mayor's Desk



Thanking and Supporting Our Veterans

It is up to us every day of every year, to think of our veterans, honor them, and do all we can to support them. I'm very proud that since 2016, we have housed over 1,000 formerly homeless veterans in the City of Boston. Our goal is to ensure that everyone in Boston has a place to call home. We are proud of the work our teams have done in ending chronic homelessness among veterans, but there is still work to be done. This milestone shows our continued dedication to housing all veterans in the City who are in need.

In addition to achieving this goal, I also appointed a new Commissioner of Veterans' Services this year. I am proud to have Robert Santiago as our Commissioner of Veterans' Services. He took on an important role by making sure veterans in our city are well-supported in receiving the benefits and services they have earned and know that their service to our country will always be recognized and appreciated. Robert has proudly served our nation, and has shown through his work over the last four years that his commitment to serving veterans in Boston is unwavering.

Our veterans deserve our respect and gratitude for putting everything on the line to serve our country. Our gratitude must go beyond holidays and beyond words, and extend to providing housing, education, jobs, healthcare, and services. Our veterans need to thrive and contribute their considerable talents to our city. If you are a veteran who is 55+, we need your skills and experience as a volunteer. Call the Age Strong Commission at 617-635-4366 to explore volunteer opportunities and continue to contribute your talents to the City of Boston.

Sincerely,

-Mayor Martin J. Walsh



▶ City Programs & Resources

Applying for Cost-Savings Benefits



Your Savings Checklist this Holiday Season

The holiday season is upon us, and while it is often a time to spend money on family and friends, it is also a good time to consider ways to save going into the new year. **Here are some cost-saving benefits our Age Strong advocacy representatives can help you apply for:**

▶ **Boston Water and Sewer Discount**

Qualified homeowners are eligible for a 30 percent discount on their monthly water charges if they are 65 years of age and older, or have disabilities, and live in a 1-4 family residential dwelling.

▶ **Fuel Assistance**

Qualified residents of Boston can get up to \$1,140 to help with their heating bill. Our staff can help you fill out or renew your fuel assistance application. Applications are open beginning Nov. 1.

▶ **Seniors Save**

Eligible adults over 60 can apply to replace an old heating system.

▶ **Prescription Advantage**

Prescription drug coverage for Massachusetts residents age 65 and older, as well as younger people with disabilities who meet income and employment guidelines.

▶ **Senior Home Repair**

The Boston Home Center works with several neighborhood agencies that will assist you with applying for minor to larger repairs for your home.

For a complete list of cost-savings benefits and assistance with filling out applications, please visit our Age Strong Commission at 1 City Hall Plaza.

Acing the Job Interview: Tips for Older Workers

By Steve Currier, Job Development at Operation ABLE

A resume with years of experience and work history may look great on paper, but acing the job interview is often the reason why a person is hired. The interview is your time to shine. It's the time where you get to show the potential employer who you are and why you are the right candidate for the job.

For many people, the thought of having a job interview can be nerve-racking. An interview can be especially difficult for someone who has been out of the workforce for a while. You may have to explain gaps in your resume or why you left a previous job. But the interview is a necessary component to getting hired for any new position, and with 55% of workers saying they plan to work past the age of 65, keeping your job interview fresh is necessary for you to keep striving for new career goals.

Why is an interview important?

An interview is important for a number of reasons –

1. It gives the hiring manager a chance

to speak with the applicant about their background and ask questions that would pertain to the applicant's eligibility for the position that they are applying for.

2. The hiring manager will seek answers to any questions regarding the applicant's history that may not be apparent on a resume.

3. The position may require certain skills. If the required skills are not on the resume, the Hiring Manager will need to ask about them.

What are the different types of interviews?

There are three basic types of interviews that are currently being used: by telephone, video, or person-to-person.

The **telephone interview** is conducted between the job applicant and the hiring manager on the phone. The length of time on the telephone interview.

The hiring manager will ask a series of questions to the applicant to ascertain



their qualifications for the new position. It is best to answer any questions clearly and succinctly as you have limited time during a phone interview.

The **video interview** is different than a telephone interview in that the applicant and the interviewer can both see each other on their computer screens.

Since the hiring manager can see the applicant, the applicant needs to dress appropriately as if they are interviewing in person.

If an applicant has been asked to come in for a formal **person-to-person** interview, the hiring manager must have liked the applicant's background and the

answers that were given during the phone interview. This type of interview usually lasts about an hour. In-person interviews are usually more in-depth than the phone call, so be prepared to elaborate.

Remember to always reach out to the hiring manager after the interview to thank them for their time and consideration. A few words of gratitude go a long way!

For more information, please contact Operation A.B.L.E at 617-542-4180. The mission of Operation ABLE is to provide employment and training opportunities to job seekers from economically, racially and occupationally diverse backgrounds.

Caring for your Mental Health: How to Beat the Holiday Blues

Did you know?

11 million Americans suffer from Seasonal Affective Disorder

Tips to Avoid Seasonal Depression

During the holidays, colorful lights are shining and families are gathering to celebrate. However, for some, this time does not always bring good tidings.

It can be a lonely time. The holidays may spur feelings of sorrow because you may think of a loved one who has passed or cause stress due to finances or health setbacks. It can be a stressful time for many people.

If you are a family member or caregiver with someone who may be going through seasonal depression, here are changes you may notice:

- Limited interest in activities
- Unusual signs of fatigue
- Diet or sleeping changes
- Difficulty concentrating
- Neglecting personal care

We have gathered some tips for those struggling with the holiday blues to help.

Tip 1:
Connect with others



Attend our annual outings to meet new people and enrich your life.

Tip 2:
Be physically active



We offer programs that can help you stay healthy and fit, including tai chi.

Tip 3:
Get professional help if needed



If you cannot cope with your mental health, please visit your doctor.

Tip 4:
Help others



Sign up for one of our volunteer opportunities based on your interests.

Tip 5:
Get enough sleep



Visit your doctor if mental health issues are affecting your sleep cycle.

Tip 6:
Maintain a healthy diet



We provide group nutrition assessments, counseling, and education.

How to get help:

Many people with mental health problems can get better. There is help available. The City of Boston is involved in a variety of efforts to remove the stigma associated with mental health and to provide services and resources to improve the social and emotional wellness of everyone in Boston. To learn more about the services available to individuals and families, call 311, or:

▶ Boston Public Health Commission
617-534-5395
bphc.org

▶ Recovery Services
617-635-4500
boston.gov/recoveryservices

▶ Age Strong Commission
617-635-4366
boston.gov/agestrong

Boston's Mayor Releases Plan To Tackle Food Insecurity By 2030

In October, Mayor Martin J. Walsh announced the release of his Food Access Agenda. The agenda will guide the City's work to ensure everyone has equitable access to affordable, fresh, healthy, and culturally-connected foods and end food insecurity in Boston by 2030.

The strategic plan considers food access as having enough money to buy the food one needs and wants, and having the means to physically obtain that food while maintaining cultural connectedness to the food one desires. The U.S. Department of Agriculture (USDA) defines food security as “access by all people at all times to enough food for an active, healthy life.”

Today, 1 in 10 households in Massachusetts is food insecure. In Boston, the food insecurity rate was 18% on average, with wide ranges between neighborhoods and even within neighborhoods at the census tract level. In 2017, the food insecurity rate in Massachusetts is 27% higher than it was 10 years ago.

The Mayor's Office of Food Access (OFA) believes that food is a right, not a privilege. Under Mayor Walsh, the City

will take on a bold vision to end food insecurity in Boston by 2030.

Five strategic goals will guide the vision:

- Ensure food access issues are prioritized within community organizations, city agencies, and other key partners, emphasizing a racial equity and resilience lens.
- Strengthen a citywide food access network by developing shared resources and strategic collaboration opportunities.
- Develop and support a policy and advocacy agenda to eliminate food insecurity.
- Build public awareness of food insecurity and available resources, programs, and services.
- Implement strategies to make healthy and fresh foods more affordable and accessible throughout Boston.

The Age Strong Commission is committed to participating in this agenda by partnering with the OFA and the Boston Food Coalition while continuing to provide nutritious and culturally-appropriate food through home-delivery and dozens of dining sites.



For National Diabetes Month, here's a diabetic-friendly recipe.

► Recipe

Twice-Baked Butternut Squash

By Tara Hammes, Registered Dietitian and Age Strong Director of Nutrition

Serves four. Nutrition facts per serving: 240 calories, 11g total fat, 3g saturated fat, 65mg cholesterol, 310mg sodium, 20g total carbohydrate, 5g dietary fiber, 6g total sugars, 17g protein, 520mg potassium

Ingredients:

- 1 butternut squash, 2-lb
- ¼ tsp black pepper
- ¼ tsp ground nutmeg
- 1 tbsp olive oil
- 2 apple-chicken sausage links, diced
- ¼ cup fresh sage, chopped
- ½ cup low-sodium chicken or vegetable broth
- 1 cup ricotta cheese, non-fat
- ¼ cup Parmesan cheese, grated

Modified from the Diabetes Food Hub

Directions:

- Preheat the oven to 425 °F. Coat a large baking sheet with cooking spray.
- Halve the squash lengthwise, scoop out the seeds, and spray with cooking spray. Season the squash with pepper and nutmeg. Lay the squash cut side up on the baking sheet and roast until tender, about 35 minutes. Set aside.
- While the squash roasts, sauté the sausage and sage in olive oil until golden brown.
- Scoop the flesh of the squash into a bowl keeping the skins intact. Mash the squash flesh with the stock and ricotta cheese then stir in the sausage.
- Stuff the squash shells with the mixture. Top with parmesan cheese, and bake until the cheese is golden brown. Cut each squash half in half again before serving.

Upcoming Happenings: Ways to Fill Your Calendar

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

NOVEMBER
20
Chilean Films
Time: 3:00 pm - 5:00 pm
Location: BPL - West End Branch, 151 Cambridge St.
Contact Info: 617-523-3957

NOVEMBER
22
Sophia Loren Film Series
Time: 1:00 pm - 3:30 pm
Location: BPL - Lower Mills Branch, 27 Richmond St.
Contact Info: 617-298-7841

NOVEMBER
25
Yoga for Adults
Time: 1:30 pm - 2:30 pm
Location: BPL - Charlestown Branch, 179 Main St.
Contact Info: 617-242-1248

DECEMBER
2
Copley Square Tree Lighting
Time: 5:00 pm - 6:00 pm
Location: Copley Square, 560 Boylston St., Boston
Contact Info: 617-635-4505

NOVEMBER
21
JP Jubilee: An Elder's Chorus
Time: 2:00 pm - 3:00 pm
Location: Central Library in Copley Sq., 700 Boylston St.
Contact Info: 617-536-5400

NOVEMBER
23
Quincy Market History Tour
Time: 11:00 am - 12:00 pm
Location: Faneuil Hall Marketplace 4 S Market St., Boston
Contact Info: 617-523-1300

NOVEMBER
26
November Films - William Holden
Time: 1:00 pm - 3:30 pm
Location: BPL - South Boston Branch, 646 East Broadway
Contact Info: 617-268-0180

DECEMBER
5
Boston Common Tree Lighting
Time: 6:00 pm - 8:00 pm
Location: Boston Common, 139 Tremont St.
Contact Info: 617-635-4505

Age Strong Programming

For more information, call us at: (617) 635-4366

Tai Chi

BCYF - Blackstone Community Center
50 West Brookline St., South End, 5th fl
Mondays / 3:15 pm - 4:15 pm

BCYF - Vine St Community Center
339 Dudley St., Roxbury
Wednesdays / 9:00 am - 10:00 am

BPL - Mattapan Branch
1350 Blue Hill Ave., Mattapan
Wednesdays / 12:30 pm - 1:30 pm

BCYF - Curtis Hall Community Center
20 South St., Jamaica Plain
Thursdays / 1:00 pm - 2:00 pm

BCYF - Golden Age Senior Center
382 Main St., Charlestown
Thursdays / 9:30 am - 10:30 am

Next Month...



Holiday Connections at City Hall

Friday, December 6th / 7:00 am - 2:00 pm

This annual event, in collaboration with AT&T, makes it possible for older Bostonians to make free calls anywhere in the world. This year includes presentations on using smart phones. There will be games, prizes, and tech support onsite, so be sure to bring your cell phones.



50th Anniversary

Mayor Walsh and the Age Strong Commission want to celebrate couples who have been together for 50+ years.

For more information and to RSVP, call 617-635-4366.

Medicare Open Enrollment

Oct. 15 - Dec. 7



► Medicare

Stay in the Know: Medicare Benefits Changing in 2020

Whether Medicare has been your health care plan for many years, or you expect to be eligible for Medicare on or after January 1, 2020, the changes coming to Medicare Supplement plans and the Donut Hole may affect you. Fortunately, we are here to help you navigate these changes.

What is changing for Medicare?

On or after January 1, 2020, people who are newly eligible for Medicare will no longer be able to purchase the Medigap Supplement 1.

However, it will still be available to anyone already on Medicare before that date.

"Newly eligible" Medicare beneficiaries are those who:

- have attained age 65 ON or AFTER January 1, 2020;
- first became eligible for Medicare due to age, disability, or End Stage Renal Disease (ESRD) on or after January 1, 2020.

Those who are eligible for Medicare before

January 1, 2020 but did not enroll because they had current coverage through an Employee Group Health Plan are able to purchase a Medigap Supplement 1 policy.

Companies can still issue coverage for Medigap Supplement 1 plans to anyone who was eligible for Medicare Part A prior to January 1, 2020.

Current beneficiaries are not impacted by these changes.

Who can help you understand these changes?

The SHINE Program (Serving the Health Information Needs of Everyone) provides free health insurance information, counseling and assistance to all Massachusetts residents with Medicare.

All of the Age Strong Commission's advocacy representatives are SHINE certified.

To learn more, call:

- Age Strong Commission at 617-635-4366
- Ethos at 617-522-6700

Source: Medicareresources.org

Medicare Savings Program in Massachusetts

A new state law in Massachusetts is expanding several Medicare Savings Programs (also known as "MassHealth Buy-in" programs). These programs help older residents and people living with disabilities save money on their Medicare coverage.

If you are a Massachusetts resident with limited income and assets, who is eligible for Medicare, you may qualify for a Medicare Savings Program that will pay your monthly Medicare Part B premium, which is now deducted from your Social Security benefit. In certain cases, a Medicare Savings Program may also pay your out-of-pocket Medicare Part A and Part B costs and your Part A premium (if you have one).

Starting January 1, 2020 the income and asset limits for the Medicare Savings Programs are increasing, meaning more people will be able to get help paying for Medicare.

For more information, please contact the MassHealth Customer Service Center at 1-800-841-2900, or teletype at 1-800-497-4648



Fate & Faith:

Finding Your Care Community

Caregiving is a deeply personal experience. It can often feel too sensitive to talk about or too private to ask for outside help, but as you'll see from one family's story, there is so much support and love that can come from seeking and creating a care community.

-Your Editors



By Cassandra Baptista, Age Strong Communications Director

It's a cool autumn day in Roxbury, and 80-year-old Juanita sits at a grand piano. She plucks out a few notes, a little surprised she can't remember the songs she used to play but enjoying the experience of running her fingers across the keys. Behind her, urging her on, are her daughter, Lisa, 55, and Gloria, 71, a respite caregiver and now friend.

"We should see if we can get you piano lessons," Lisa suggests to her mother. "That might be fun."

Until last year, Juanita had been living in Virginia. Her husband had recently passed away, and she was developing some memory issues. "She wasn't thriving," Lisa says. Together, they determined it would be better for Juanita

to move to Boston and be near family. "I am happy to be here," Juanita says with a smile. "I knew my daughter would do good for me."

"I don't think I initially considered myself her caregiver," Lisa considers. "I just thought I was doing what I would do as a daughter or a family member. We rallied around her to make sure she was going to be healthy. Massachusetts has great health care and programs. I didn't really know what that looked like, but I did research."

Her research included exploring senior centers and adult day programs to find the best fit, eventually leading the family to BCYF Grove Hall, where they have found great programming and community. But as the months went on balancing a full-time job with family life

and caregiving tasks, the responsibilities were mounting for Lisa and taking a physical toll. She developed bursitis, a painful condition that affects the joints. "I couldn't ambulate because of the injury," says Lisa. "In that period of time, I went from daughter to caregiver, to then being the one needing care."

"I went from daughter, to caregiver, to being the one needing care."

Lisa had previously learned about the Age Strong Commission's Respite Caregiver program, where older adults are trained to look after someone and give caregivers a break from their caregiving responsibilities. Now with her injury, she knew she needed help. Gloria saw the opportunity in *Boston Seniority* magazine, and felt that she would be a good fit as a respite caregiver. They were a perfect match.

"Fate and faith brought us together," Lisa says. On Tuesdays and Thursdays, Gloria and Juanita spend time together. They go to the Kroc Center, watch movies, go on boat rides in the summer, attend presentations, and have conversations together about their lives.

"It's very helpful for me to talk to Miss Juanita," Gloria says. "We talk about aging. We're growing together. We relate as peers."

"I've enjoyed myself and all of the things we do together," Juanita says to Gloria. "I'm always happy to see you." Outside in the backyard, the nearby trees have turned yellow and orange. The three women hold each others hands and raise them, a sweet physical representation of how their lives interconnect and the ways they lift each other up.

"I'm happy to see my mom find fellowship and friendship with Gloria," Lisa says. "There's camaraderie. We're a community. We consider Gloria a part of the family. She comes to watch my boys play basketball." Gloria adds, "Her family all came to see a gallery I was in called *Faces of Faith*. It meant so much that they showed up for me."

All three women credit respectful and honest communication as the secret to their successful relationships and caregiving arrangement.

"There's camaraderie. We're a community."

"I get gratification from this," Gloria says of her Respite Companion role. "I take time to rest too, and when I come back, I have more to give. If you or a family member needs services, don't be afraid to reach out for help. People can become isolated. Asking for help does not make you less of a person. You will grow in so many ways."

Caregiving Trends

Respite Benefits

By the Numbers

65 million

people in the United States provide care for a family member or friend during any given year. That's 29% of the U.S. population.

2x

Twice as many women are caregivers than men.

2/3

of caregivers report they need help to find care for themselves.

Family Caregivers

November is National Family Caregivers Month. It is a time to recognize and honor family caregivers across the country. This year's theme is "Caregiving Around the Clock."

This special observance enables us to:

- raise awareness of family caregiver issues,
- celebrate the efforts of family caregivers,
- educate family caregivers about self-identification, and
- increase support for family caregivers.

An estimated 44 million Americans age 18 and older provide unpaid assistance and support to older people and adults with disabilities who live in the community.

Respite Caregiver Program from the Age Strong Commission

How our program works:

We recruit volunteers, like Gloria, in the City of Boston to provide much needed respite, or rest, to a caregiver caring for someone living with Alzheimer's or Dementia.

If you are 55+, the City of Boston needs your time and skills. The program is funded through the Administration for Community Living and in partnership with the Massachusetts Council on Aging.

How to qualify:

To become a respite companion, you must:

- Pass a CORI background check
- Live in the City of Boston
- Attend a 2 day pre-service training
- Be empathetic and love serving older adults

Find out more:

Interested in learning more about becoming a respite caregiver or being matched with one? Call our office at 617-635-4366.

When caregivers rest, their well-being and quality of care improves. Some benefits include:

- Renewal
- Relaxation
- Energy
- Pleasure
- Identity
- Engagement
- Focus



"I take time to rest, and when I come back, I have more to give." -Gloria



Resources to Support Family Caregivers

▶ Boston Senior Home Care

Boston Senior Home Care's Family Caregiver Support Program aims to support and educate family caregivers of older adults and individuals with Alzheimer's Disease and Related Dementias. The program provides one-on-one counseling and training, group workshops on stress reduction and mindfulness, information about and referrals to resources, and respite care services to relieve the primary caregiver for a short period of time.

Contact: 617-451-6400

▶ Adult Day Health Programs

Massachusetts supports older adults during daytime hours with its Adult Day Health (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.

Contact: Massachusetts Adult Day Health Association: 617-469-5848

▶ Grandparents Raising Grandchildren

The KINnections Program at Massachusetts Society for the Prevention of Cruelty to Children (MSPCC) offers an array of supportive services to grandparents raising grandchildren that aim to strengthen families, connect families to resources and information, and engage families in community-based activities that focus on wellbeing, self-care, independence, and positive youth development.

Educational opportunities are offered throughout the year that focus on legal services, legislative advocacy, health and wellness, mental health, child development, trauma-informed parenting, special education, and other topics aimed at strengthening families. KINnections also offers support groups and respite care opportunities.

Contact: 617-983-5850, or the after hours helpline: 1 (800) 486-3730



In Boston, approximately 11,000 grandparents live with grandkids under the age of 18.



News from the State...

In 2017, the Governor's Council to Address Aging in Massachusetts was established and charged to think innovatively and differently about aging and caregiving in the Commonwealth. After listening sessions, expert panels and the release of the initial blueprint, the Council established five workgroups, including one focused on family caregiving. The Caregiving Workgroup formalized its recommendations in October 2018, including supporting working caregivers and helping caregivers self-identify and receive appropriate services and supports. A key product of the Workgroup includes the Massachusetts Employer Toolkit to Support Working Caregivers, which includes resources and best practices for employers, due to be released later this month.



The Alzheimer's Association is here all day, every day for people facing Alzheimer's disease through their free 24/7 Helpline: 800-272-3900. The Helpline provides reliable information and support to all those who need assistance, such as individuals living with memory loss, Alzheimer's or other dementia, caregivers, health care professionals and the public.

Memory Cafés

Memory Cafés meet at a variety of places, including coffeehouses, museums, and community organizations. Each Memory Café is different. Some Cafés invite guest artists, some offer education about memory changes. And some are just for relaxing and chatting. But, all Cafés share one goal — to help guests feel comfortable and to know that they are not alone. Cafés are a place to talk with others who understand what you are going through. You can forget about your limitations and instead focus on your strengths. The City of Boston hosts several Memory Cafés, including:



▶ **BCYF - Vine St. Community Center**

339 Dudley St., Roxbury
Every second Friday of the month
9:30 am - 12:30 pm

▶ **Jamaica Plain Community Health Center (in Spanish/en Español)**

10 B Green St., Jamaica Plain
Every last Thursday of the month
1:00 pm - 3:00 pm

▶ **BCYF Golden Age Center**

382 Main St., Charlestown
Every third Wednesday of the month
9:00 am - 11:00 am

▶ **BCYF Grove Hall Senior Center**

51 Geneva Ave., Dorchester
Every first Monday of the month
11:am - 1:00 pm

▶ **BCYF Paris Street Community Center**

112 Paris St., East Boston
Every fourth Wednesday of the month
10:30 am - 12:00 pm

If you are interested in attending these Memory Cafés, please call 617-635-4366 to confirm dates and times.

10 Tips for Caregivers

1. Seek support from other caregivers. You are not alone!
2. Take care of your own health so that you can be strong enough to take care of your loved one.
3. Accept offers of help and suggest specific things people can do to help you.
4. Learn how to communicate effectively with doctors.
5. Caregiving is hard work so take respite breaks often.
6. Watch out for signs of depression and don't delay getting professional help when you need it.
7. Be open to new technology that can help you care for your loved one.
8. Keep medical information up to date and easy to find.
9. Make sure legal documents are in order.
10. Give yourself credit for doing the best you can in one of the most meaningful roles.

“Caregiving often calls us to lean into love we didn’t know possible.” — Tia Walker

Source: Caregiver Action Network. (2019)

► In Boston, we Age Strong.

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



We can help with:

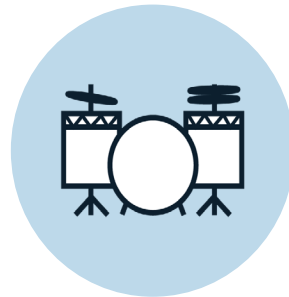
Call us for more details at 617-635-4366.



Access to Information and Benefits:

Community Advocates connect seniors 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 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.



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.



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 \$1,500 on their property tax bill by volunteering for a City agency.
- *Respite Companions* offer friendship and are attentive to an individual living with dementia, while giving the gift of respite to caregivers.



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, 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 older loved one.
- Can connect you to trained Respite Companions who offer additional support to an individual living with dementia.

Mayor Martin J. Walsh &
The Seaport World Trade Center Present their
Annual Senior First Night Celebration

Monday, December 30, 2019

11:00 am - 2:00 pm

Food, Dancing, & Entertainment
to ring in **2020!**

Interested in attending?

Fill out this
registration form.



Once the registration form is completed please
return it by **Monday, December 9, 2019** to:

1st Night, Age Strong Commission
One City Hall Plaza, Room 271
Boston, MA 02201
or fax to 617-635-3213, or scan and
email marybeth.kelly@boston.gov

**ADMISSION BY TICKET ONLY
TICKETS ARE LIMITED**

AGE+

City of Boston
Age Strong Commission
Mayor Martin J. Walsh



Registration Form

Age Strong Commission's Senior First Night

Food, dancing and entertainment to ring in 2020!

Transportation Sign Up Sheet

Individual application only - No group registration allowed

Registration by mail, fax, or scan and email

Will pick up 10 or more from various locations

Transportation pick-ups begin at 10:30 am - Doors do not open until 11:00 am

Last Name:	First Name:	Tel:
Address:		Apt. #
Neighborhood:		Zip Code:
Language Spoken:		

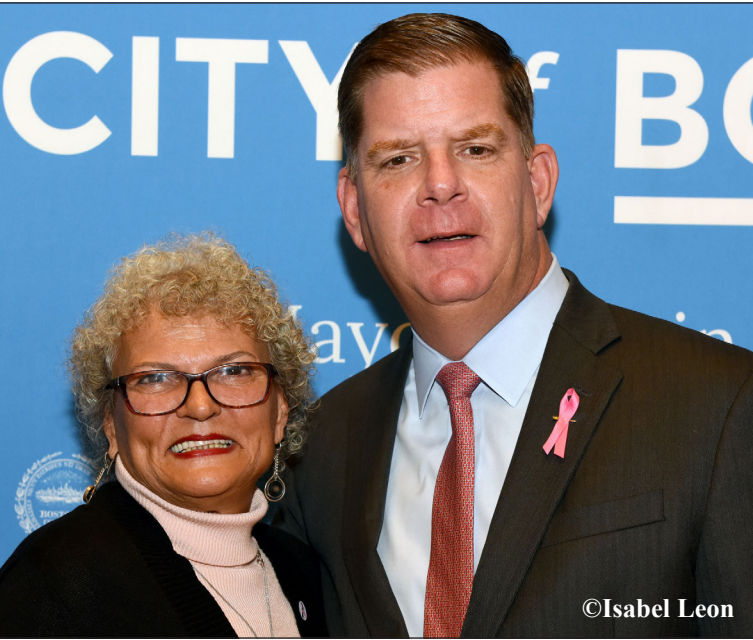
CENTRALIZED PICK UP LOCATIONS

Allston/Brighton – Covenant House, 30 Washington St.	Mattapan – Church of the Holy Spirit, 535 River St.
Allston/Brighton – JCHE Housing, 30 Wallingford Rd.	Mission Hill – Flynn House, 835 Huntington Ave.
Allston/Brighton – Veronica Smith, 20 Chestnut Hill Ave.	North End – Nazzaro Center, 30 North Bennett St.
Boston – Park Street Station – MBTA (Tremont and Park)	Readville – St. Ann's Church, 82 West Milton St.
Charlestown – Golden Age Center, 382 Main St.	Roslindale – Roslindale Municipal Bldg, Roslindale Sq.
Charlestown – 100 Ferrin St.	Roxbury – Reggie Lewis, 1350 Tremont St.
East Boston – E.B. Social Center, 68 Central Sq.	Roxbury – Shelburne Community Ctr., 2730 Washington St.
East Boston – Brandy Wine, 88 Brandy Wine Drive	South Boston – West Broadway Task Force, 81 Orton Marrotta Way
Dorchester – Keystone Apts., 151 Hallet St.	South Boston – St. Monica's Church, 331 Old Colony Ave.
Dorchester – Dorchester YMCA, 776 Washington St.	South Boston – S.B. Neighborhood House, 136 H St.
Dorchester – Grove Hall, 51 Geneva Ave.	South End – Castle Square Apts., 484 Tremont St.
Fenway/Kenmore – Kenmore Abbey, Kenmore Sq.	South End – Blackstone Community Ctr., 50 West Brookline St.
Hyde Park – Blake Estates, 1344 Hyde Park Ave.	South End/Chinatown – 5 Oak St.
Hyde Park – Georgetown Apts., 400A Georgetown Dr.	West End – Blackstone Apts., 33 Blossom St.
Hyde Park – H.P. Municipal Parking Lot, Cleary Sq.	West Roxbury – CVS & Walgreens Parking Lot off of Centre St.
Jamaica Plain – Julia Martin House, 90 Bickford St.	MBTA RIDE ID# *
Jamaica Plain – Curtis Hall, 90 South St.	I DO NOT NEED TRANSPORTATION

*MBTA RIDE pick-up for after the event should be scheduled for 1:30 pm

**Once this registration form is received an admission ticket will be issued
in the name of the registrant and mailed to the above noted address.**

► Seen Around Town





*"Care is the source of
human tenderness." -Rollo May*

See p.16 for caregiving information.