

Boston Seniority

Age Strong Commission

City of Boston

Mayor Michelle Wu



ALZHEIMER'S AND BRAIN AWARENESS MONTH p.16-21

June 2024
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FREE PUBLICATION



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Boston Seniority

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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

Hello Boston!

As June officially welcomes summer, there's more to do outdoors across Boston's unique neighborhoods. These include classics like our Swan Boats and Frog Pond, our beloved parks including Franklin Park and Boston Common—as well as Christopher Columbus Park, the Harborwalk, Arnold Arboretum, the Esplanade, and neighborhood green spaces.

In June we celebrate LGBTQ+ Pride, recognizing "Stonewall," the 1969 tipping point for the Gay Liberation Movement in the U.S. We celebrate our LGBTQ+ friends, family, and neighbors through marches, lectures, film screenings, and even dance parties.

June 19 marks Juneteenth National Independence Day, when we celebrate the ending of slavery after the Civil War in the U.S. Traditions include public readings of the Emancipation Proclamation which promised freedom, singing traditional songs such as "Swing Low, Sweet Chariot" and "Lift Every Voice and Sing", and reading of works by noted African-American writers, such as Ralph Ellison and Maya Angelou.

In this issue of Boston Seniority Magazine, we focus on Alzheimer's and Brain Awareness. Inside you'll learn about Memory Sunday, the Longest Day, Memory Cafes and support groups for care partners of those who experience memory loss or cognitive decline. Don't forget to wear purple in solidarity with those who support finding a cure for Alzheimer's Disease.

Looking forward to seeing you in community,

Michelle Wu
Michelle Wu
Mayor of Boston

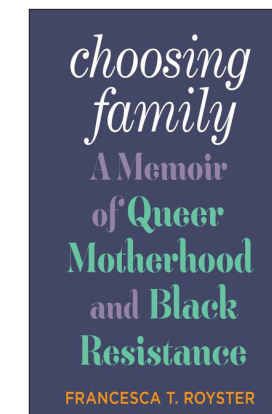


► Books

BPL Book Picks

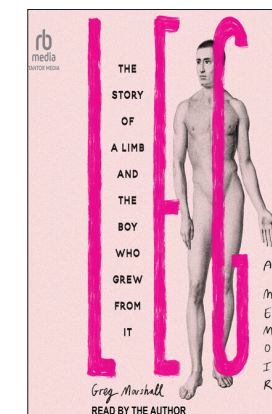
Source: Boston Public Library

We Are Pride is a list of books published in the previous year for all ages concerning the diverse experience of the LGBTQ+ community. This printing is part of the Boston Public Library's annual observance of LGBTQ+ Pride Month since 2017.



Choosing Family
by Francesca T. Royster

Memoir. Royster, a professor of English literature, presents a memoir of family, identity, and acceptance that examines the messiness and complexity of adoption and parenthood from a Black, queer, and feminist perspective.



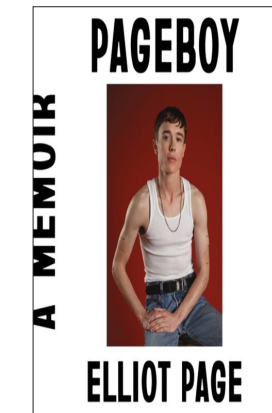
Leg
by Greg Marshall

Memoir. Marshall shares outrageous stories of a singular childhood and his coming out of two closets — as a gay man and as a man living with cerebral palsy — examining what it means to transform when there are parts of yourself you can't change.



We Set the Night on Fire
by Martha Shelley

Memoir. The daughter of Jewish refugees and undocumented immigrants in New York City, Shelley became a speaker for the Daughters of Bilitis, organized the first gay march in response to the Stonewall Riots of 1969, and co-founded the Gay Liberation Front.



Pageboy
by Elliot Page

Memoir. Page, an Oscar-nominated star, reveals how his career turned into a nightmare as he navigated criticism and abuse in Hollywood until he'd had enough and stepped into who he truly is with defiance, strength, and joy.



Horse Barbie
by Geena Rocero

Memoir. The memoir of a trans pageant queen from the Philippines who went back into the closet to model in New York City and later found self-acceptance by embracing her true self.

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

Creative Aging Program Airing on BNN TV & Video On Demand

Age Strong welcomes a new version of its Creative Aging Program, with Videos On Demand, a 3-track series of free online classes in ballroom dancing, drawing (in Spanish with English subtitles), and how to make a memory book.

Each of the three different series has 8 episodes of step-by-step learning with Boston-area teaching artists. Creative Aging Project will begin airing at 5pm on Mondays, starting in June on Boston Neighborhood Network TV.

“It is important to create programming for older adults that they can easily access from their homes,” shares Age Strong Commissioner Emily Shea. “Some people feel more comfortable participating from home, so we’re glad we can offer three very different creative series that older adults can start or stop according to their own schedules.”

The Silver Line Series, by Silvinia Ibanez, focuses on learning the basics of drawing, but with a twist. Every session starts with a quick drawing warm-up and then attendees learn how to draw simple things they have at home like fruits and other objects.

In Michael Winward’s eight-week series, he teaches exercises (both seated and standing) that support ballroom dances like Waltz, Tango, Foxtrot, Cha Cha, Rumba, Swing, Bolero, and Mambo. His sessions also feature special guest dancers/teachers and explore each dance’s origin and history. “I view ballroom dancing as an approach for community care, and elder care in particular,” he shares.

In Krina Patel’s series, called Memories are Stories, she guides older adults in sharing memories, while learning elements of visual art. Each week learners start with a visual prompt that will support their journey across time as they recall, reflect, and share their memories. Alongside, students will explore elements of visual art making - shape, color, patterns, and composition. “The very fact that older adults have traveled a road not yet traveled by younger people is remarkable. Each story matters. Even my own experience of immigrating from another country as an adult and the memories I brought with me--listening to my mother and aunts' stories about their childhoods—is so inspiring and important.”

The Creative Aging Program is supported by Goddard House. “We’re proud to sponsor this new creative aging video series,” shares Candace Cramer, CEO of Goddard House. “It promotes greater emotional health and lifelong learning for older adults through a variety of engaging, arts-based workshops led by exceptional teaching artists. We are pleased to join with the City of Boston in empowering older adults to thrive creatively, while also easing social isolation and strengthening ties to their communities.”

Access Boston Neighborhood Network TV on Xfinity 9, Astound 15, Fios 2161 and bnnmedia.org.



AGE+

City of Boston
Age Strong Commission



► Events

Free Summer Fitness Series! Get Outside & Move!

Summer is here, and it's time to get outside! The Boston Parks Fitness Series offers free fitness programming in Boston parks through August. Join the Parks team for both in-person and virtual classes led by certified fitness instructors.

A variety of classes are available. Folks can join any class, regardless of fitness level. All classes are free, but registration is required, so visit boston.gov/fitness or call 617-635-4505 to register.

Here is a complete list of all offerings through the Boston Parks Fitness Series:

Virtual

- HIIT (high intensity interval training) - Sundays, 8am
- Afrobeats Dance - Mondays, 5pm
- Bootcamp - Tuesdays, 7pm
- Yoga - Wednesdays, 6pm
- HIIT - Thursdays, 7am
- Chair Yoga - Fridays, 12pm

In-person

- Bootcamp - Sundays, 9am, Iacono Playground, Hyde Park
- Zumba - Mondays, 6pm, Christopher Columbus Park, North End
- Strength & Conditioning - Mondays, 6pm, Fallon Field, Roslindale
- Kick It - Mondays, 6pm, Brighton Common, Brighton

- Tai Chi - Tuesdays, 8am, Elliot Norton Park, Chinatown
- Strength & Conditioning - Tuesdays, 5:30pm, LoPresti Park, East Boston
- Yoga - Tuesdays, 6pm, Winthrop Square, Charlestown
- Zumba - Tuesdays, 6pm, Mozart Street Playground, Jamaica Plain
- BCBS Family Zumba - Tuesdays, 6:30pm, Hunt-Almont Park, Mattapan
- Salsa - Wednesdays, 6pm, O'Day Playground, South End
- Afrobeats Dance - Wednesdays, 6pm, Malcolm X Park, Roxbury
- Yoga - Wednesdays, 6pm, Medal of Honor Park, South Boston
- BCBS Line Dancing - Wednesdays, 6:30pm, Franklin Park, Dorchester
- BCBS Chair Yoga - Thursdays, 10am, Symphony Park, Fenway
- Zumba Tone - Thursdays, 6pm, Billings Field, West Roxbury
- BCBS Frog Pond Yoga - Thursdays, 6pm, Boston Common, Downtown
- Walking Group - Saturdays, 8am, Franklin Park

For more information visit boston.gov/fitness or call 617-635-4505

***Note:** Classes will not be held on 6/19 or 7/4.

► Scam Info

Scam Alert! Beware of Medicare Fraud!

June 3-9 marks the annual observation of Medicare Fraud Prevention Week. Unfortunately, scammers target people in many ways, including through Medicare fraud, up to \$60 billion annually. Medicare fraud hurts all of us. Here are some examples:

1. Charging for services or supplies not used in a procedure.
2. Misrepresenting a diagnosis, a person's identity, or the service provided, to justify payment.
3. Prescribing or providing excessive or unnecessary tests and services.

When people steal from Medicare, it leaves less money available for those who need it. Here are some steps you can take to help avoid becoming a victim of Medicare fraud:

1. Prevent fraud from happening. Learn how to read your Medicare Summary Notice. Call your local Senior Medicare Patrol office at 800-892-0890 on how to review your reports
2. Detect fraud when it happens. After a recent office visit do you notice several vaccines listed that you did not receive? Is a diagnosis listed that differs from the one the doctor told you? These, along with



other discrepancies, are red flags to look out for when it comes to detecting Medicare fraud.

3. Report fraud. Call 800-892-0890 if you believe you may be a victim of Medicare fraud and they will help you file a report.

Remember, if you are a victim of Medicare fraud, the best thing you can do is report it right away. The more we are aware of these potential scams, the easier it is to catch scammers and ensure they are unable to continue their criminal practices. For more information on Medicare fraud, visit smpresource.org.

► Recipe

Strawberry Rhubarb Pie

Provided by Melissa Carlson, Age Strong Staff

Ingredients

- Store-bought or homemade pie crust—enough for the bottom and lattice top
 - 3 cups (300g) sliced rhubarb (1/2 inch pieces)
 - 2 and 1/2 cups (380g) chopped strawberries
 - 1/3 cup (67g) packed light brown sugar
 - 1/3 cup (67g) granulated sugar
 - 1/4 cup (32g) cornstarch
 - 1/4 teaspoon salt
 - 1 tablespoon (15ml) orange juice
 - 1/2 teaspoon pure vanilla extract
 - 2 tablespoons (28g) unsalted butter, cut into small pieces
 - 1 large egg, lightly beaten with 1 tablespoon (15ml) milk
- optional: coarse sugar for garnish*

Instructions

- 1. The crust:** Prepare the pie crust recipe through step 5.
- 2. Make the filling:** Stir the rhubarb, strawberries, brown sugar, granulated sugar, cornstarch, salt, orange juice, and vanilla extract together in a large bowl. Set filling aside as the oven preheats.
- 3. Preheat oven** to 400°F (204°C).
- 4. Roll out the chilled pie dough:** On a floured work surface, roll out one of the discs of chilled dough (keep the other one

in the refrigerator). Turn the dough about a quarter turn after every few rolls until you have a circle 12 inches in diameter. Carefully place the dough into a 9-inch pie plate. Tuck it in with your fingers, making sure it is smooth. Spoon the filling into the crust, leaving all of the excess liquid in the bowl (you don't want that in the filling—discard it). Dot the pieces of butter on top of the filling.

5. Arrange the lattice: Remove the other disc of chilled pie dough from the refrigerator. Roll the dough into a circle that is 12 inches diameter. Using a pastry wheel, sharp knife, or pizza cutter, cut strips 1/2- to 1-inch wide. Carefully thread the strips over and under one another, pulling back strips as necessary to weave. Press the edges of the strips into the bottom pie crust edges to seal. Use a small knife to trim off excess dough. Crimp the pie crust edges with a fork, if desired. (Alternatively, you can simply cover the filling with the 12-inch pie dough circle. Cut slits in the top to form steam vents. Trim and crimp the edges. Or a crumble or streusel topping would be great.)

6. Lightly brush the top of the pie crust with the egg/milk mixture. Sprinkle the top with a little coarse sugar, if desired.



7. Place the pie onto a large baking sheet and bake for 20 minutes. Keeping the pie in the oven, turn the temperature down to 350°F (177°C) and bake for an additional 30-35 minutes. After the first 20 minutes of bake time, place a pie crust shield on top of the pie to prevent the edges from browning too quickly.

8. Allow the pie to cool for 3 full hours at room temperature before serving. This time allows the filling to thicken up. Cover leftovers tightly and store in the refrigerator for up to 5 days.

Notes

- My Uncle says to pull the strings off the rhubarb stems first.

• Make Ahead & Freezing Instructions: This is a great pie to make a day in advance since it is so juicy – the filling will have time to set overnight. The pie crust dough can also be prepared ahead of time and stored in the refrigerator for up to 5 days or in the freezer for up to 3 months. Baked pie freezes well for up to 3 months. Thaw overnight in the refrigerator and allow to come to room temperature before serving. Prepared filling can be frozen up to 3 months, thaw overnight in the refrigerator before using.

Source for recipe and photo:

sallysbakingaddiction.com/strawberry-rhubarb-pie/

▶ Did you Know?

World Elder Abuse Awareness Day

By Dillon Tedesco, Age Strong Staff

Saturday, June 15th marks the annual observation of World Elder Abuse Awareness Day, when we help educate people on how to spot, avoid, and prevent elder abuse in their lives and communities.

Elder abuse can happen in a number of ways, including physical, sexual, emotional, financial, and caretaker or self-neglect. Elder abuse can take place in a person's home, in assisted living facilities, in hospitals, or in a multitude of other places. Common risk factors for elder abuse include dementia, mental health or substance abuse issues of an older adult or the abuser, social isolation, and poor physical health.

Here are some examples of elder abuse to keep an eye out for:

1. Your child takes your social security checks and deposits them into an account you don't have access to.
2. Your caregiver 'borrows' your credit card and uses it for purchases they don't have permission for.
3. A family member tells you horrible things about yourself, such as saying that you are worthless or a burden.

4. A caregiver pushes or hits you when you don't cooperate with their requests.

Many experiencing elder abuse are frightened or hesitant to report it. Some worry if they report abuse, they will be forced to move out of their home, or that their abuser may find out and the abuse will get worse. Some feel guilty and blame themselves for experiencing abuse. If you are being abused, know that it is not your fault and if you report, there will be people there ready and able to help and support you.

If you or someone you know is in immediate danger, please dial 911. If you or someone you know is experiencing elder abuse, contact Massachusetts Elder Protective Services 800-922-2275. They investigate reports involving people aged 60+.



▶ Events

Juneteenth: Yesterday, Today, and Tomorrow

By Jordan Rich, Age Strong Staff

Under President Abraham Lincoln's Emancipation Proclamation of 1863, enslaved people were declared free. Despite the proclamation, thousands across the nation remained enslaved for years. Many slaveholders hid news of the proclamation to preserve slavery. It was not until June 19, 1865 in Galveston, Texas, that the last Confederate community of enslaved Americans received word that they had been legally freed from bondage.

After the Civil War, Major General Gordon Granger led 2,000 Union troops to Galveston Bay to inform over 250,000 enslaved Black people of Texas that they were free by executive decree. The celebration following came to be known by the newly freed people, as Juneteenth.

Post-emancipation, during reconstruction, freedom offered family reunification, establishment of schools, and Blacks running for political office. Celebrations have continued annually, including gathering to share food, dance, reflection, listen to music, and hear speeches. Red, the color of resilience, is often used in Juneteenth celebrations to signify the sacrifice, struggle, and collective strength of the people of the African diaspora. Culinary historians attribute the use of the color red to foods, like hibiscus and the kola nut, that traveled to America with Africans during the trans-Atlantic slave trade.

In 2021, Juneteenth National Independence Day, also called Freedom Day, was recognized by President Biden as a federal holiday. Joined by "The Grandmother of Juneteenth" activist Ms. Opal Lee, President Biden wrote: "In its celebration of freedom, Juneteenth is a day that should be recognized by all Americans. A day in which we remember the moral stain and terrible toll of slavery on our country—what I've long called America's original sin. A long legacy of systemic racism, inequality, and inhumanity. But it is a day that also reminds us of our incredible capacity to heal, hope, and emerge from our darkest moments with purpose and resolve."

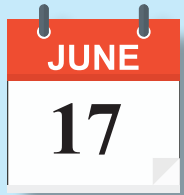
Join the Boston Juneteenth Committee and The Museum of National Center of Afro-American Artists for the 14th annual Boston Juneteenth Emancipation Observance event on June 19th. Call 617-445-6902 or visit eventbrite.com/e/2024-boston-juneteenth-emancipation-observance-tickets-873712576837?aff=erelexpmlt

Celebrate Juneteenth Freedom Fest on June 30th from 12-4pm at 1 City Hall Plaza, Boston.

More information about Juneteenth can be found on The National Museum of African American History and Culture website nmaahc.si.edu/explore/stories/historical-legacy-juneteenth

June Happenings: Get Out and About in Boston!

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



**The History Project:
Pride Was a Riot**
Time: 6:30pm - 7:30pm
Location: BPL Connolly
433 Centre St., Jamaica Plain
Contact Info: Nic, 522-1960



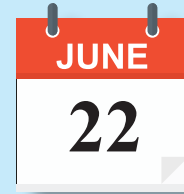
**Friday Films: Hands Across
the Table (1935)**
Time: 2pm - 4pm
Location: BPL North End,
25 Parmenter St., North End
Contact Info: 617-227-8135



**Meditation Circle: Queer
Folx, Trans Folx, and BIPOC**
Time: 4:30pm - 5:30pm
Location: BPL Jamaica Plain
30 South St., Jamaica Plain
Contact Info: 617-524-2053



Summer Pop-up Event
Time: 10:00am - 2:00pm
Location: BPL South End,
685 Tremont St., South End
Contact Info: Christina,
617-655-2441



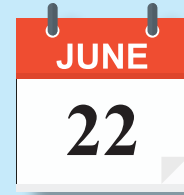
**Immigrant Heritage Month
Art Workshops**
Time: 11:30am - 12:30pm
Location: BPL Roslindale,
4246 Washington St.,
Roslindale **Contact Info:**
617-323-2343



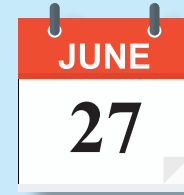
African Wrap Doll Workshop
Time: 5pm - 7pm
Location: BPL Grove Hall
41 Geneva Ave, Dorchester
Contact Info: Angela,
617-427-3337



**Nonfiction Night:
What An Owl Knows**
Time: 6:30pm - 7:30pm
Location: BPL Brighton,
40 Academy Hill Rd, Brighton
Contact Info: 617-782-6032



**Four Hands for Keys- A
Classical Concert**
Time: 2pm - 4pm
Location: BPL South Boston,
646 East Broadway, South
Boston **Contact Info:**
J.Bickford, 617-268-0180



Hidden Histories: Juneteenth
Time: 6:30pm - 7:30pm
Location: BPL Roslindale,
4246 Washington St.,
Roslindale **Contact Info:**
617-323-2343

"When you love what you have, you have
everything you need."

-Unknown

Age Strong Commission Events

We can connect you to programs and outings that enrich your life in Boston. You can also take part in our virtual programs and classes.



For more information,
call 617-635-4366 or visit
boston.gov/age-strong-events





ALZHEIMER'S AND BRAIN AWARENESS MONTH

Alzheimer's Disease is the most common form of dementia, accounting for approximately 60-80% of all dementia cases. June is a month dedicated to raising awareness about Alzheimer's disease and promoting brain health. Alzheimer's and Brain Awareness Month serves as an opportunity to educate ourselves, support those affected by the disease, and take proactive steps to maintain optimal brain health.

-Boston Seniority Team

Alzheimer's Disease & The Longest Day

By Corinne White, Age Strong Staff

Alzheimer's disease is a brain disease that worsens over time. It is the most common form of dementia, accounting for 60-80% of cases. It's caused by accumulation of beta-amyloid and tau proteins in the brain. Nearly 7 million Americans currently live with Alzheimer's disease. About 1 in 9 adults age 65+ develop this disease. Though there have been significant advances in treatment options, there is no cure.

The greatest risk factor for developing Alzheimer's disease is older age. Additionally, genetics, family history, and lifestyle factors increase risk for Alzheimer's disease. Modifying certain lifestyle factors can reduce risk for Alzheimer's disease, like being physically active, not smoking, more education, staying socially and mentally active, maintaining healthy blood pressure, getting enough sleep and eating a nutritious diet.

The Longest Day is an annual event held on June 20, the summer solstice—the day of year with the most sunlight. Worldwide, people fight against the darkness of Alzheimer's disease and other dementias. The Alzheimer's Association aims to raise funds and awareness for the care, support, and research efforts on this day.



Some people living with Alzheimer's will experience "sundowning" in late afternoon/early evenings—restlessness, agitation, irritability, or confusion that can begin or worsen as daylight fades. It can continue into the night making it difficult for someone living with dementia to fall asleep or stay in bed. Care partners of people living with dementia work around the clock to provide safety, comfort, and a high quality of life for their loved ones.

On the Longest Day, we recognize and support care partners who spend so much of their daylight, and often hours into the night, caring for someone living with dementia. We fight to outshine the darkness of dementia together. ***Please join us on City Hall Plaza from 12 to 2 PM on Thursday, June 20th for resources, support and activity.***

If you are in need of immediate assistance, please contact the Alzheimer's Association 24/7 Helpline at 800-272-3900. For more information or more support, please contact the Age Strong Commission at 617-635-4366.

Help & Healing on Memory Sunday

By Corinne White, Age Strong Staff

Memory Sunday is a yearly event taking place on the second Sunday in June. The purpose of Memory Sunday is to highlight the impact of memory loss and Alzheimer's disease in the African American community. At Memory Sunday events, faith-based organizations incorporate education about the prevalence of Alzheimer's disease and other dementias into religious services and related programs. This includes discussion about ways to reduce the risk of developing dementia, raising awareness about the importance of research, and sharing the support available for care partners.

Memory Sunday is an initiative of The National Brain Health Center for African-Americans, a program of the Balm and Gilead. The Balm in Gilead's mission is to reduce health disparities among people in the Black Diaspora. The first Memory Sunday event in Boston was held at the Berea Seventh-day Adventist Church in 2018. Now in its seventh year, Berea will again mark Memory Sunday with a meaningful community program emphasizing the benefit of music and nutrition. Organized by the Jetsetters, the church's over-50 group, the event is June 9th. Barbara Defoe, a Jetsetters member, has coordinated Memory Sunday for Berea since the beginning.

"For me, Memory Sunday is when emphasis is placed on the debilitating effect of Alzheimer's and dementia on our Black and Brown communities," she shares. "It's important for all communities to highlight what's going on, as many are impacted. Dementia/Alzheimer's is something folks don't talk about - it's sort of taboo."

"Alzheimer's and dementia is just like any other disease," she continues. "It may present differently and make us uncomfortable, but we must understand it and what caregivers go through. That's the idea of Memory Sunday - to take away the stigma. We need to let people know about services and support. For those of us that don't understand, this is the time to be educated."

We invite you to host Memory Sunday at your faith-based organization. To learn more, contact Corinne White at corinne.white@boston.gov or 617-635-3745.





The A's of Dementia *Source: Brain Network Health*

Although there are different kinds of dementia, there are often common symptoms, sometimes called “the A’s of dementia.” Learn about them to better cope with loved one’s struggles.

Anosognosia is often mistaken for denial, stubbornness or embarrassment. In fact it is actually brain damage that can make it difficult for dementia patients to recognize their impairment. They may resist help, refuse treatment, become angry and defensive or dangerously overestimate their abilities.

Amnesia is memory loss that usually impacts short-term memories first and eventually affects long-term memories. Damage to the brain can cause a person to repeat things over and over, become overwhelmed by too much or new information, forget loved ones and lose

their sense of time.

Aphasia refers to impaired communication skills affecting the ability to speak, understand language, and read and write. Early in the disease’s progression you may not notice that your loved one is struggling to understand you, but with time they may use inappropriate or non-existent words, revert to a first language or become very difficult to understand.

Agnosia is the inability to recognize objects or people using the senses. For example, a dementia patient may burn themselves with hot water, eat something that isn’t food or brush their hair using a toothbrush. Agnosia can also cause distress during personal grooming times as a caregiver can be mistaken for a stranger.

Apraxia is the loss of motor skills needed for movement and coordination. Activities of daily living like bathing, dressing, walking and eating can become difficult and a loved one may struggle with buttons on remote controls, phones and microwaves. These cognitive changes can cause dementia patients to say ‘no’ when they’re encouraged to do something—not because they don’t want to, but because they forget how.

Altered Perception can make someone living with dementia misinterpret their environment and struggle with how high, long, wide, deep or near things are. This can make it hard to move through physical spaces and can cause paranoia and delusions. A dementia patient may think that bathwater is too deep, dark floors are a dangerous ditch, or scattered clothes are a stranger.

Apathy can make someone with dementia lose interest in what is happening around them because of problems with the brain’s motivation pathways. They may find it hard to start and complete a task, have low energy or show very little emotional response to events—both good or bad.

Appreciating these possible changes can help you better connect with your loved one and use positive strategies to support their care. Though it is important to understand that someone living with dementia may not experience all of the ‘A’s, they can appear in combination with each other and symptoms may be different for every person.

► In Boston, we Age Strong.

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



We can help with:

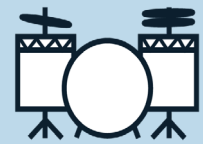
Call us for more details at 617-635-4366.



Access to Information and Benefits:

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

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



Outreach and Engagement:

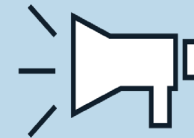
The Commission organizes many **in person and virtual** events and programs throughout the year.



Transportation:

We are committed to helping older adults continue to lead independent lives by connecting them to transportation resources. We offer:

- Free wheelchair-accessible shuttles that provide door-to-door service for non-emergency doctor's appointments. Call 617-635-3000 for more information.
- Taxi Coupons at discounted rates.



Volunteer Opportunities:

We operate volunteer programs that impact our work across the city:

- *RSVP* matches seniors with valuable volunteer opportunities in Boston.
- The *Senior Companion Program* matches seniors with homebound persons who need assistance and companionship.
- *Senior Greeters* volunteer their time to greet guests of City Hall.
- *Senior Property Tax Work-Off Program*: Qualified senior homeowners may work-off up to \$1,500 on their property tax bill by volunteering for a City agency.



Housing:

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

- Assist with housing applications.
- Connect older adults with other City and community agencies that can provide resources for home repair and other challenging situations like hoarding.
- Provide mediation and court advocacy.



Alzheimer's and Caregiver Support:

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

- Host Memory Cafés, places where individuals experiencing memory loss and their caretakers can meet in a safe, social environment.
- Provide referrals and offer workshops, training, and support groups for those who are supporting an older loved one.



AGE STRONG VOLUNTEER OPPORTUNITIES

Help Boston's Older Adults in Many Ways

Boston's Age Strong Commission offers three different volunteer programs to help older residents live their best lives, while aging in place. Whether you have 3 or 30 hours a week, we have an opportunity for you!

AmeriCorps Seniors RSVP

We will match volunteers age 55+ with one of dozens of partner sites including hospitals, museums, & food pantries, or train you to help older adults learn English as a second language, tax preparation, and scam prevention.



AmeriCorps Senior Companion Program

Senior companion volunteers age 55+ help older adults with everyday tasks like getting to appointments & shopping, as well as providing respite care to caregivers. A tax-free \$4.00 per hour stipend is offered to those who qualify.



Property Tax Work-Off Program

Boston homeowners age 60+ may "work off" up to \$2,000 off their property taxes by volunteering their skills and knowledge to one of the City's offices, community centers, or public schools.



For more information & to apply call 617-635-4366 or visit

boston.gov/departments/age-strong-commission/volunteer-opportunities-older-people



Want help paying your Medicare costs?



THE NEWLY EXPANDED MEDICARE SAVINGS PROGRAMS CAN HELP.

Save more than \$3,000 a year in Healthcare Costs

Medicare Savings Programs (MSP), programs run by MassHealth, can help to pay for some or all of your Medicare costs. These are not insurance plans, they help with the cost of your Medicare coverage.

If your income is less than the listed limit, you may be eligible for:

- Premium Assistance
- Lower Prescription Costs
- Copay and Deductible Assistance

2024 Income Limits and now NO ASSET LIMIT as of March 1, 2024

Individual	\$2,844
Married Couple	\$3,853

Apply Today!
Call 617-635-4366

FOR MORE INFO, CONTACT AGE STRONG AND SPEAK WITH A TRAINED SHINE* COUNSELOR

617-635-4366

*Serving the Health Insurance Needs of Everyone



Summer in **BOSTON**

DONNA SUMMER DISCO PARTY

June 27, 5-9 p.m.
City Hall Plaza

INDEPENDENCE DAY PARADE

July 4, 9:00 a.m.
City Hall Plaza, Old State House, Faneuil Hall

FRIDAY AFTERNOON CONCERT SERIES

July & August, Fridays, 12:00 p.m.
Sam Adams Park

SUMMER DANCE PARTY SERIES

R&B Dance Party - Friday, July 26, 5-9 p.m.
Afro Beats Dance Party - Saturday, August 3, 3-7 p.m.
Old School Dance Party - Friday, August 16, 5-9 p.m.
City Hall Plaza

GOSPELFEST CONCERT

Sunday, August 25, 5-8 p.m.
Leader Bank Pavilion

MAYOR'S MOVIE NIGHTS

August, Select dates, Dusk
more info to come.

learn more at [Boston.gov/visiting-boston](https://www.boston.gov/visiting-boston)
[instagram.com/visitcityboston](https://www.instagram.com/visitcityboston)

CITY of BOSTON



Mayor Michelle Wu



Tourism, Sports,
and Entertainment

Mayor Michelle Wu's

NEIGHBORHOOD COFFEE HOURS

Join Mayor Michelle Wu and City staff
for coffee and conversation!

**All coffee hours
start at 9:30 a.m.**



West Roxbury | Monday, April 22
Billings Field, 369 LaGrange St.

Charlestown | Wednesday, April 24
Winthrop Square, 55 Winthrop St. (Training Field)

Roslindale | Thursday, April 25
Adam's Park, 4225 Washington St.

Roxbury | Monday, April 29
Horatio Harris Park, 85 Harold St.

Mattapan | Wednesday, May 1
Walker Playground, 550 Norfolk St.

South End | Monday, May 6
Peter's Park, 230 Shawmut Ave.

Jamaica Plain | Tuesday, May 7
Mozart Street Playground, 10 Mozart St.

Dorchester | Thursday, May 23
McConnell Park, 30 Denny St.

East Boston | Wednesday, May 29
Noyes Playground, 86 Boardman St.

South Boston | Friday, May 31
Medal of Honor Park, 775 East First St.

Hyde Park | Thursday, June 6
Iacono Playground, 150 Readville St.

Bay Village/Chinatown | Friday, June 7
Elliot Norton Park, 295 Tremont St.

North End | Tuesday, June 11
Langone Park, 529 Commerical St.

Fenway/Kenmore | Friday, June 14
Back Bay Fens, 73 Park Dr.
(Near Kelleher Rose Garden)

Allston-Brighton | Monday, June 17
Brighton Common, 30 Chestnut Hill Ave.

Back Bay/Beacon Hill | Tuesday, June 18
Commonwealth Avenue Mall, 15 Commonwealth Ave.
(Near Arlington Street entrance)

Mission Hill | Monday, June 24
Mission Hill Playground, 1497 Tremont St.

Dorchester | Wednesday, June 26
Mother's Rest, 410 Washington St.

CITY of BOSTON



Parks and Recreation



City of Boston
Community
Engagement

DUNKIN'

star
market



SIGN-UP TODAY

Check out the latest news from Age Strong! We include events for older adults, volunteer opportunities, and much more.

Sign-up for updates at:
boston.gov/departments/age-strong-commission



BLOCK PARTY 2024 SUMMER GRANT

GRANTS UP TO \$750 ARE AVAILABLE
FOR COMMUNITY MEMBERS

HOW TO APPLY:

Secure a Play Street Permit:

Visit boston.gov/blockparty.

Grant Application: Submit your application using the **same form as the Play Street permit** at least four weeks before your event date.

NOTE: Grant applications will be approved on a rolling basis through July 31, 2024, or until funds are exhausted.



BLOCK PARTY GRANTS ARE BACK!

Apply now for a chance to receive up to \$750 for food, games, and party essentials

Visit boston.gov/blockparty to learn more and apply.

CITY of BOSTON



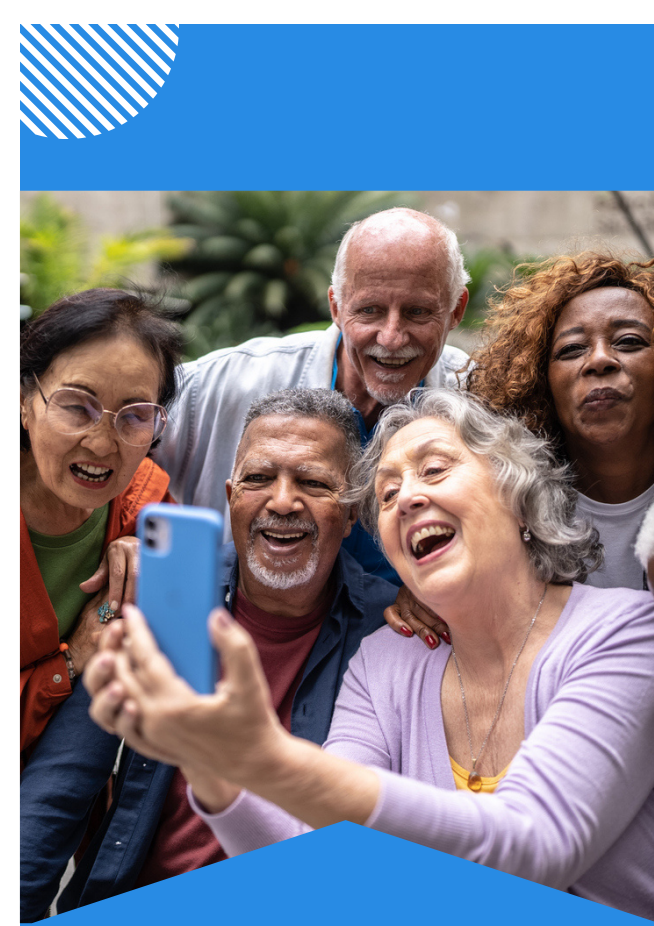
City of Boston
New Urban Mechanics



City of Boston
Immigrant Advancement



Civic Organizing



PLEASE RSVP:

Corinne White
617-635-3745
corinne.white@boston.gov

If you have barriers that prevent you from attending, please reach out and let us know. We may be able to help.

AGE+

City of Boston
Age Strong Commission

SUPPORT GROUP FOR DEMENTIA CARE PARTNERS

Join our new, free support group where you can get information, learn about resources, make connections and share experiences.

Boston Centers for Youth & Families (BCYF) Roslindale

6 Cummins Highway, Roslindale
4th Friday of each month, 12pm-1pm

CITY OF BOSTON MEMORY CAFÉS

A Memory Café is for those living with memory loss, their loved ones and care partners.

BPL Codman Square Branch

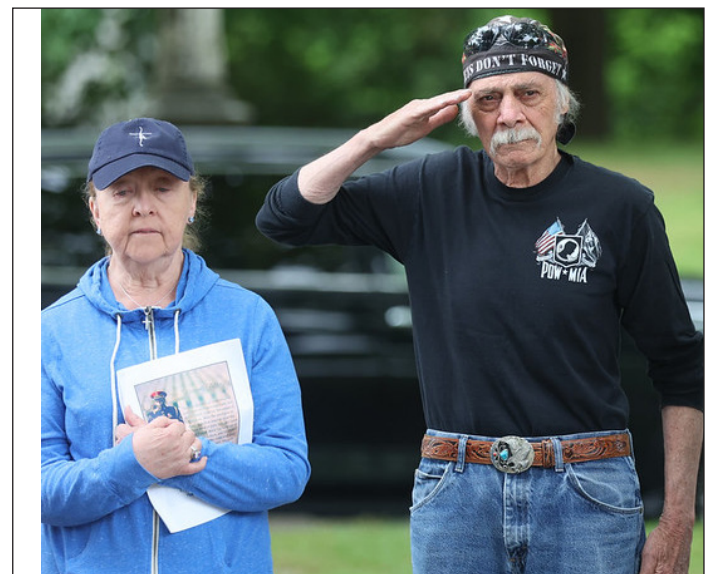
690 Washington Street, Dorchester
2nd Wednesday of each month, 10am-12pm

BPL Jamaica Plain Branch

30 South Street, Jamaica Plain
Last Monday of each month, 10:30am-12pm
Bilingual in English and Spanish



▶ SEEN AROUND TOWN



AGE STRONG COMMISSION'S FREE VIRTUAL WELLNESS CLASSES



Join the classes listed below with the Zoom link:
bit.ly/ZoomAgeStrongVirtual



CHAIR YOGA

Monday / 9AM-10AM



LATIN DANCE

Tuesday / 11:30AM-12:30PM



YOGA & MEDITATION

Wednesday / 11:30AM-12:30PM



LATIN FIESTA

Thursday / 11:30AM-12:30PM



ZUMBA

Friday / 11:30AM-12:30PM

For more information on our events call **617-635-3979**
or visit boston.gov/age-strong-events