

# Boston Seniority

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



## FASHION ISSUE

Oct 2018  
Issue 9  
Vol. 42

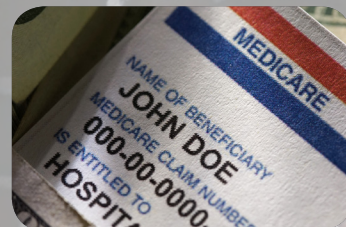
Free Publication



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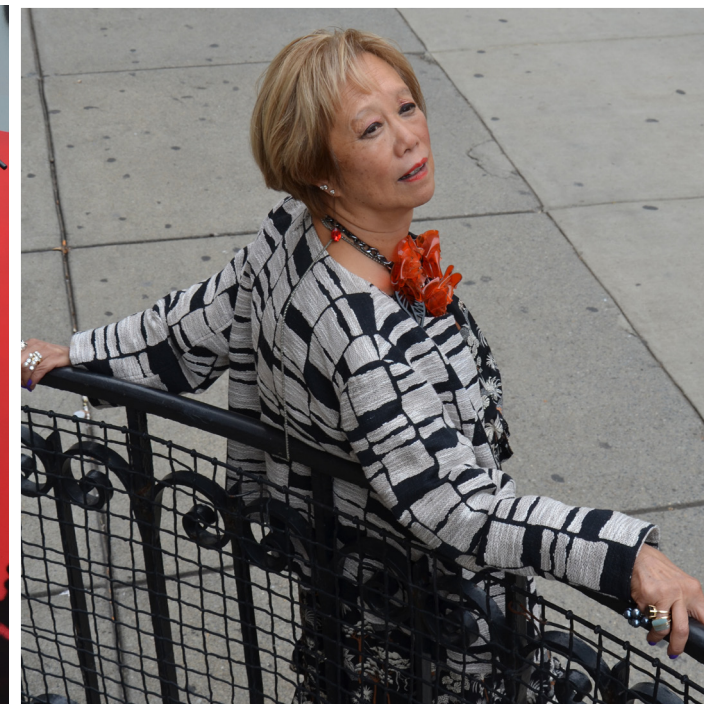
Find out what this month's buzz is all about.

30  
**SEEN AROUND TOWN**

See if we saw you at a social outing around Boston!

## On the Cover:

For the past 20 years, South End fashionista Judy Yee, 69, has worked as a Claims Investigator for the City of Boston's Office of the Parking Clerk. She also works as an usher in local Boston theaters. In the 1970s, she used to work in the cosmetics industry, selling Donna Karan fragrances. Judy had to wear a uniform, "which was restrictive," she says. Today, Judy changes her look often and has her eye on interesting pieces. "From years of shopping at Filene's Basement, you learn to buy things when you see them," Judy says. See some of her fashion finds on **page 16**.



# Boston Seniority

Published by the City of Boston's Commission on Affairs of the Elderly

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Website: [www.boston.gov/elderly](http://www.boston.gov/elderly)



Facebook: @BostonElderlyCommission



Twitter: @AgingInBos

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

Email us at [Bostonseniority@boston.gov](mailto:Bostonseniority@boston.gov)

# From the Mayor's Desk

## Honoring Hispanic Heritage Month



Here in Boston, we are proud of our diversity. It shapes our neighborhoods, and our identity as a City. Boston is home to a strong, proud Latino population.

For generations, people with roots in Mexico, Spain, Central America, South America, and the Caribbean have helped make our city what it is today. They've made major contributions to every aspect of life here in Boston—from education, to business, to the arts. Our Latino community has helped to define what makes us Boston.

Latinos are a big reason for Boston's growing strength. Most of our population growth over the last 20 years is thanks to the Latino community. Today, more than 40% of BPS students are Latinos. So if we want Boston's youth to succeed, we need to make sure Boston is a city where Latinos are thriving personally and professionally.

It's clear that, as Hispanic residents, and as seniors, you are incredibly important to our future. In everything we do, we are focused on understanding and celebrating our diverse communities, and tearing down any barriers that hold them back.

Sincerely,

*-Mayor Martin J. Walsh*



### ► Book Picks

## BPL Celebrates Hispanic Heritage Month With Booklist & Programs

Boston Public Library announced in celebration of Hispanic Heritage Month (September 15 – October 15), the library has published its annual Latinx Life booklist, a list of recent books concerning the Hispanic experience. Genres include biography, expressions, history and contemporary issues, and fiction. Works by former Mexican President Vicente Fox, acclaimed Brazilian author Clarice Lispector, and former Major League Baseball manager and player Felipe Alou are among the nearly 70 titles.

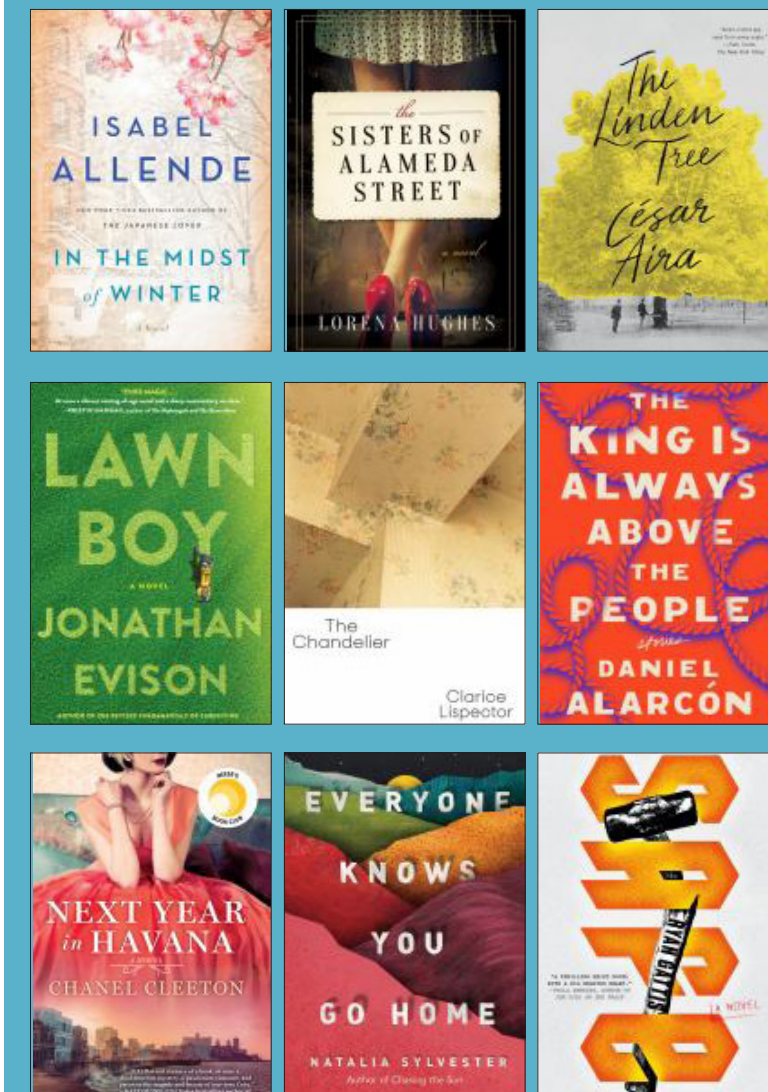
“Boston Public Library is proud to celebrate Hispanic Heritage Month and this year, our booklist includes recent compelling works about Hispanic culture, with a special bilingual concert series for children and families; plus other events throughout the city honoring this month,” said Boston Public Library President David Leonard.

Each title on the list is briefly summarized by a committee of Boston Public library staff members. In addition to print books, select titles are available as e-books, audiobooks, or in Spanish translation. Copies of the booklist are available at all Boston Public Library

locations across the city and via fiction and non-fiction online booklists. Themed programs and activities celebrating the month can be found by searching the BPL calendar. Go to [www.bpl.org](http://www.bpl.org) for more info.



Some of the books you will find on the Latinx Life booklist:



► Infographic

# Preventing Prescription Errors

Contributed by Ernest Cozy Onyinah, PharmD, RPh, Fellowship in Geriatrics Pharmacy Outreach, MCPHS University

If you are over the age of 65 years, there is a good chance that you take 5 or more medications per day.

Taking multiple medications may increase your chance of a medication management errors or harmful side effects.

### The following points may help you stay healthy:

- Talk to your pharmacist or physician.
- Ask questions. Ask about why, when and how you should take your medications.

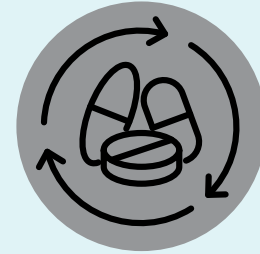
If you can't manage all the medications you are taking, talk to your pharmacist. There may be easier alternatives for you to consider.

The following infographic highlights some ways to help you prevent prescription errors.

# October is Prescription Errors Awareness Month



Read prescription directions carefully, making sure you have the correct drug name, the correct strength and your name appears on the prescription label.



Clean out medication cabinet. Check expiration dates of all medications.



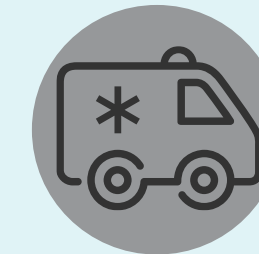
Keep a list of all medications both prescription and OTC updated at least monthly.



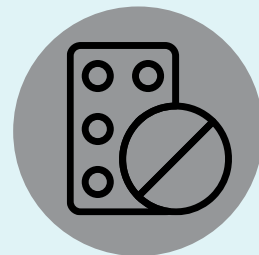
If the font size on your label is too small, you can ask the pharmacy to print it in a larger font size to make reading easier.



Confirm with your pharmacist or doctor if taking any new over-the-counter (OTC) medications or herbals. These might interact with your current medications and could pose a problem.



Avoid discontinuing medications without informing your doctor. Some medications cannot be stopped abruptly.



Keep all medications in their original containers. Avoid transferring medications into other bottles. There is a greater tendency for a mix-up, forgotten expiration dates and drug contamination/adulteration.



Watch for side effects and duration of OTC medications. They may be non-prescription medications but they also have side effects.



Avoid drinking alcohol while taking medications. Alcohol may interact with some of these medications and increase side effects. Some of which may include, dizziness, nausea, headaches and increase risk of falls.

**For more information about reducing medication errors, contact:**

Agency for Healthcare Research and Quality  
www.aafp.org  
(800) 358-9295

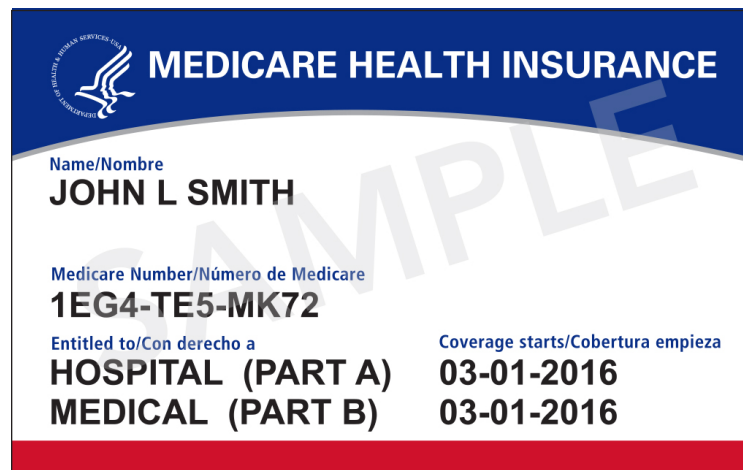
Food and Drug Administration  
www.fda.gov  
(888) 878-3256

## ► Medicare Info

# Your New Card

Medicare is mailing new Medicare cards to all people with Medicare now.

- Your new card will automatically come to you. You don't need to do anything as long as your address is up to date. If you need to update your address, visit [www.ssa.gov](http://www.ssa.gov).
- Your new card will have a new Medicare Number that's unique to you, instead of your Social Security Number. This will help to protect your identity.
- Your Medicare coverage and benefits will stay the same.
- Mailing takes time. Your card may arrive at a different time than your friend's or neighbor's.
- Your new card is paper, which is easier for many providers to use and copy.
- Once you get your new Medicare card, destroy your old Medicare card and start using your new card right away.
- If you're in a Medicare Advantage Plan (like an HMO or PPO), your Medicare Advantage Plan ID card is your main card for Medicare—you should still keep and use it whenever you need care. And, if you have a Medicare drug plan,



be sure to keep that card as well. Even if you use one of these other cards, you also may be asked to show your new Medicare card, so keep it with you.

- Doctors, other health care providers and facilities know it's coming and will ask for your new Medicare card when you need care, so carry it with you.
- Only give your new Medicare Number to doctors, pharmacists, other health care providers, your insurers, or people you trust to work with Medicare on your behalf.
- If you forget your new card, you, your doctor or other health care provider may be able to look up your Medicare Number online.

*Source: Medicare.gov*

### Reminder:

Medicare Open Enrollment starts on October 15th. Call the Elderly Commission for more information at 617-635-4366.

## ► Mental Health

# Reducing the Stigma of Mental Illness

By Alison Freeman, LCSW  
Director, Boston Area Agency  
on Aging at the Elderly Commission



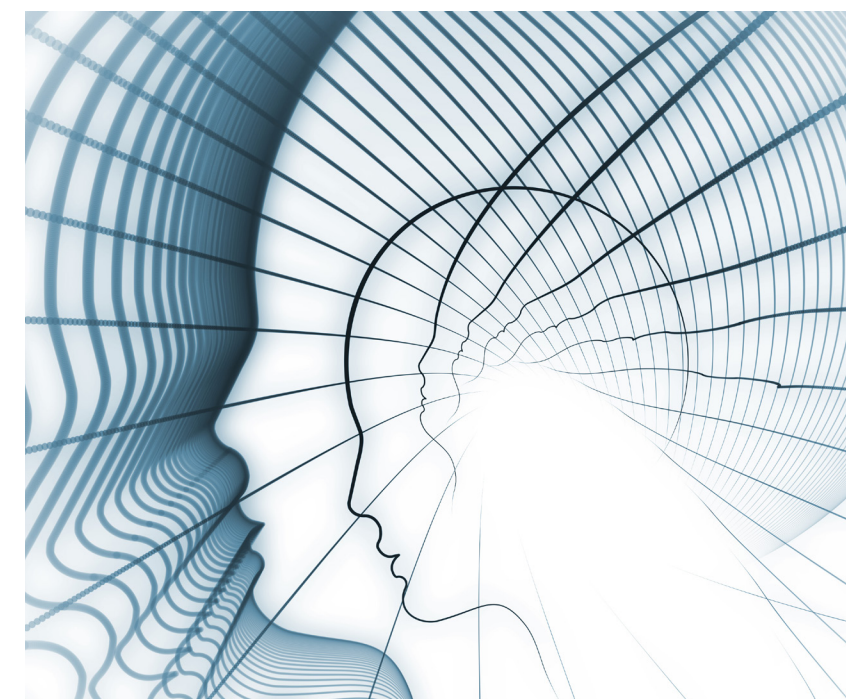
In a given year, more than 43 million adults in the United States experience mental illness. Among adults who are 55 or older, an estimated 20% experience a mental health concern, with some of the most common experiences being depression and anxiety. If we, ourselves, are not experiencing mental illness, it is likely that we know someone who is. Yet, many are hesitant to seek support.

Often times, we do not realize that our mental health can affect our relationships and how we interact with the world around us. It is important to check in with ourselves, take a close look at how we are feeling, and reach out to a friend, family member, or medical professional for support. Our mental health plays a significant role in our day-to-day lives, so it is important for all of us to ensure that we are getting the support that we need. When we have adequate emotional and social support, we can reduce our risk for mental and physical illness.

This October, during **Mental Illness Awareness Week**, which is from October 7th through October 13th, the National Alliance on Mental Illness (NAMI) is

working hard to combat stigma. Stigma, associated with mental illness, is a major reason why people don't speak up to family, friends, and medical professionals about mental health concerns or pursue treatment to address those concerns. We can all play a part in helping to reduce stigma by making an effort to understand mental illness and practice empathy.

If you or someone you know are concerned about your mental health, contact your primary care doctor. To learn more about mental illness, you can visit [www.NAMI.org](http://www.NAMI.org).



# October Happenings: Ways to Fill Your Calendar

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

**OCTOBER**  
**12**  
**Color Your World:  
Coloring For Adults**  
Time: 2:00 pm - 4:00 pm  
Location: BPL - West End  
Branch, 151 Cambridge St.  
Contact Info: 617-523-3957

**OCTOBER**  
**13**  
**Boston Book Festival**  
Time: 9:30 am  
Location: Copley Square,  
560 Boylston St., Back Bay  
Contact Info: BBF,  
857-325-3147

**OCTOBER**  
**16**  
**Hands to Heart Center Yoga**  
Time: 3:00 pm - 4:00 pm  
Location: BPL - West Roxbury  
Branch, 1961 Centre St.  
Contact Info: 617-635-4505

**OCTOBER**  
**18**  
**Pumpkin Float**  
Time: 5:00 pm - 8:00 pm  
Location: Boston Common  
Frog Pond, 38 Beacon St.  
Contact Info: 617-635-2120

**OCTOBER**  
**20**  
**Boston Veg Food Fest**  
Time: 11:00 am - 6:00 pm  
Location: Reggie Lewis  
Athletic Ctr, 1350 Tremont St.,  
Roxbury Contact Info:  
617-424-8846

**OCTOBER**  
**22**  
**Yoga for Adults**  
Time: 1:30 pm - 2:30 pm  
Location: BPL - Charlestown  
Branch, 179 Main St.  
Contact Info:  
617-242-1248

**OCTOBER**  
**23**  
**Introduction to Genealogy**  
Time: 10:30 am - 12:30 pm  
Location: BPL - Codman  
Square Branch, 690 Washington  
St., Dorchester Contact Info:  
617-436-8214

**OCTOBER**  
**27**  
**Halloween Pet Parade**  
Time: 12:00 pm - 2:00 pm  
Location: Faneuil Hall  
Marketplace, 4 S Market St.  
Contact Info: 617-523-1300

# "Autumn is a second spring when every leaf is a flower."

-Albert Camus

*This Month...*

The Mayor's Health  
& Fitness Walk is on  
October 18th.



Did you register?  
Call 617-635-4168 for  
more information.



## ▶ Elections

# Vote Early Boston 2018



For the 2018 state election, early voting takes place in the City from Mon, October 22, - Fri, November 2.

To vote early — or on Election Day — you must be a registered Boston voter. Any registered Boston voter can vote at any early voting location. You don't need an excuse or reason to vote early. The last day to register to vote in the state election is October 17.

Unlike traditional polling, you don't have to vote at your assigned polling location. Vote at the location that is most convenient for you. All ballot styles will be available at every early voting location.

All early voting locations are accessible to voters with disabilities. Every location will also have AutoMark machines for voters who need help marking their ballots.

### Before You Visit A Location, Check Your Voter Status

Learn more at:

- [boston.gov/early-voting](http://boston.gov/early-voting)
- Call 311
- [election@boston.gov](mailto:election@boston.gov)

## Voting Locations:

### ▶ Mon, Oct 22, 9AM – 5PM

**Boston City Hall**  
One City Hall Sq., Boston, MA 02201

### ▶ Tues, Oct 23, 12PM – 8PM

**Boston City Hall (9AM-8PM)**  
One City Hall Sq., Boston, MA 02201

**Holly Name Parish Hall (Gymnasium)**  
435 West Roxbury PKWY  
Boston, MA 02132

**Dot House Health (Cafeteria)**  
1353 Dorchester Ave.  
Dorchester, MA 02122

**Tobin Community Center (Downstairs Community Rm)** 1481 Tremont St.  
Boston, MA 02120

### ▶ Wed, Oct 24, 9AM – 5PM

**Boston City Hall - One City Hall Sq.**  
Boston, MA 02201

### ▶ Thur, Oct 25, 12PM – 8PM

**Boston City Hall (9AM-8PM)**  
One City Hall Sq. Boston, MA 02201

**All Saints' Church**  
209 Ashmont St., Dorchester, MA 02124

**Honan-Allston Library (Community Rm)**  
300 North Harvard St., Allston, MA 02134

**Margarita Muniz Academy (Gymnasium)**  
(Formerly Louis Agassiz Elementary Sch.)  
20 Child St. Boston, MA 02130

### ▶ Fri, Oct 26, 9AM – 5PM

**Boston City Hall**  
One City Hall Sq., Boston, MA 02201

### ▶ Sat & Sun, Oct 27 & 28, 10AM – 6PM

**Paris St. Community Center (Gymnasium)**  
112 Paris St., Boston, MA 02128

**James F. Condon Elementary School (Cafeteria)** 200 D St.  
South Boston, MA 02127

**Saint John Paul II Catholic Academy Neponset Campus** (Formerly Known as St. Ann's School) 239 Neponset Ave.  
Boston, MA 02124

**Perkins Community Center / Joseph Lee School (Auditorium)** 155 Talbot Ave.  
Dorchester, MA 02124

**Mildred Ave. Community Center (Gymnasium)** 1-5 Mildred Ave.  
Mattapan, MA 02126

**Roche Community Center (Gymnasium)**  
1716 Centre St. West Roxbury, MA 02132

**Bruce C. Bolling Municipal Bldg (Lobby)**  
2300 Washington St., Roxbury, MA 02119

**Copley Square Library (Enter from main entrance)** 700 Boylston St.  
Boston, MA 02116

**Jackson Mann School (Auditorium)**  
500 Cambridge St. Allston, MA 02134

### ▶ Mon, Oct 29, 9AM – 5PM

**Boston City Hall**  
One City Hall Sq., Boston, MA 02201

### ▶ Tues, Oct 30, 12PM – 8PM

**Boston City Hall (9AM-8PM)**  
One City Hall Sq., Boston, MA 02201

**Harvard-Kent School (Gymnasium)**  
50 Bunker Hill St.  
Charlestown, MA 02129

**Benjamin Franklin Institute of Technology (Auditorium)**  
41 Berkeley St., Boston, MA 02116

**Wang YMCA of Chinatown (Gymnasium)** 8 Oak St. West.  
Boston, MA 02116

### ▶ Wed, Oct 31, 9AM – 5PM

**Boston City Hall - One City Hall Sq.**  
Boston, MA 02201

### ▶ Thur, Nov 1, 12PM – 8PM

**Boston City Hall (9AM-8PM)**  
One City Hall Sq. Boston, MA 02201

**The Salvation Army Ray & Joan Kroc Community Ctr (Rm W-101, Village Hall 1 and 2)** 650 Dudley St.  
Boston, MA 02125

**ABCD Thelma D. Burns Building**  
575 Warren St. Boston, MA 02121

**The Blue Hills Collaborative**  
20 Como Rd., Hyde Park, MA 02136

### ▶ Fri, Nov 2, 9AM – 5PM

**Boston City Hall**  
One City Hall Sq., Boston, MA 02201

If you miss the early voting period, you can still vote on **Election Day, Tuesday, Nov 6.**



► Recipe

# Roasted Apples & Brussels Sprouts

By **Tara Hammes**, *Registered Dietician and Director of Nutrition at the Elderly Commission*



**Ingredients:**

- 1 (16 ounce) package frozen Brussels sprouts
- 2 apples - peeled, cored, and cut into 3/4-inch chunks
- 2 sweet onions, cut into 3/4-inch chunks
- 2 tablespoons extra-virgin olive oil, or as needed
- salt and ground black pepper to taste
- 1 pinch garlic powder to taste
- zest and juice from 1 lemon

**Directions:**

1. Preheat oven to 425 degrees F (220 degrees C).

2. Arrange frozen Brussels sprouts in a single layer on a rimmed baking sheet; sprinkle apple and onion pieces evenly around the baking sheet. Drizzle the sprouts, apples, and onions with olive oil; sprinkle with salt, black pepper, and garlic powder. Toss the mixture gently to coat.

3. Roast in the preheated oven until sprouts are hot and fragrant, about 20 minutes. Sprinkle with lemon zest, and squeeze juice from zested lemon over the sprouts to serve.

**Serves: 6 Per Serving: 88 calories and 29 mg sodium**

*Credit: Cooking Light/Jacob French*

► Fashion Word Search

S	N	S	N	S	S	T	G	L	L	S	G	N	M
M	S	P	E	R	F	U	M	E	E	D	G	N	I
E	G	E	P	H	A	T	S	R	D	M	N	M	N
S	A	S	S	S	M	E	T	I	O	A	I	C	D
S	T	H	R	D	H	N	N	H	M	G	P	A	U
A	Y	I	F	A	S	H	I	O	N	A	P	T	S
S	R	S	E	T	R	E	N	D	T	Z	O	W	T
I	E	T	H	N	T	T	H	A	G	I	H	A	R
E	N	O	S	S	A	S	T	R	O	N	S	L	Y
C	G	R	H	E	I	I	T	R	T	E	A	K	B
S	I	Y	E	S	Y	N	E	T	I	R	K	T	A
B	S	A	C	C	E	S	S	O	R	I	E	S	G
C	E	O	U	A	A	C	L	O	T	H	E	S	S
B	D	A	P	H	S	T	Y	L	E	D	Y	K	A

1. FASHION
2. SHOES
3. HISTORY
4. CATWALK
5. MODEL
6. BAGS
7. INDUSTRY
8. ACCESSORIES
9. STYLE
10. DESIGNER
11. MAGAZINE
12. HATS
13. SHOPPING
14. PERFUME
15. TREND
16. CLOTHES
17. ITEMS

Source: [thewordsearch.com](http://thewordsearch.com)

► Crossword Puzzle - Answers to September's Issue

**Across**

3. Big Dig
6. Mother Goose
7. Wyse
8. MTA
9. Lower Mills
10. Malcolm X  
(corrected from last issue)
11. New Edition
13. Pine Cone
14. BU Bridge

15. Union Oyster House
16. Gardner Museum
21. John Hancock Tower
22. Chapman
23. Boston Common
25. Phillis Wheatley
26. Graham Bell
27. Revere Beach

**Down**

1. Cheers
2. Ed McMahan

3. Boston Pilgrims
4. Pride
5. Custom House
12. Boston Cream Pie  
(corrected from last issue)
14. Beantown
17. Donna Summer
18. Molasses
19. Harry Frazee
20. Jack Haley
24. NKOTB





# ORIGINAL Icons

**SELF-CONFIDENCE  
IS THE BEST OUTFIT.  
ROCK IT AND OWN IT.**

Fashion is about expressing yourself. It's about telling the world who you are and aspire to be, without having to say a word. This issue is for Boston's original fashion icons—the people who take risks, defy stereotypes, challenge norms, and push the envelope. It's for those who confidently and boldly own their personal style and remind us all that good taste is timeless.

*-Your Editors*



"I would describe my style as  
*artsy and eccentric.*"



"I don't care about name brands.  
I look for pieces that are  
*unusual and sparkly.*"



"I can't just wear one bracelet.  
I have to wear them all.  
*Less is never more.*"

# BREAKING DOWN THE LOOK

## Steals!

Judy's dress and sunglasses are from H&M and her earrings are Forever21.

## Vacay Mementos

Her bold necklace is a souvenir from a trip to Aruba, and her blue bracelet (right wrist) is from Nice, France.

## Bling

Judy found this silver ring in the pop-up shop *Fallen Heroes* in East Boston.

## Fabulous Find

This elegant and timeless Chicos coat was found in a consignment shop!

## Wild Side

Judy's leopard-print flats are always in style.



# STYLE SNAPSHOTS

**Arienne Joseph, 78**  
"I wanted to dress nice today to see the Mayor!"

**Luis Gonzalez, 72**  
"I like to wear scarves because people actually comment on them! Men don't usually wear them."

**Norma Lawrence, 73**  
"I look for color because it cheers me up. You can't be upset in a bright color!"

**Catherine "Kay" DeSimone, 86**  
Kay is wearing a popular trend this season--a patterned blazer with bold shoulders.

**Harry Haytayan, 59**  
"The color of my suits depends on the weather. For a Fall day, I go with earth tones. On a warmer day, cooler, lighter tones."

**Doris Dennis, 87**  
"I love fashion. There isn't just one way to be 87. It's up to you how you want to act and dress."

**Frances Lawson, 91**  
"My skirt is about 40 years old. I don't like fad stuff. I see something, I like it, I buy it."

**Kathleen Harrison, 68,** "I still want to look sexy. As long as I feel vibrant, I'm going to dress how I want to!"

# FALL FASHION TRENDS:



Color of the Year



Iridescent Accents



Houndstooth Fabrics



Patchwork Patterns



Fall Florals



Chunky Knits

# Here's How We Can Help

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

## Did you know?

International Day of Older Persons is on October 1.

### Housing:



The Elderly 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.

### 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.

### 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.

### Alzheimer's and Caregiver Support:



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

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

### Outreach and Engagement:



The Commission organizes dozens of events and programs throughout the year. From large city-wide celebratory events to smaller neighborhood focused gatherings, we engage with older residents on many levels.

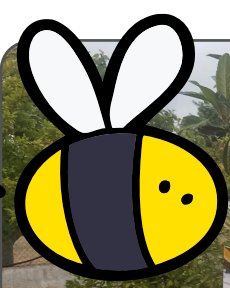
Call us for more information at 617-635-4366!

► The Buzz

# Around The World!

*Boston Seniority* magazine was spotted in Algarve, Portugal this summer!

Emilia, 81, and Ramiro Baptista, 81, take their favorite magazine around town in Albufeira. Night and day, *Boston Seniority* is out and about!

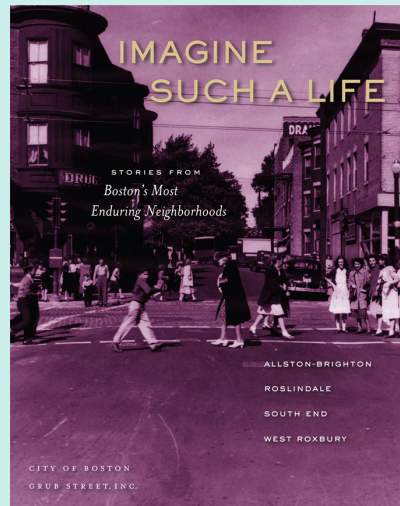


## Seniority Spotlight

### October is White Cane Awareness Month

Stop for white cane and dog guide users at street crossings. It's the law!

For more information, contact the Massachusetts Commission for the Blind or 800-392-6450-V 800-392-6556-TTY [www.mass.gov/mcb](http://www.mass.gov/mcb)



### Book Giveaway

Tell us what you'll be doing to keep busy this Fall for a chance to win a book from the Memoir Project, Volume IV: *Imagine Such A Life*.

Email us at [bostonseniority@boston.gov](mailto:bostonseniority@boston.gov) by November 1st with:

- your name
- age
- neighborhood
- phone number

### Quick Traveling Tip

Bronwen Feeney, 72, from Roslindale, is a participant in the Boston Property Tax Work Off Program. She recently visited the Gullfoss Waterfall in Iceland before heading off to Sweden.

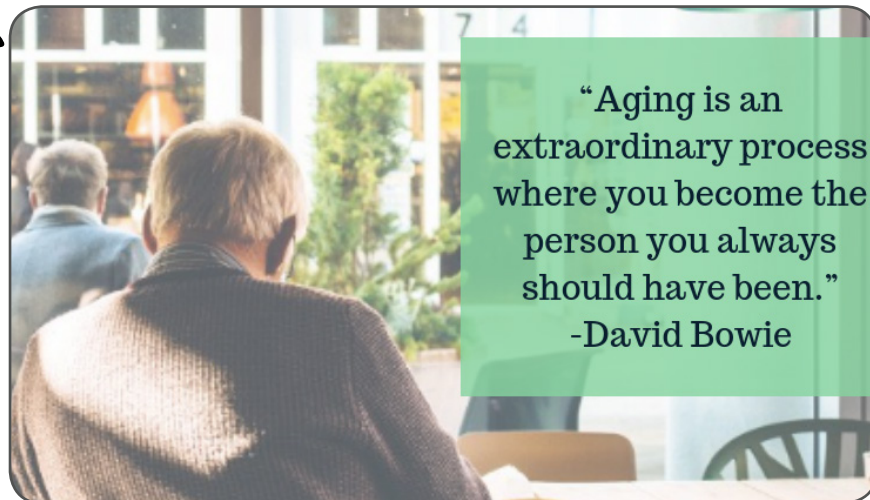
"One tip I could give to anyone traveling abroad is to try to minimize the amount of clothing and personal effects you take. It is difficult to travel with several large suitcases, even when you can find a cart in an airport. I am learning this belatedly!"



### Seen on our Social Media

#### #WednesdayWisdom

Find us on Facebook: [@BostonElderlyCommission](https://www.facebook.com/BostonElderlyCommission) and Twitter: [@AgingInBos](https://twitter.com/AgingInBos)



**Last month's answer:** Main building of Boston City Hospital in the South End.

#### Can you guess?

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

**Hint:** The photo was taken in 1903.

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

# SAVE THE DATE!

SENIOR FIRST NIGHT  
DECEMBER 28, 2018



The Elderly Commission



## 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](mailto:Monique.Carvalho@Boston.gov)

## MEMORY CAFÉ

A welcoming place for individuals experiencing memory loss and their caregivers. Be a part of our community in a safe, supportive, and engaging environment.

For more information, contact: Nuria Silva at 617-635-3979 or [nuria.silva@boston.gov](mailto:nuria.silva@boston.gov)



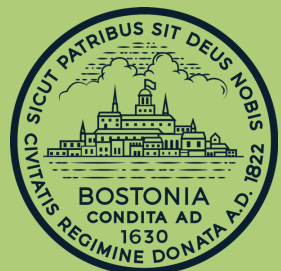
"Make Independence  
a Reality"



**Become a  
Senior  
Companion!**

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

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



**For more information, call  
617-635-4858!**

"One small act

can create an

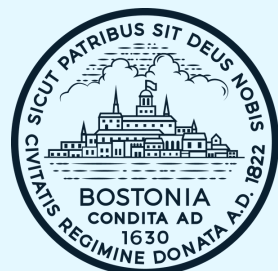
**enormous impact"**



**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*



**For more information, call  
617-635-5741!**

# ► Seen Around Town







*SEE INSIDE*

**For October Events!**