

Boston Seniority

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



Lifelong Learning

p. 14-19

Sept 2018
Issue 8
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Free Publication



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On the Cover:

Our cover star is Roslindale resident Ligia de las Mercedes Berrio, 71. You can always find her in the Boston Public Library in Copley, in between stacks. "The library is important because I can study," she says. "There are so many books I can read and things to learn, especially to help improve my English. This helps keep my mind active and healthy. It's really peaceful here at the library, and I appreciate it." Check out our Back-to-School feature on page 14.



Boston Seniority

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Stay Connected with the Commission on Affairs of the Elderly:



Main number: (617) 635-4366



Website: 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

From the Mayor's Desk

The Summer of 2018 was an exciting, historic one for the City of Boston.



We kicked off the summer by hosting leaders from all over the world for an International Climate Summit, and Mayors from all over the country for the U.S. Conference of Mayors.

I appointed William Gross as Boston's 42nd Police Commissioner, the first African American ever to hold that role. On his first day on the job, he joined me in one of our city's most treasured summer traditions: National Night Out. Over the course of two nights in August, we joined community leaders, clergy, and residents for special events in 12 neighborhoods. It was a celebration of local pride, and our ongoing efforts to keep our communities safe all year long.

One of the things I love most about summertime in Boston is how it brings the community together. We're working hard to make sure that everyone in our City is included in all aspects of civic life. That's why I was also proud to hit some big milestones in our work to make Boston a more accessible, age-friendly place to live. We completed a full renovation of the Boston City Council Chamber, making it ADA compliant. We are also in the process of renovating City Hall Plaza to make it more accessible, and we have more renovations planned inside City Hall, too. Out in our neighborhoods, our Parks Department is working hard to make our green spaces, playing fields, and walking paths more accessible for people of all ages and abilities.

In this issue of Seniority, you'll learn more about what's happening in Boston, including a new designation we created for age-friendly businesses! As we look toward the fall, I encourage you to take advantage of all our city has to offer, and I wish you, your friends, and your family all the best.

Sincerely,

-Mayor Martin J. Walsh



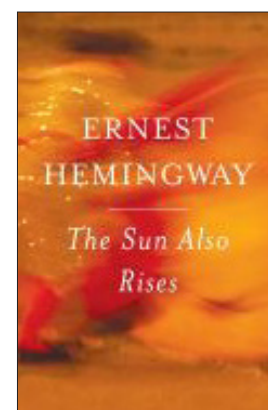
► Book Picks

Boston Public Library's Most Popular Great American Reads

The 100 novels featured on *The Great American Read* have something for everyone; covering all ages, genres, places and time periods.

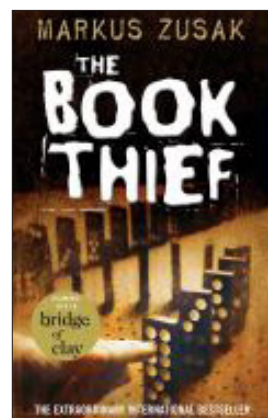
Curious what some of the most-read titles are from *The Great American Read* at the Boston Public Library?

Here are a few you can check out:



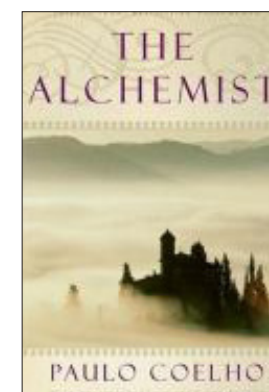
The Sun Also Rises
by Ernest Hemingway

A group of American and British expatriates travel from Paris to the Festival of Sanermin in Pamplona to watch the running of the bulls and the bullfights.



The Book Thief
by Markus Zusack

The story of Liesel Meminger, a nine-year-old German girl who was given up by her mother to live with Hans and Rosa Hubermann in the small town of Molching in 1939, shortly before WWII.



The Alchemist
by Paulo Coelho

A story that follows a young Andalusian shepherd in his journey to Egypt, after having a recurring dream of finding treasure there.

Go to www.bpl.org for more titles.

**All title annotations are borrowed from The Great American Read.*

Boston
Public
Library



Reading Challenge Completed!

Boston Reaches One Million Minutes Goal

Boston readers read 1.7 million minutes so far this past summer, surpassing the citywide goal of inviting Bostonians of all ages to read a collective one million minutes from June through August!

“Bostonians’ love of reading is evident, and we are thrilled that so many patrons are sharing their favorite summer reads with us,” said Michael Colford, Director of Library Services for Boston Public Library.

► Infographic

September is National Preparedness Month

By the Mayor's Office of Emergency Management (OEM) 

This year's theme is **Disaster's Happen. Prepare Now. Learn How.** As seen during last year's devastating hurricanes, wild fires, and flooding people in the community are often on the front lines of a disaster. The time to prepare is now.

Be Informed

Sign up for AlertBoston, the City of Boston's emergency alert system.

In the event of an emergency alerts can be sent via phone, text, or email and can be translated into other languages and for TDD/TTY devices.

Keep a battery operated or crank radio tuned to your local emergency station and monitor TV, radio and follow mobile alerts about severe weather in your area.

Find out where your nearest emergency shelter is.

Build an Emergency Kit

An emergency kit should have enough supplies so that you and your family can survive for 3 days. Check out the infographic to find out what you should have in your kit.

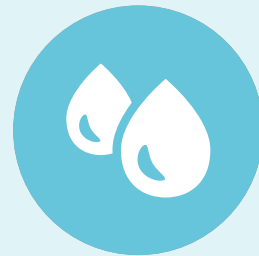
How do you prepare?

Tell us your emergency preparedness tip for a chance to win a crank radio!

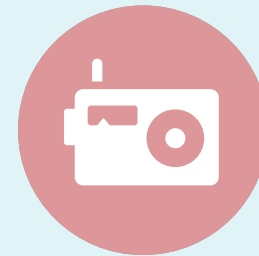
Email us by October 1st with your name, age, neighborhood, and phone number at bostonseniority@boston.gov.



Your emergency kit should be easy to access and include the following:



One gallon of drinking water, per person per day



A battery operated AM/FM radio with extra batteries



Blankets and extra clothing



Canned food that won't go bad and doesn't need to be cooked



Any items you'll need for hygiene



Medication, medical equipment and other special items



A manual can opener, whistle, first aid kit, and a flashlight



A non-electric phone



Take pictures or keep copies of important documents, like medical records, wills, insurance paperwork, power of attorney, and deeds

For more information about staying safe during an emergency go to:

Mayor's Office of Emergency Management (OEM)
www.boston.gov/readyboston

Enroll in AlertBoston
boston.gov/alert-boston

September Happenings: Ways to Fill Your Calendar

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



**Summer Fitness Series:
Chair Yoga in Chinatown**
Time: 10:00 am
Location: Elliot Norton Park,
295 Tremont St.
Contact Info: Parks and
Recreation, 617-635-4505



**3rd Annual Country in the
City Concert**
Time: 7:00 pm - 9:00 pm
Location: City Hall Plaza
1 City Hall Square, Boston
Contact Info: Mayor's Office
of Tourism, Sports, and
Entertainment, 617-635-3911



**Watercolor Painting
Workshop**
Time: 12:00 pm - 2:00 pm
Location: Alvah Kittredge
Park, Roxbury
Contact Info: Parks Dept
617-635-4505



**Summer Fitness Series:
Yoga in Jamaica Plain**
Time: 2:00 pm
Location: Jamaica Pond,
Pinebank Promontory
Contact Info: Parks and
Recreation, 617-635-4505



**Summer Fitness Series:
Salsa Dancing**
Time: 6:00 pm
Location: Blackstone Square
Park, South End
Contact Info: Parks and
Recreation, 617-635-4505



Beginning Internet Class
Time: 11:00 am - 12:00 pm
Location: BPL - Brighton
Branch, 40 Academy Hill Rd
Contact Info: Alan,
617-782-6032



Introduction to Genealogy
Time: 1:00 pm - 2:00 pm
Location: BPL - Parker Hill
Branch, 1497 Tremont St.,
Roxbury **Contact Info:**
617-427-3820



**Adult Monthly Book
Discussions**
Time: 1:30 pm - 2:30 pm
Location: BPL - Roslindale,
Branch, 4246 Washington St.
Contact Info: 617-323-2343



Save the Date
DISCOVER Moakley
Location: Moakley Park,
South Boston
Contact Info: Allison Perlman
from Parks and Recreation,
617-961-3035
*Rain Date Oct. 6th

Active Aging Week is Sept. 23rd-29th!

Next Month...

Mayor Martin J. Walsh's
Health & Fitness Walk



October 18, 2018

11 a.m.- 2 p.m.

At Joe Moakley Park
(on Old Colony Avenue,
South Boston)

Pre-register by
Sept. 26! See pg. 24 for
the registration form!



► Age-Friendly News

Mayor Walsh and Commission on Affairs of the Elderly Launch Boston's Age- and Dementia-Friendly Business Designation

Mayor Martin J. Walsh and the City of Boston's Commission on Affairs of the Elderly launched their Age and Dementia-Friendly Business designation, a new pilot program that encourages local businesses to make their spaces and services more inclusive for people of all ages. It was launched in partnership with West Roxbury Main Streets.

The announcement was held at Local 338 Bagels and Coffee in West Roxbury, one

of nine organizations that received the designation, which includes certificates and decals to mark their business as Age and Dementia-Friendly.

“In Boston, we are committed to making our city the most age-friendly city in America,” said Mayor Walsh. “Part of that commitment requires us to be able to respond to the needs of our older residents to make sure they feel safe and supported in their community. As

we celebrate the businesses who have committed to age-friendly customer service in their establishments, we are able to remark on all the progress made and accomplishments achieved in making Boston a better place for everyone to age well and live well.”

Businesses who are eligible for the designation are ones that have taken steps, such as ensuring they have respectful and patient staff, providing resting areas and non-slip flooring and using universal symbols, such as arrows. The nine establishments receiving the designation include: Local 338, Parkway Real Estate, Cryotherapy, BCYF Roche Center, Human

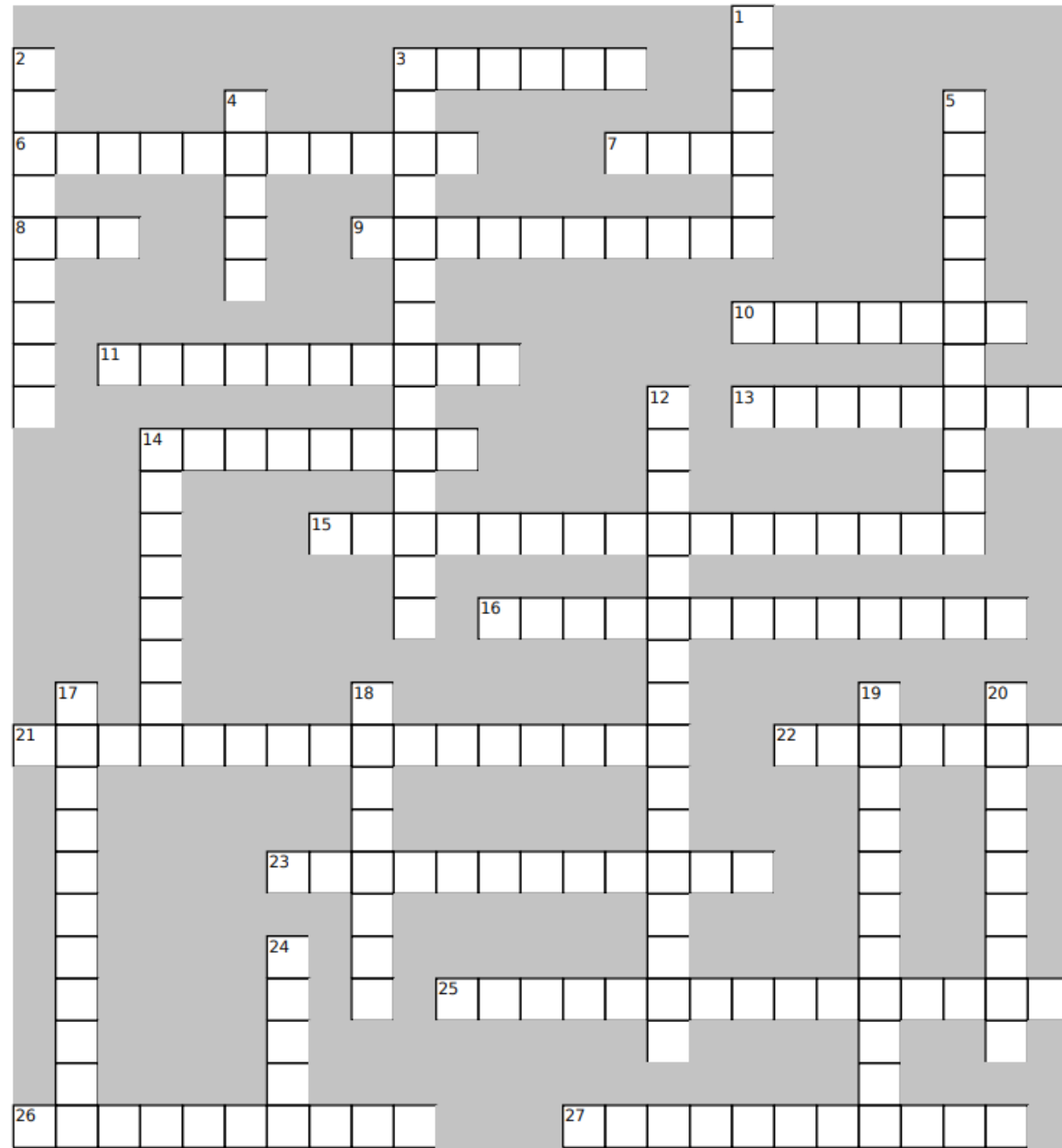
Harmonies, Milton Chiropractic and Bay State Physical Therapy, Recreo Coffee and Roasterie, and Parkway Hearing.

To qualify for the designation, businesses had to meet certain criteria, which includes improvements that would benefit older residents, such as accessible bathrooms, wider aisles, menus with larger font sizes, and better lighting. These important accessibility improvements have been shared through resident feedback gathered as part of the Age-Friendly Boston Action Plan, the City's blueprint to make Boston the best city to live for older adults. Visit www.boston.gov/age-friendly for more information.

► Crossword Puzzle

Boston Edition *By Marie Carr*

How well do you know your city? Test your knowledge by completing this crossword!



Across

- 3. Most expensive highway project in US History? (2 wds.)
- 6. We grew up on her nursery rhymes and fairy tails, and she grew up here (2 wds.)
- 7. Healthy, Wealthy & _____
- 8. The Kingston Trio Song
- 9. Home of the first chocolate factory (2 wds.)

- 10. This courageous human rights activist spent much of his life here in Roxbury (2 wds.)
- 11. Roxbury's own boyband
- 13. This golden conifer sits atop our statehouse
- 14. The only place anywhere in the world where a boat can sail under a train going under a vehicle driving under an airplane (2 wds.)
- 15. The oldest restaurant in continuous service

► Crossword Puzzle Clues (continued)

Answers in next month's issue

- in the United States since 1826 (3 wds.)
- 16. Home of Boston's famous art theft (2 wds.)
- 21. This building predicts the weather! (3 wds.)
- 22. Appleseed was one of Johnny's names
- 23. Oldest public park in the US (2 wds.)
- 25. You can visit this remarkable woman on Commonwealth Ave, and read her infamous poetry. (Hint: She was the first African American Poet ever to be published) (2 wds.)
- 26. Boston has always been calling! This famous guy made the first ever phone call in his lab in Post Office Square (2 wrds.)
- 27. International Sand Sculpting Festival home (2 wds.)

Down

- 1. Where everybody knows your name
- 2. This Tonight Show narrator may have called Lowell his hometown but he attended Boston

- College prior to WWII (2 wds.)
- 3. Winners of the 1903 World Series (2 wds.)
- 4. Theme of our June 2018 edition of Boston Seniority
- 5. These four clocks are never right! (2 wds.)
- 12. Omni Parker House created this official dessert of Massachusetts (3 wds.)
- 14. "You don't know beans until you come to Boston" slogan gave us this famous nickname in 1907
- 17. Once Upon a Time this Gaines girl was born in Dorchester (2 wds.)
- 18. What flooded the North End in 1919?
- 19. This man caused the Curse of the Bambino (2 wds.)
- 20. The beloved Tin Man was born in the Bean in 1897 (2 wds.)
- 24. Dorchester's own boyband (initials)

► Advertisements



DEBATE BUILDS CONFIDENCE, CURIOSITY & CREATIVITY!

You can help make debate possible for 800 Boston youth this year by volunteering at tournaments on Saturdays, from October to March.

We welcome all volunteers, especially local residents. No previous experience needed. Training & Support provided.

volunteer@bostondebate.org



HELP BOSTON STUDENTS LEARN ABOUT GOVERNMENT WHILE IMPROVING THE COMMUNITY!

If you are age 50+, live in or near Hyde Park, and are interested in helping students learn about democracy and how they can positively influence their community, you can make a huge difference. As a volunteer with Generation Citizen, you will work with a classroom teacher as you coach and mentor high school students.

WHERE: High School in Hyde Park
WHEN: Visit the class for just 60 minutes 2 times a week from Sept.- Dec.
REQUIREMENTS: Interview, training, background check.

*For more info, contact:
 Cynthia Lewis at 678-851-7748.*

BACK TO SCHOOL

It's September in Boston, and school is in session. Sign up for a class. Sit in the front row. Be the first to volunteer. As Mark Twain once wrote, "Why not go out on a limb? That's where the fruit is."

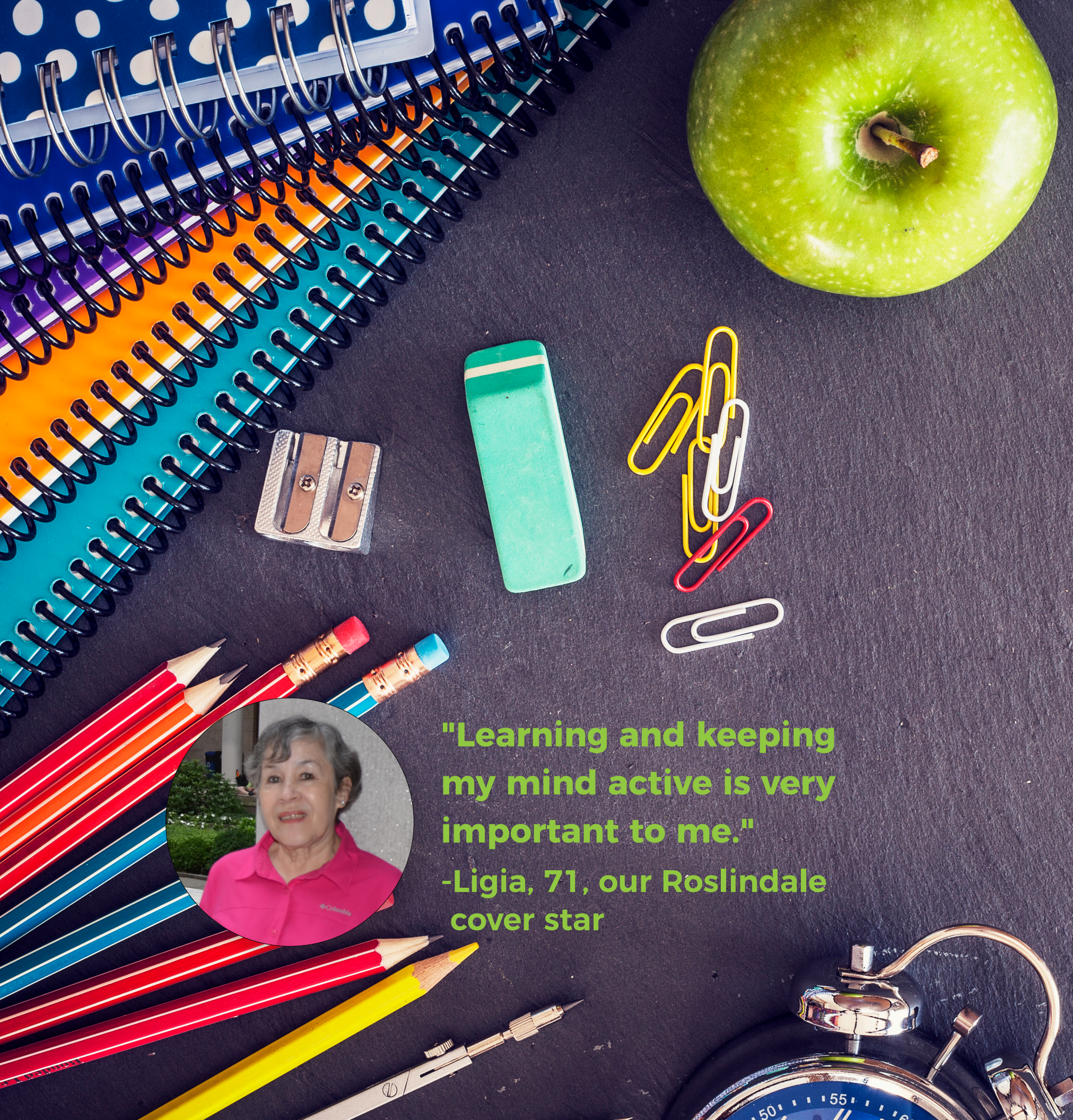
Boston is rich in free resources. Visit your local Boston Public Library location, and you will find a world of knowledge at your fingertips.

On behalf of *Boston Seniority* magazine and the Commission on Affairs of the Elderly, we hope you continuously pursue your passions, learn new things, and explore every opportunity in the City of Boston.

Sincerely
-Your Editors

"Learning and keeping my mind active is very important to me."

-Ligia, 71, our Roslindale cover star



"A Different Appreciation for Learning"

Returning to the Classroom Later in Life

An Interview by Marie Carr

On a Wednesday afternoon, we spoke with Jim Hermelbracht, Director of the Osher Lifelong Learning Institute of UMass Boston, to have a conversation about the benefits of returning to the classroom as an adult. Learn how you can get involved as a student or teacher!

What is the importance of lifelong learning?

Lifelong learning meets that intellectual craving to keep the mind active, expand your knowledge base, and to learn new things that perhaps you never had time to learn at other points in your life. There's an important social piece that's very important too: to meet new people and expand your social circle.

What's the average class size and age range for OLLI?

On average, there's about 30 students per class. OLLI is open to folks who are 50 years and older. The majority of our members fall between 65 and 80, and we do have some members in their nineties!

What types of courses are offered?

For the Fall semester, we're offering around 73 diverse courses that we design. The most popular categories are literature, language and writing.

What other ways can people play a role in the OLLI program?

We're always on the lookout for people who want to teach for OLLI. It's such a great group to teach and you don't have to be a member of OLLI to do it; we can help you develop it into a course.

What experiences have people had with the program?

Lifelong learning has been happening at UMass Boston for nearly 20 years, and we still have members who were part of the original group that was formed back in 1999. A student once approached me to say, "OLLI really provided me the opportunity to learn about something new." I know that many members have enjoyed the whole opportunity to just learn something different.

What are you asked about the most?

Well, first, There's no homework, and there are no exams. OLLI operates on a membership base fee, so you don't pay for classes individually. We do a lottery system based off the way our students prioritize their course selections. Finally, most courses run five to six weeks.

What has surprised you most?

There is a different appreciation for learning. I really enjoy seeing our members engage the undergraduate and graduate population here. I think that's one of the big attractions of OLLI at UMass Boston. Our members get to be on a college campus, on the university campus.

What advice do you have for our readers?

Lifelong learning programs are meant to be enjoyed by anyone, regardless of what their educational background is. I want people to know that a lifelong learning program can really open up a lot of doors. You never know what other opportunities will present themselves through these courses and through the people you meet.

For more information or to receive a copy of their course catalogue, call OLLI at 617-287-7312, or visit their website at: www.lli.umb.edu

"Never stop learning because life never stops teaching."



Lifelong Learning Opportunities

▶ **Name:** BCYF Adult Education
Description: BCYF programs build invaluable skills for life and work. GED exams, ESOL Classes and citizenship courses offered.
Contact: 617-635-4920

▶ **Name:** Boston Public Schools Adult Education
Description: Offers school courses towards a degree, test preparation, ESOL classes, as well as health and trade training.
Contact: 617-635-9300
bostonpublicschools.org/adulteducation

▶ **Name:** BPL Classes and the Never Too Late Group
Description: Offering year-round workshops tailored to the needs of Boston's older residents.
Contact: 617-859-23232
www.bpl.org/computerclasses/ and
www.bpl.org/never-too-late/

▶ **Name:** edX
Description: Free online courses aimed to increase access to high-quality education, regardless of financial and physical barriers.
Contact: edx.org

▶ **Name:** Boston University's Evergreen Program
Description: This program invites students 58+ to audit courses at the undergraduate and graduate level. BU offers over 700 courses in 70 subjects.
Contact: bu.edu/evergreen

▶ **Name:** Operation A.B.L.E.
Description: Provides training and employment services for workers aged 45+.
Contact: 617-542-4180

10 Reasons to Go Back to School this Fall

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



As we all age, it's important to think about how we engage. Staying active, both physically and mentally, can have a profound impact on our lives in a number of ways. **Here are ten reasons to continue to be an active learner:**

1. Reduce cognitive decline and improve memory function – stimulating the brain in a new way, by engaging in new experiences and learning, helps to keep the brain flexible.
2. Improve hearing and motor function – learning to play a musical instrument increases brain activity associated with listening and coordination.
3. Support continued participation in the workforce and volunteer workforce – staying up-to-speed on new information keeps us connected and active in our roles as volunteers and professionals.

4. Increase self-esteem – developing new skills and acquiring new knowledge can boost confidence and feelings of self-worth.

5. Promote a sense of hope and purpose – shifting our focus away from ourselves can help to put our experiences into a broader perspective.

6. Increase effective communication – reading, writing, and verbal communication improve with practice.

7. Promote effective coping skills to better deal with change – change can be challenging and intimidating, but when we practice problem-solving and time-management in a safe and supportive learning environment, such challenges become easier to face and navigate.

8. Boost sense of mastery and self-growth – acquire new knowledge about a topic of interest or sharpen an existing skill.

9. Facilitate friendship – meet new people, build comradery, befriend teachers and classmates, and grow social networks.

10. Bring joy and fulfillment – pride in our achievements and the outcomes of our hard work are satisfying.



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?

Grandparents Day is on September 9.

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!

Patrick and Victoria Carr took *Boston Seniority* 13,000 feet above sea level in Quito, Ecuador.

This was their view from the TelefériQo cable car landing. Send us your photos of *Seniority Abroad* to bostonseniority@boston.gov



Seniority Spotlight

Senior Garden Contest Winners

First Place:

Judy Ulman, West Roxbury

Second Place:

John Govoni & Dorothy Giarla, Roslindale

Third Place: Rick Keuthe, Dorchester



Happy 104th Birthday!

August 19th, 2018 was Dr. Margaret Morgan Lawrence Day in the City of Boston in honor of the esteemed doctor's 104th birthday!

Dr. Lawrence, who has dedicated her life to the health and well being of children, now resides in South Boston where we visited her to celebrate her special day.

Quote of the Month



"When you think inside of the box, you will have inside-the-box thinking"
-Lorna Heron, *Advocate Representative at the Elderly Commission*

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:
Photo taken looking east from Mass Ave in Back Bay.

Can you guess?

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

Hint: The photo was taken in 1899.

Mayor's Walk Registration Form

Mayor Walsh's Fitness Walk at Joe Moakley Park, South Boston
October 18, 2018 • 11:00am - 2:00pm

If transportation is needed, please check (✓) your preferred pick-up site*: **MBTA Ride** check here

Boston	<input type="checkbox"/> Blackstone Apts, 33 Blossom St <input type="checkbox"/> 333 Mass Ave.	J P	<input type="checkbox"/> Flynn House, 805 Huntington Ave <input type="checkbox"/> Julia Martin House, 90 Bickford St <input type="checkbox"/> Nate Smith, 155 Lamartine St <input type="checkbox"/> Curtis Hall, 20 South St.
Brighton	<input type="checkbox"/> Chinese GoldenAge Ctr, 677 Cambridge St <input type="checkbox"/> McNamara House 210 Everett St <input type="checkbox"/> V. B. Smith Sr Ctr, 20 Chestnut Hill Ave	Rox	<input type="checkbox"/> Council of Towers, 2875 Washington St <input type="checkbox"/> Reggie Lewis Ctr, 1350 Tremont St <input type="checkbox"/> St Joseph Com, 86 Cripus Attucks Pl <input type="checkbox"/> 285 MLK Blvd
Dor	<input type="checkbox"/> St Brendan Church, 589 Gallivan Blvd <input type="checkbox"/> Keystone Apartments, 151 Hallet St <input type="checkbox"/> Kit Clark Senior Ctr, 42 Charles St.	South	<input type="checkbox"/> 185 West Ninth St.
E. Bos	<input type="checkbox"/> East Boston Social Center, 68 Central St	Boston	<input type="checkbox"/> Foley Apts, 199 H St <input type="checkbox"/> W Broadway TF, 81 Orton Marotta Way
Hyde Park	<input type="checkbox"/> Cleary Sq Pking Lot, Across from Police Sta <input type="checkbox"/> Clarendon Hill Apts. Victoria Hghts Rd <input type="checkbox"/> Readville Srs, St Ann Pkg Lt, 82 W Milton	West	<input type="checkbox"/> Spring Street Apts, 24 Spring St
Matt	<input type="checkbox"/> Church of the Holy Spirit, 535 River St <input type="checkbox"/> Foley Apartments, 249 River St	Rox	<input type="checkbox"/> Center St between CVS & Walgreens <input type="checkbox"/> Cheriton Grove, 20 Cheriton Road

Note: Joe Moakley Park is near the Red Line at the JFK/UMass T Station

All pick-ups between 9:00 a.m. & 10:00 a.m.

*Sites may be deleted based on number of people registered at each site.

For more information, call 617-635-4168

Please return this completed form by **Wednesday, September 26, 2018** to:
 Commission on Affairs of the Elderly
 Attention Mary Beth Kelly
 One City Hall Square, Room 271 – Boston, MA 02201
 Or fax to 617-635-3213, or scan and email to Marybeth.kelly@boston.gov

Please Print Clearly

Name	Street Address	
Neighborhood and Zip	Telephone	Email

Waiver of Liability

I hereby agree to hold harmless the organizers and sponsors of Mayor Walsh's Fitness Walk from any and all claims of whatsoever kind and nature which I have or at any time in the future may have or any injury arising out of my participation in Mayor Walsh's Fitness Walk. I am in good physical condition, and have no medical restrictions which would prohibit my participation in Mayor Walsh's Fitness Walk.

Signature _____ Date _____

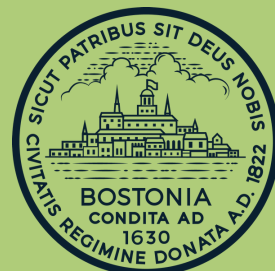
"Make Independence a Reality"



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!**

► Seen Around Town



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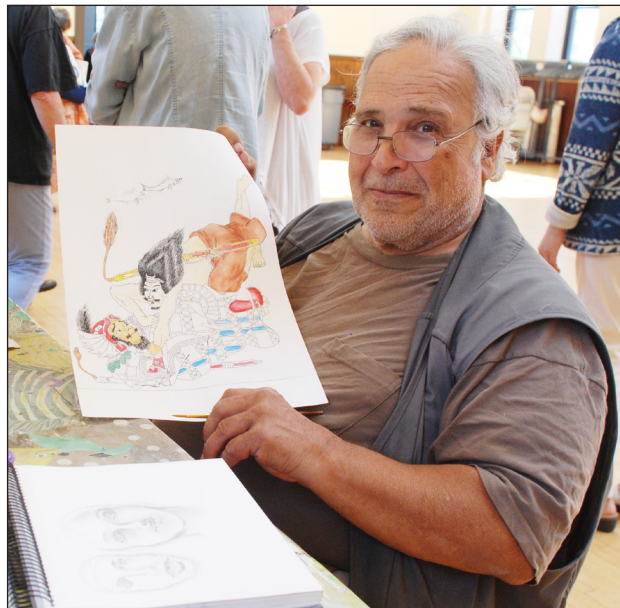
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"The best classroom in the world
is at the feet of an older person."
-Andy Rooney

