

# Boston Seniority

Age Strong Commission

City of Boston

Mayor Martin J. Walsh



Let's talk about  
*Men's Health*

p. 14-21

June 2019  
Issue 6  
Vol. 43

Free Publication



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## On the Cover:

June is Men's Health Month and our cover stars share how they try to maintain a healthy lifestyle as they age. The trio - John McDonough, 88, South End, Lawrence Brown, 55, Dorchester, and Francisco



A. Tolentino, 67, Roxbury are all different ages and from different areas of Boston but they all have one thing in common: caring about their physical and mental health. Read more about it on page 14.



# Boston Seniority

Published by the City of Boston's Age Strong Commission

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

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



# From the Mayor's Desk

## Investing in the Community's Health



I want to stress the importance of remaining vigilant about your health and the health of our communities. That is why we are working to invest in resources in Boston that will help us continue to thrive here together. This year, there are several capital investments I want to highlight that will go towards our libraries, parks and community centers.

The Boston Public Library system provides services to support every neighborhood in our city, which is why we'll be investing \$127 million dollars as part of my FY20-24 capital plan. The funding will be allocated to projects like building new library branches, renovating older locations, and enhancing how we preserve our rare collections at our Central library.

It has been my goal that no one in the City is more than a 10-minute walk away from a park. We have achieved that goal, and now it is now time to revisit and revitalize our older parks. The City is investing \$313 million in improving parks in 17 neighborhoods which includes Franklin Park, Moakley Park, Harambee Park and the Boston Common. Our parks are being designed with climate resilience in mind, so that we will be able to enjoy the parks for years to come.

We are also investing \$28.8 million to our BCYF Curley Community Center, BCYF Paris Street Pool, BCYF Mattahunt Community Center and the North End Community Center to continue to make Boston an engaging city for all. I encourage you to take advantage of the City's many resources so that you can age strong in all ways in Boston.

Sincerely,

*-Mayor Martin J. Walsh*



## ▶ Book Picks

# BPL's We Are Pride Book Recommendations

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



**Amateur**  
*A True Story About What Makes A Man*

by *Thomas Page McBee*  
Biography/Memoir. Through his experiences training for an amateur boxing match, McBee examines the weight

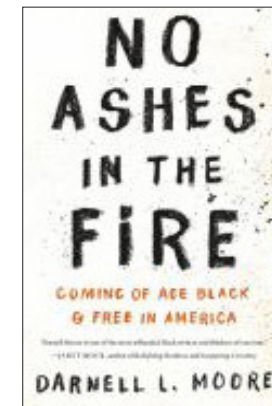
of male violence, the pervasiveness of gender stereotypes, and the limitations of conventional masculinity.



**A Certain Loneliness**  
*A Memoir*

by *Sandra Gail Lambert*  
Biography/Memoir. Lambert, who contracted polio as a child, pens a meditative and engaging memoir-in-essays that explores the intersection

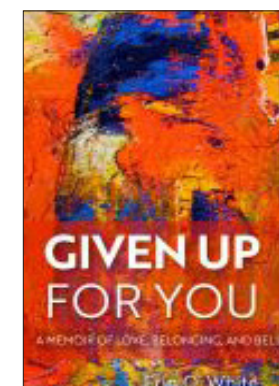
of disability, queerness, and female desire with frankness and humor.



**No Ashes in the Fire**  
*Coming of Age Black & Free in America*

by *Darnell L. Moore*  
Biography/Memoir. One of the founders of the Black Lives Matter movement chronicles his journey

from his childhood in Camden, New Jersey, to his search for intimacy in the gay neighborhoods of Philadelphia, and, finally, to Newark, Brooklyn, and Ferguson.



**Given Up For You**  
*A Memoir of Love, Belonging, and Belief*

by *Erin O. White*  
Biography/Memoir. An engrossing memoir of a woman trying to reconcile faith and family and the world

with who she is and who she loves. In her life and writing, she explores the question: can someone be both Catholic and a lesbian?

For more titles, visit [www.bpl.org](http://www.bpl.org)





## 50th Anniversary of the Stonewall Riots

### The Significance of Stonewall

The theme for Boston Pride this year was "Looking Back, Loving Forward." This theme is especially significant because it honors those who rebelled in the Stonewall riots, an event that helped pave the way for the LGBT liberation movement.

The Stonewall riots (also known as the Stonewall Uprising) were a series of confrontations between police and LGBT rights activists that occurred in 1969 at the Stonewall Inn in Manhattan, NYC which was a nightclub that welcomed LGBT people.

As the riots proceeded, an international LGBT rights movement was born.

*Boston Seniority* spoke with a few leaders in the LGBT community and they shared what Stonewall means to them.



**Dale Mitchell**  
*CEO, Ethos*

"It's hard to believe someone like me - the CEO of a major elder care non-profit - was at something like the Stonewall riots. But it's true. I guess I'm what you call 'living history.'

Before Stonewall, life was very tough. We were regularly denounced from church pulpits, blacklisted by the government, shunned by employers and hounded by police. It was illegal to even dance together! Stonewall broke the back of that kind of misery. Stonewall was the signal we weren't going to take it anymore. Inspired by the civil rights and budding women's movements, Stonewall helped us realize we were an oppressed group too. With Stonewall, gays stopped being ashamed and came out. With Stonewall, transgender people stepped forward and said, 'We're here too!'

I still remember my astonishment shouting 'Gay is good' during the first Pride march after Stonewall. Forty-nine years later, I'm married to the man I love and head up a multi-billion dollar human services organization. I'm even the Grand Marshal of this year's Boston Pride!

Stonewall is about struggle. It is also about love. But mostly, Stonewall is about resilience. It doesn't matter where one was on June 28, 1969. We are all Stonewall veterans."



### The Gay Liberation Monument

Located at Christopher Park in Manhattan, NY, this statue honors the gay rights movement and commemorates the events at Stonewall Inn.



**Alice Fisher**  
*Activist in LGBT Elder Affairs*

"I was aware of Boston's first pride parade, which was a year after Stonewall. I marched in the second pride. I remember many people wore paper bags over their heads to conceal themselves. Being known as gay or lesbian meant loss of jobs, housing and custody for children.

How very different it is now, a community that was simply gay or lesbian is now including a wider range of sexual identities, best described by their preferred pronouns. This year is the 12th year LGBT elders have been a visible group in the Pride Parade."



**Bob Linscott**  
*Assistant Director, LGBT Aging Project Fenway Health*

"I think that so many movements can be traced back to a defining moment or moments where individuals said, 'This is who I am and I deserve to be treated with dignity and respect'. For those of us in the LGBT community, Stonewall was that moment. 50 years ago the brave souls at the bar that night stood up for themselves and ended up standing up for generations of LGBT people after them. That moment marks the beginning of the LGBT rights movement and it was accomplished by everyday people who just wanted to be treated fairly. We will be forever grateful for their courage!"



► Infographic

# Malnutrition in the Senior Community: Identifying Risks and Solutions

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

Poor nutrition is common among seniors, especially those who have been hospitalized. About 20-50% of hospitalized patients are malnourished or at risk for malnutrition.

Older adults who have been recently discharged from the hospital are at particularly high risk.

There are signs that may be related to malnutrition. Case managers and caregivers can stay on the lookout for these signs, and connect elders at risk of malnutrition with nutrition services.

**Here are some risk factors that someone may be malnourished:**

- Low Weight
- Muscle & Fat Loss
- Bone Loss
- Limited Food Access
- Mood Changes & Fatigue
- Alcohol Consumption

## Solutions to Prevent Malnutrition

### Solution 1

Seek Dietary Counseling



### Solution 2

Receive Home-Delivered Meals



### Solution 3

Go to a Meal Site



### Solution 4

Take Nutritional Supplements



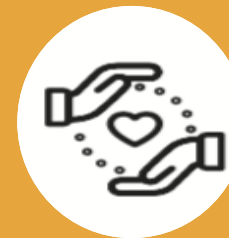
### Solution 5

Apply for a Referral to receive SNAP (Food Stamps)



### Solution 6

Enroll in other assistance programs



## Information about Senior Meals

- There are 46 dining sites in the City of Boston. They are all open to adults 60+.
- Each meal that is served at these dining sites provides 1/3 the nutrients needed for older adults.
- These sites provide more than a meal. The socialization positively impacts the quality of life while reducing social isolation.
- Senior meals decrease malnutrition. The City of Boston funds nutrition programs, and during malnutrition week there were over 80 clinics designed to help older adults.

## Get Connected to Resources!

The City of Boston funds nutrition programs, including home-delivered meals, congregate meals, and ethnic meals. For more information, call 617-635-4366.



Mayor Martin J. Walsh's

# GARDEN CONTEST

A CITYWIDE CELEBRATION OF URBAN GARDENING

### Important Dates

Entry Deadline: Wednesday, July 10, 2019

Finalist Notification: Thursday, July 18, 2019

Judges Visit Gardens: Week of July 22nd

Awards Ceremony: Mid August

## Entry Form:

### CATEGORIES (Check only ONE)

- Porch, Balcony, or Container Garden
- Shade Garden
- Small Yard Garden (250 sq. ft. or less)
- Medium Yard Garden (250 - 500 sq. ft.)
- Large Yard Garden (larger than 500 sq. ft.)
- Community Garden (individual plot)
- Vegetable or Herb Garden
- Senior Garden Category (65 & older)
- Storefront, Organization, or Main Street District Garden

Gardener's Name: \_\_\_\_\_

Organization: \_\_\_\_\_

Address: \_\_\_\_\_

Neighborhood: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone #: \_\_\_\_\_

Email Address: \_\_\_\_\_

Garden Address if different than above: \_\_\_\_\_

### JUDGING CRITERIA:

General appeal and neatness

Natural or formal layout

Use of color

Plant material

Variety & quality of plants

Sustainable features & methods used

Garden hardware, furnishings & art

### Please mail this form with photos to:

Mayor's Garden Contest

Boston Parks & Recreation Department

1010 Massachusetts Avenue, 3rd Floor

Boston, MA 02118

**\*\*MUST BE A BOSTON RESIDENT.  
AMATEUR GARDENERS ONLY**

## Mayor's Garden Contest

Do you have a garden that you  
are proud of?

Why not show it off!

Enter the Mayor's Garden  
Contest this summer for the chance to  
have your hardwork recognized.

See the details and  
application on the next page!



# Upcoming Happenings: Ways to Fill Your Calendar

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



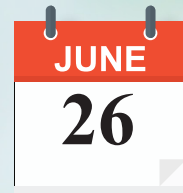
## Juneteenth

**Time:** 5:00 pm - 10:00 pm  
**Location:** Museum of Fine Arts, 465 Huntington Ave  
**Contact Info:** 617-267-9300



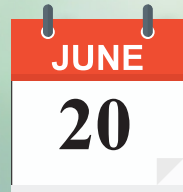
## Boston Art and Music Soul Festival

**Time:** 12:00 pm - 8:00 pm  
**Location:** Franklin Park Playstead Field  
**Contact Info:** info@bamsfest.org



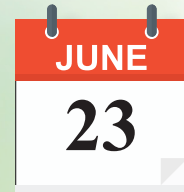
## Concert on the Courtyard - Tania Mesa

**Time:** 6:00 pm - 7:00 pm  
**Location:** BPL Central Library in Copley Square, 700 Boylston St.  
**Contact Info:** 617-536-5400



## Free Gentle Yoga

**Time:** 6:30 pm - 7:30 pm  
**Location:** BPL - Mattapan Branch, 1350 Blue Hill Ave  
**Contact Info:** 617-298-9218



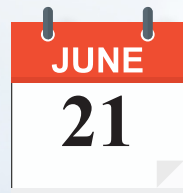
## Park Arts Watercolor Workshops

**Time:** 10:00 am - 12:00 pm  
**Location:** Chandler Pond, 95 Lake Shore Road, Brighton  
**Contact Info:** 617-635-4505



## 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



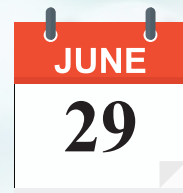
## Summer Fitness Series - Walking Group

**Time:** 10:00 am  
**Location:** Moakley Park, 1005 Columbia Road, South Boston  
**Contact Info:** 617-635-4505



## South End Writes presents Erica Ferencik

**Time:** 6:30 pm - 8:00 pm  
**Location:** BPL - South End Branch, 685 Tremont St.  
**Contact Info:** 617-536-8241



## Android Smartphone 101

**Time:** 2:00 pm - 3:00 pm  
**Location:** BPL Central Library in Copley Square, 700 Boylston St.  
**Contact Info:** 617-859-2323

## Mayor Martin J. Walsh's Neighborhood Coffee Hour



June 19th / 9:30-10:30 am  
Mozart Street Playground  
For more information, call 617-635-4505

## Coming Soon...

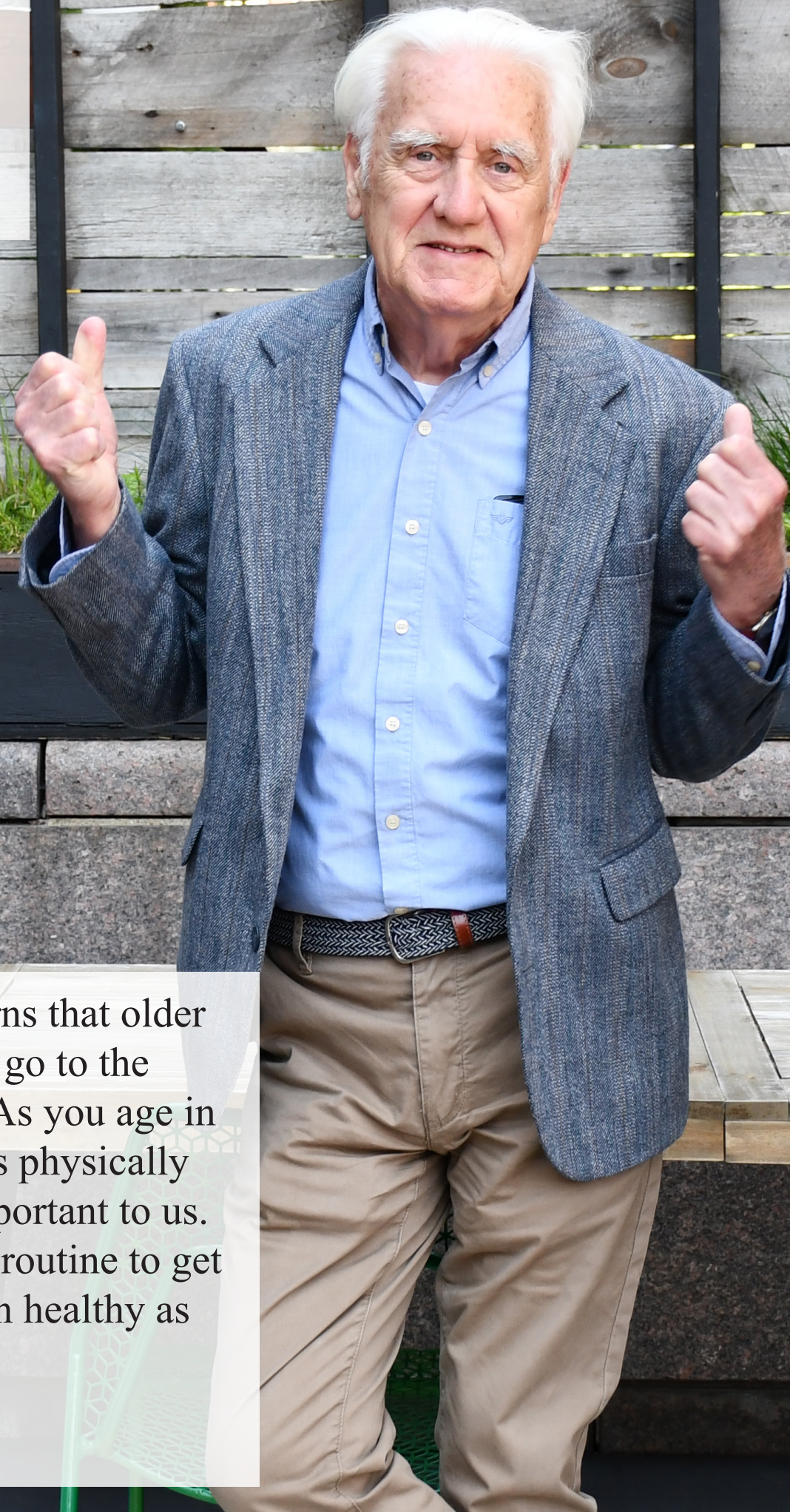
### 2019 Dorothy Curran Wednesday Night Concerts 7:00 pm on City Hall Plaza

- **July 17th**  
Total Access- a tribute to the band Chicago
- **July 24th**  
A Rock and Roll Reunion featuring Charlie Thomas' Drifters and La La Brooks
- **August 7th**  
A journey through the greatest decades of Motown Funk featuring Hipshot Band
- **August 14th**  
Disco Night featuring Tavares

**Interested in attending? Are you part of a group that would like transportation? Give us a call at 617-635-4366.**



# Aging Strong & Healthy



This issue is dedicated to tackling health concerns that older male Bostonians face. Over 40% of men do not go to the doctor unless there is a serious health concern. As you age in this city, we need you to check up on yourselves physically and mentally. Your health and happiness are important to us. We hope this issue encourages you to make it a routine to get to your doctor's appointments so you can remain healthy as you age strong in Boston.

*-Your Editors*



# What's Up, Doc?

## Tips for Improving Health Care Access

*Provided by FriendshipWorks*

Going to the doctor can be emotional for all of us. We may feel afraid or vulnerable. We may not tell the truth because we are afraid of what the doctor may say. We may feel afraid to ask questions because we don't want to take the doctor's time.

And it is not always on us as the patient. Sometimes talking to the doctor can be difficult. They may

be busy. They may use complicated medical terms. Doctors don't always listen. Sometimes we may not know what to tell them or what questions to ask.

There are some simple things you can do before, during and after a medical visit that can improve your health care experience.

Use this checklist to help you prepare for your next doctor appointment!



## Did you know?

The most common cause of death for men in the U.S. is heart disease (the same as for women), and the average age of a first heart attack for men is just 66 years.

Inactive men are 60% more likely to suffer from depression, which is why regular physical activity is so important for everyone, especially men.

# Medical Visit Checklist

## Before the Visit:

- Write down all of the main reasons for the visit.
- List your concerns in order of importance.
- List all medications.
- Write out any questions.

## During the Visit:

- State the main reason for your visit.
- State your concerns in order of importance.
- Express your feelings about treatments and options.
- Ask questions from your list and ask the costs of new prescriptions or alternative treatments.

## After the Visit:

- Write down what you recall from your visit within 5 minutes of the visit.
- Call back with any questions.
- Follow directions carefully.
- Call back if/when unpleasant side effects occur.



# Real Talk



## About Men's Health

We talked to you to find out what is on your mind when it comes to your health!



**Ralph, 73, Roxbury**  
“I’m working on my health as a diabetic... I’m cooking for myself, and I’m feeling good for my age. I’m turning 74 this year.”



**David, 69, Dorchester**  
“I eat right and exercise. I work out everyday. I get up at 4 a.m. and I meditate, do yoga, lift weights, and do karate. I’ve been doing karate since 1981.”



**Kent, 64, Roslindale**  
“I walk the Public Garden and the Commons. I like to walk a figure eight around the bridge. I try to do it during my lunch every day.”



**John, 88, South End**  
“I recommend giving up drinking and smoking if you do so, and keep track of what you eat. Take care of your mental health as well. Communicate and keep up with people.”



**Francisco, 67, Roxbury**  
“I’ve learned as I got older that you need to go to the doctors and put your issues on the table. Ask all the questions you have and get them answered as clearly as possible so there are no secrets.”



**Lawrence, 55, Dorchester**  
“I do a lot of walking and swim twice a week. I make sure I get to my doctors' appointments. I also read a lot and like to spend time with my grandchildren. It helps me mentally.”



# Gentleman! Your Health May Depend on Friendship



*Provided by FriendshipWorks*

Did you know that you have control of one of the biggest health risks for men as they age? Social isolation and loneliness are more dangerous for your health than smoking 15 cigarettes a day, worse than obesity and physical inactivity. Our friendships, old and new, help us live longer, healthier lives.

Humans thrive with social connection. Without networks we are at greater risk for dementia, depression, stress-related

disorders, cardiovascular disease and of dying prematurely.

While more women in Boston live and age alone, men may face unique challenges when it comes to social connection. Research shows that men are less likely to ask for help or to prioritize friendship during middle-age. Fewer men seek medical treatment for conditions that hinder socializing, such as low vision and hearing loss. There may be many reasons,

including societal pressures and expectations that mean men may be more likely to suffer in silence when they lack social support. If the alarm bells are going off for you, here are 5 things you can do to improve your social connections and health.

## 1 Volunteer:

Finding a cause you care about and giving your time has incredible health benefits.

## 2 Address barriers to socializing:

Get regular vision and hearing tests and address mobility challenges. Research shows men are less likely to check-in regularly with doctors. Advocate for yourself and get the care you deserve.

## 3 Reconnect with friends:

Schedule recurring times to talk or meet up. We can lose touch with friends as we age. While we may be reluctant to reach out first, most friends are glad to hear from us. Next time you say goodbye, make sure to schedule your next get-together.

## 4 Make new connections:

Join a club or attend a function at your local senior center, library, congregation or community group. For those of us who are shy around new people, engaging in shared activities can help ease socializing. Look for activities you enjoyed in the past or try something new.

## 5 Engage your brain:

Explore the many life-long learning opportunities available in the city. Take a class, attend a lecture, or explore an interest. If you are interested, chances are others in Boston are too.

## Learn More About FriendshipWorks

FriendshipWorks' mission is to reduce social isolation, enhance quality of life, and preserve the dignity of older adults in Greater Boston. They do this by training volunteers of all ages, faiths, and backgrounds who provide friendship, advocacy, education, assistance, and emotional support. To learn more about FriendshipWorks call: 617-482-1510 or go online at [www.fw4elders.org](http://www.fw4elders.org)



## ► In Boston, we Age Strong.

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



*We can help with:*

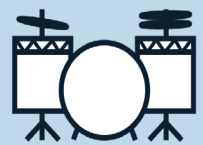
Call us for more details at 617-635-4366.



### Access to Information and Benefits:

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

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



### Outreach and Engagement:

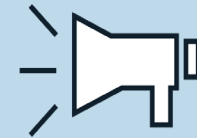
The Commission organizes dozens of events and programs throughout the year. From large city-wide celebratory events to smaller neighborhood focused gatherings, we engage with older residents on many levels.



### Transportation:

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

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



### Volunteer Opportunities:

We operate 4 volunteer programs in impact driven work across the city:

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



### 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 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 older loved one.



# In Loving Memory Of *Annette Christine Richardson*

Sunrise January 20, 1959 - Sunset June 3, 2019



We are saddened to share the passing of a valued member of our Age Strong team. At the time of her passing, Annette Richardson had worked for the Age Strong Commission for over 21 years in a variety of roles, most recently as the coordinator for our Senior Companion Program.

Annette was ordained into the ministry in May 2010 and was dedicated to helping others with their walk and journey in faith at Bethel Bible Institute (BBI) in Dorchester, MA. Annette took great pride in her work as a substitute teacher at (BBI). Annette was a member of the City of Boston Community Choir and an active member of the SEIU union.

“Annette Richardson was dedicated, compassionate, and a beacon of light to us all. She is the true definition of resilience and touched our hearts deeply. The fond memories we've created as a unit and the Senior Companion Program will live on forever and we will continue to shine that light she exuded so brightly.”

- *Statement from the Volunteer Unit*

“Annette made an impact on everyone she met. She made everyone in our office feel special and cared about. She touched many others through her work with our Senior Companion program by recruiting, training and supporting our amazing volunteers. Our lives are all enriched by knowing and working with her. We will miss her dearly.” - *Statement from Age Strong Commissioner Emily K. Shea*

▶ Commission Advertisements



## Volunteer Opportunities with Age Strong

### Become a Respite Companion!

Respite Companions offer friendship and are attentive to an individual living with dementia, while giving the gift of respite to a caregiver.

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

### Become a Senior Companion!

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

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



**For more information,  
call 617-635-4366!**



# ► Seen Around Town





# @AgeStrongBOS

Follow us on Facebook and Twitter

