

# Boston Seniority

Age Strong Commission

City of Boston

Mayor Martin J. Walsh

## How Do You Age Strong?

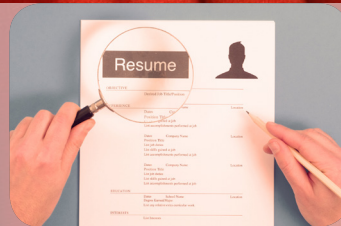
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## Behind the Scenes

In May 2019, we had a photoshoot capturing the personalities of eight older residents in Boston who defy labels simply by being who they are. The Age Strong Commission was joined by photographer Jason Grow, and hair/makeup artist Maryelle O'Rourke.



# Boston Seniority

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Stay Connected with the Age Strong Commission:



Main number: (617) 635-4366



Website: [www.boston.gov/age-strong](http://www.boston.gov/age-strong)



Facebook: @AgeStrongBos



Twitter: @AgeStrongBos

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

## *Boston Continues to Age Strong*



Every day, I am honored to hear stories from Boston residents who have built this city. I know older Bostonians are strong in so many different ways—with strong experiences, cultures, and voices. That's why we changed our name, and that's why I am proud to share our first Age Strong public awareness campaign, the City's effort to break down negative aging stereotypes.

We have all heard inaccurate messaging about aging. In Boston, we are confronting negative labels like senile, inactive, helpless, and frail, and we are challenging those biases. This autumn, you will see some new examples of aging appear on bus shelters, at City Hall, in our libraries, and on social media. Our Age Strong models include Sandra Harris, 68; Irene Morey, 103; Harry Pierre, 67; Vinny Marino, 83; Leo Romero, 84; Judy Yee, 70; Smiler Haynes, 86; and Rob Quinn, 59. These are some of the faces and stories of Bostonians who defy aging stereotypes, simply by being themselves, but they, of course, are not the only ones. There are many more stories to tell about the diverse ways people age strong in Boston, and we are excited to start this important conversation.

This is what I know about older Bostonians: You are leaders, changemakers, and problem solvers. You start trends and fight for causes you care about. Older residents continue to contribute to their community, family and city, and we are grateful for your energy and experience. We invite you to join the conversation. Share how you age strong on social media and with your friends, family, neighbors, and local businesses, and let's show everyone why Boston is truly a place for every generation.

Sincerely,

*-Mayor Martin J. Walsh*



# Commissioner's Corner



Ageism has felt like one of the last prejudices to go unchallenged. We are changing that. With our new Age Strong public awareness campaign, we are dispelling stereotypes about older adults and promoting more positive messaging around aging.

The demographics of our city are changing. In 2010, there were over 88,000 residents age 60+. By 2030, this number is expected to exceed 130,000. Our language and thinking around aging needs to change, too. The negative labels that we chose to tackle in this campaign were common stereotypes that many Americans use for older adults—words like “over the hill” or “cranky.” We want people to feel conscious and aware of their own hidden biases, so that older Bostonians can be seen for their rich, dynamic experiences and contributions.

Many of you have played an important role in helping us tell a new story about aging in Boston. You are also helping us tackle ageism. We know that prejudices can lead to negative impacts on the health and well-being of older adults. Your stories can help change the way Bostonians think about aging. We want to evolve the conversation around aging and make sure that the images and stories we share help expand and redefine what it means to age in our city.

*-Commissioner Emily K. Shea*

## ► Online Safety

# Staying Alert in the Digital Age: Online and Smart Technology Safety Tips

By Patricia Jacobs, President, AT&T, New England

Smart phones, tablets, and electronic devices of all kinds allow access to more types of communication than ever before. You can order groceries or request a ride to the store from our tablets, take and send photographs on our phone, and video chat with friends at the push of a button.

Yet with all of these positives, you need to be aware of potential risks online and take action to protect yourself against scams and frauds. The good news is that there are some simple, fast steps you can take today to protect yourself online.

The most important step is to lock your phone with a strong password that mixes letters, numbers, and symbols. Choose a password that is unique to your life, and change it on a regular basis. Never share it, and if you write it down, store the reminder in a secure place, away from your device.

Always be aware that it's okay to be suspicious. If an email or offer sounds too good to be true, it probably is. Be wary of phone calls from numbers that look legitimate, but may be scammers

mimicking the incoming number to make it look familiar to fool you. Only share information to someone if you know exactly who that person is.

When posting on social media sites or commenting online, do not reveal personal details, like your phone number or address. Remember that people are not always who they say they are, and that what you post can be hard to remove.

When you're browsing the Internet, look for security indicators on the website that let you know the content is safe. These include an "s" after the http in a website address, and a lock icon at the bottom of the screen.

If you want to learn more about keeping yourself safe and secure online, AT&T has created *Cyber Aware and Digital You*. These programs offer tools, tips, apps, and community events for people of all ages, and levels of online experience to learn more about how to have a safe and secure online experience. AT&T also collaborates with local officials to host free seminars, like the ones they recently held this past spring in Brighton and at



Boston City Hall, that include senior scam prevention tips, and training sessions that allow seniors to work one-on-one with tech experts to answer questions about their devices and security concerns. AT&T's *Cyber Aware Digital You* lists five additional security tips to keep your accounts and devices safe.

- 1. Always think, "This could happen to me."** Thinking this way will make you less likely to fall for scams. You will protect your information, keep security measures in place, and discover issues later by keeping an eye on your accounts.
- 2. Be aware.** Be aware of people manipulating you for your information

sometimes called "social engineering." When a stranger calls or emails, you should treat them like a stranger.

- 3. Know before you open.** Only open an attachment if you know and trust the sender, and you understand what the message is about.
- 4. Strengthen your own security.** Be tough.
- 5. Check it out.** Be your own private investigator.

For more information and resources for online safety, visit [digitalyou.att.com](http://digitalyou.att.com) and [att.com/cyberaware](http://att.com/cyberaware).

## Re-entering the Workforce: Resume Tips

By Steve Currier, Job Development at Operation ABLE

Are you looking to get back into the workforce after retirement or interested in switching careers? If so, then writing a strong resume is a perfect way to display your skills and experience to potential employers. A resume is often the first impression a potential employer has of you and it can show that you have what it takes to excel in your desired field.

### Why is a resume important?

A resume is a summary of your job, internship and volunteer experiences. These experiences are important to be considered for a position in a new company.

When you apply for a position, you are competing with other people for the same job. To compete effectively for a position, a well-crafted resume is vital in the hiring process.

### Are there any specific rules or guidelines for creating a resume?

A few rules do apply when creating a resume. Some employers will not review resumes if they do not follow certain guidelines. Here are a few guidelines:

- A resume should not be over two pages long. Regardless of the number of positions you may have held, it is best to limit the number of pages to two.
- Under each job description, list three or four bullets of your job responsibilities. List the responsibilities that were the most important in that job, and any accomplishments you achieved.
- Do not list any references on the resume. This is relatively a new concept in the last few years. If and when the job interviews go well, then a hiring manager will ask for references, and that is the time that you should supply them.

### How should I submit a resume?

There are three ways to submit a resume for a job that you would like to apply for:

1. Email a copy of your resume to the company with an attached cover letter to the appropriate hiring manager that is listed on the job site. A cover letter is a tool to help introduce yourself in a memorable, personal way during a job application.

2. Submit an online application to the company by following their specific guidelines. Online resumes now are very common and in fact, many companies may ask you so submit an online instead of emailing a copy of your resume.

3. Send your resume by mail to the company with an attached cover letter stating the job that you are interested in.

### How can I receive help with my resume?

Join a career center and connect with a career counselor. A career counselor can work with you on your resume and give you valuable tips and tricks to make your resume shine.

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

**AARP** Juntos es posible  
Boston

**THIS COMMUNITY WOULDN'T BE THE SAME WITHOUT YOU.**

Together let's celebrate the richness of our culture and the strength of our community.



Visit [AARP.org/MA](https://www.aarp.org/MA)

 @AARPMMA

 @AARPMMA

► Food and Nutrition

# What's On Your Plate?

## Breaking Down a Home-Delivered Meal (AKA Meals-on-Wheels)

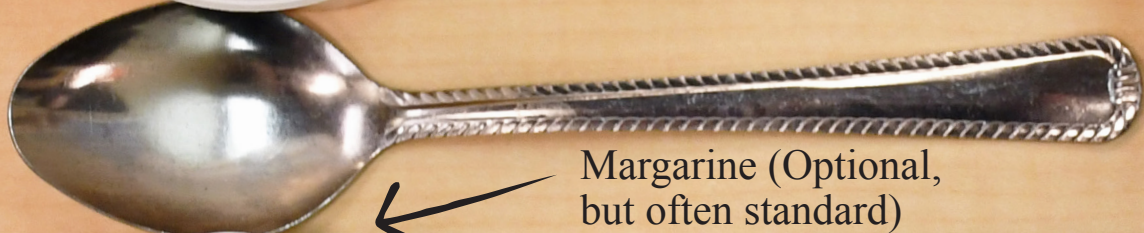
*By Tara Hammes, Registered Dietitian and Age Strong Director of Nutrition*



Apple crisp with whipped topping (Fruit is served as dessert 3x/week)



1% Milk (An 8 oz portion of skim or low-fat vitamin A and D fortified should be served with each meal)



Margarine (Optional, but often standard)

Asparagus (A high-fiber vegetable must be served at least once a week)

This healthy and delicious meal, provided by Emily's Food Services, is part of the home-delivered meal program, which is a federal and state-funded program. This program delivers meals to people who cannot leave their homes because of illness, disability, or frailty, or who have significant difficulty preparing meals. Each meal contains at least 1/3 of the daily calorie needs for an older adult.



Bread roll (An enriched or whole-grain bread must be served daily)

Cranberry and onion grilled chicken (Whole muscle meats must be served 2x/week) (21g protein)



Crispy smashed potatoes

### Myth Busting!

There's a myth that home-delivered meals are too salty, when in fact, menus follow a no-added salt diet (3-4g sodium/day). The sodium content of each meal must be less than 1,200 mg.

## Food Resources

► Interested in signing up for home-delivered meals? Would you like to have a meal at a neighborhood dining site? Please call Boston Elder Info at 617-292-6211 for more information.

► Events + Activities

# Upcoming Happenings: Ways to Fill Your Calendar

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



Are you a Boston resident celebrating 50+ years with your partner? Call us at 617-635-3959 for more information!



## Yoga for Adults

**Time:** 1:30 pm - 2:30 pm

**Location:** BPL - Charlestown Branch, 179 Main St.

**Contact Info:** 617-242-1248



## Adult Stress Relief Coloring

**Time:** 10:00 am - 12:00 pm

**Location:** BPL - Fields Corner Branch, 1520 Dorchester Ave

**Contact Info:** 617-436-2155



## Unleash the Amazing Quilter in You

**Time:** 10:30 am - 12:30 pm

**Location:** BPL - Codman Square Branch, 690 Washington St.

**Contact Info:** 617-436-8214



## Tech Hour in Hyde Park

**Time:** 10:30 am - 12:00 pm

**Location:** BPL - Hyde Park Branch, 35 Harvard Ave

**Contact Info:** 617-361-2524



## Fall Pumpkin Float

**Time:** 5:00 pm - 8:00 pm

**Location:** Boston Common Frog Pond, 38 Beacon St.

**Contact Info:** 617-635-2120



## Social Media Series: Facebook & Instagram

**Time:** 10:30 am - 12:00 pm

**Location:** Central Library in Copley Square

**Contact Info:** 617- 859-2323

## Reminder:

### Medicare Open Enrollment October 15th - December 7th

During open enrollment you will have a chance to CHANGE your plan for next year. The Age Strong Commission has trained SHINE (*Serving the Health Insurance Needs of Everyone*) counselors who can help you understand plan changes as well as other available options. Call us at 617-635-4366.

## Age Strong Programming

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

### Tai Chi

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

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

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

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

### Memory Cafés

**BCYF - Vine St Community Center**  
339 Dudley St., Roxbury  
Every second Friday of the month  
9:30 am - 12:30 pm

**Jamaica Plain Community Health Center (in Spanish/en Español)**  
10 B Green St., Jamaica Plain  
Every last Thursday of the month  
1:00 pm - 3:00 pm

### BCYF Grove Hall Senior Center

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

### Don Orione Home Center

111 Orient Ave., East Boston  
Every fourth Wednesday of the month  
10:30 am - 12:00 pm

### BCYF Golden Age Center

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



# How Do You Age Strong?

Boston's Age Strong Public Awareness campaign sparks a dialogue on ageism. Our goal is to help older adults be seen for their rich, dynamic experiences and contributions. This multifaceted campaign reveals implicit biases about older adults. We're dispelling stereotypes to promote more positive messaging about aging.

We featured eight Bostonians in this campaign. They disrupt the negative messaging about aging by simply being themselves. Their photos paired with their stories challenge the labels society places on them. They all feel a sense of pride and ownership of their age and life experience — they Age Strong.

*-Your Editors*

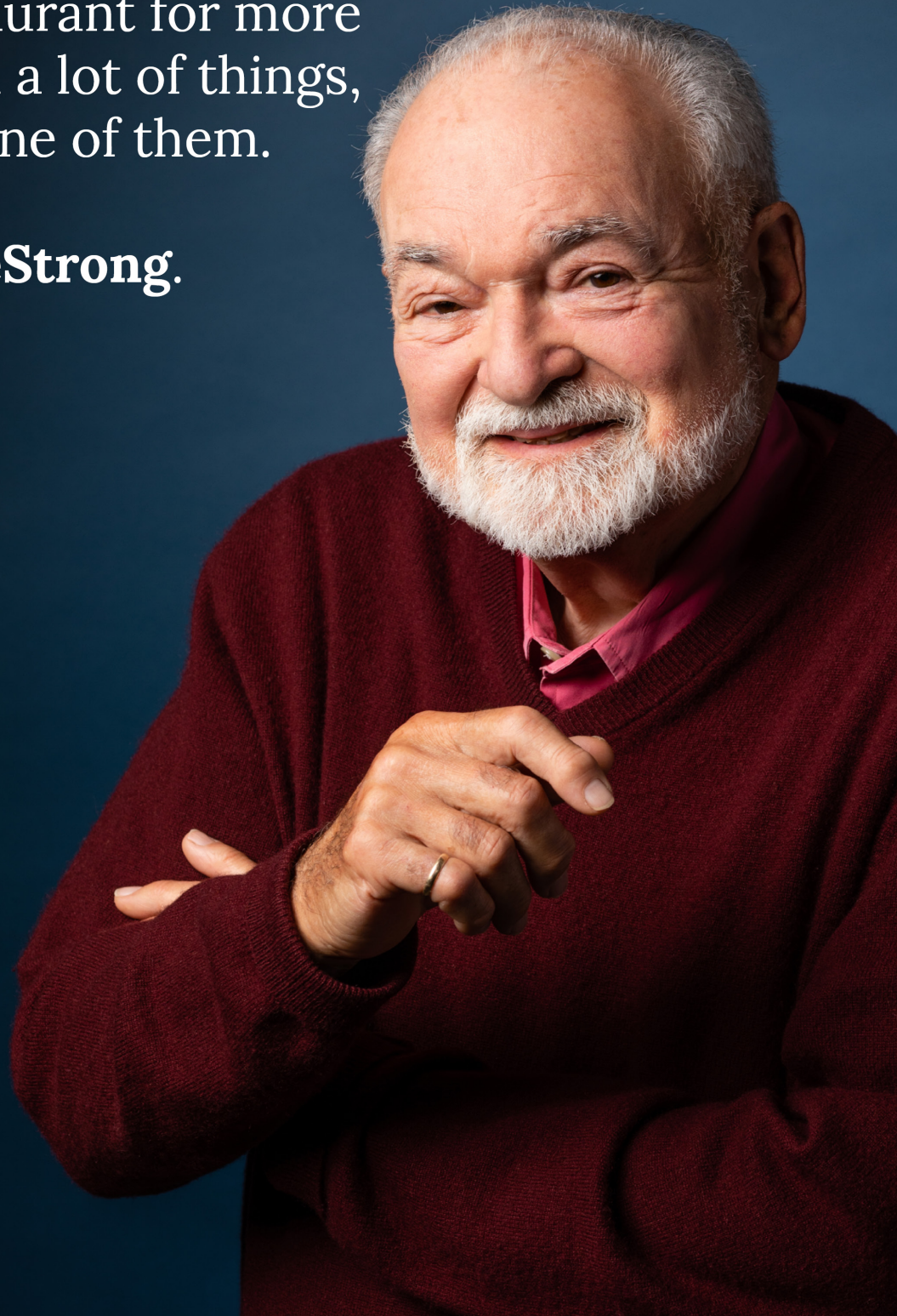


# CHILDISH

I am a business owner, gardener, and chef. I've been cooking up Mexican cuisine at my restaurant for more than 45 years. I am a lot of things, and childish isn't one of them.

This is how I **#AgeStrong**.

-Leo, 84



# INACTIVE

I command attention in every room I enter and look for opportunities to spark change as the state president of AARP Massachusetts. I am a lot of things, and inactive isn't one of them.

This is how I **#AgeStrong**.

-Sandra, 68

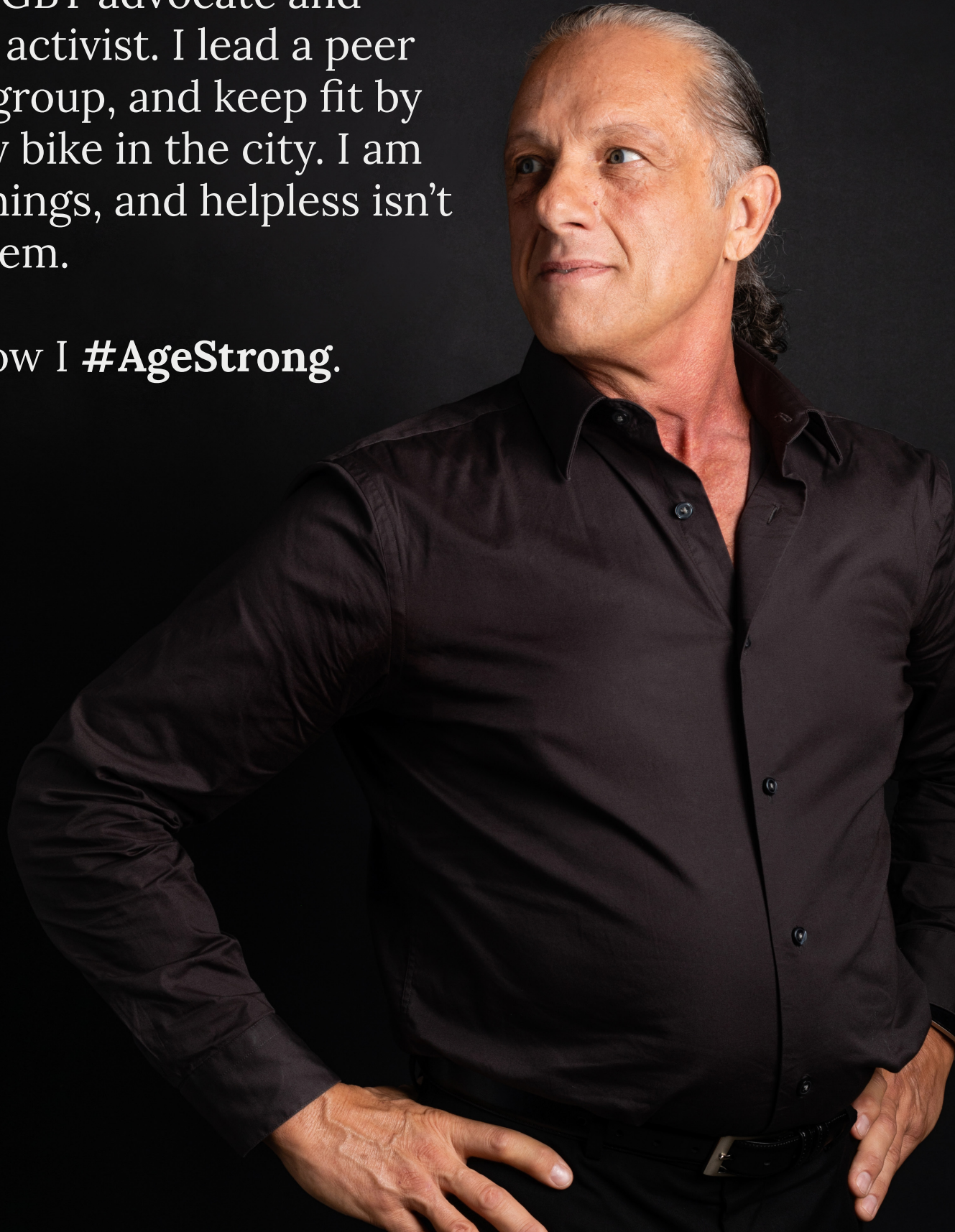


# HELPLESS OVER *the* HILL

I am an LGBT advocate and recovery activist. I lead a peer support group, and keep fit by riding my bike in the city. I am a lot of things, and helpless isn't one of them.

This is how I **#AgeStrong**.

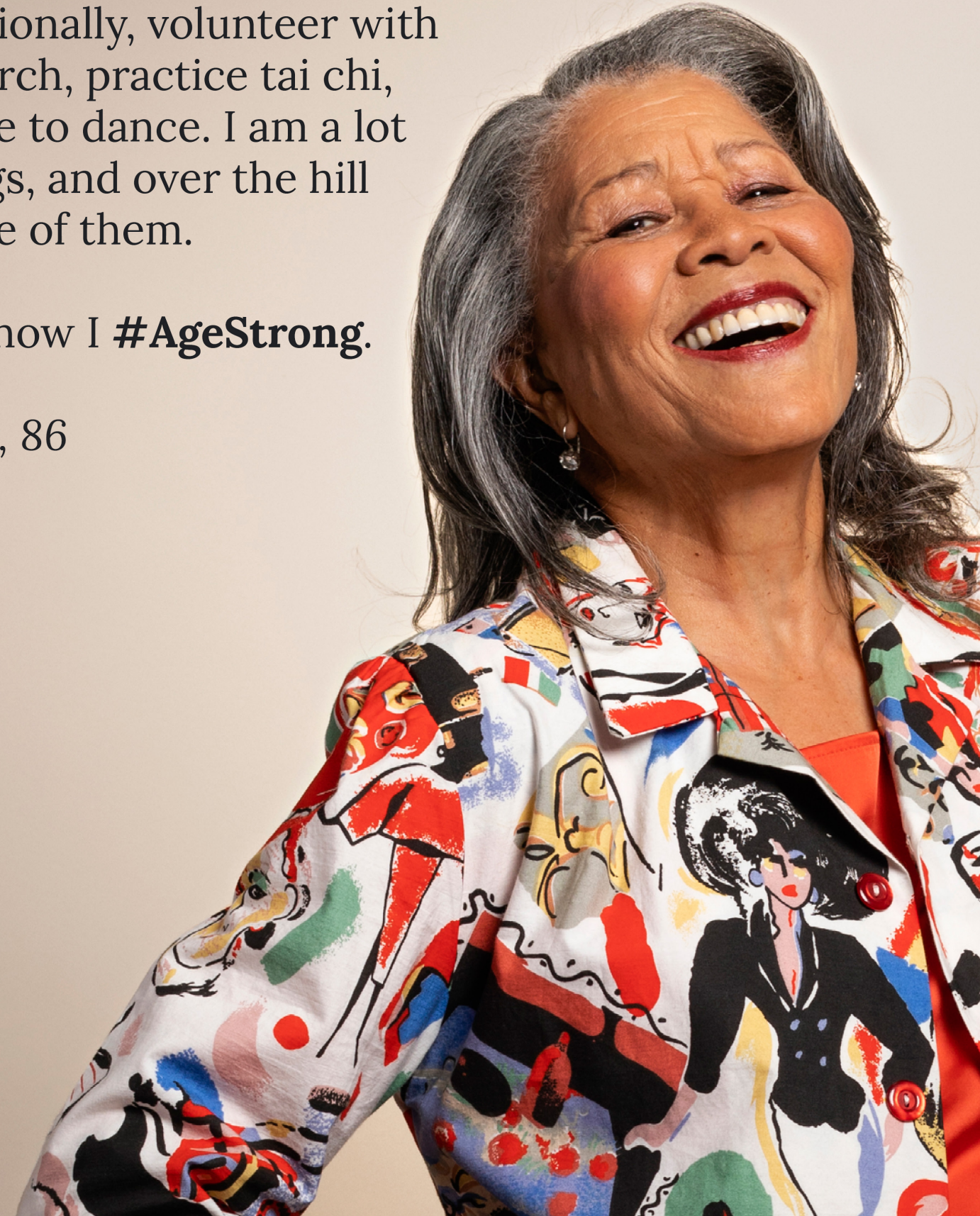
-Rob, 59



I am in my prime. I model professionally, volunteer with my church, practice tai chi, and love to dance. I am a lot of things, and over the hill isn't one of them.

This is how I **#AgeStrong**.

-Smiler, 86



# FRAIL

I'm a long-time boxer, and I can still pack a punch. I hit the heavy bag at the gym and swim laps every day. I am a lot of things, and frail isn't one of them.

This is how I **#AgeStrong**.

-Vinny, 83

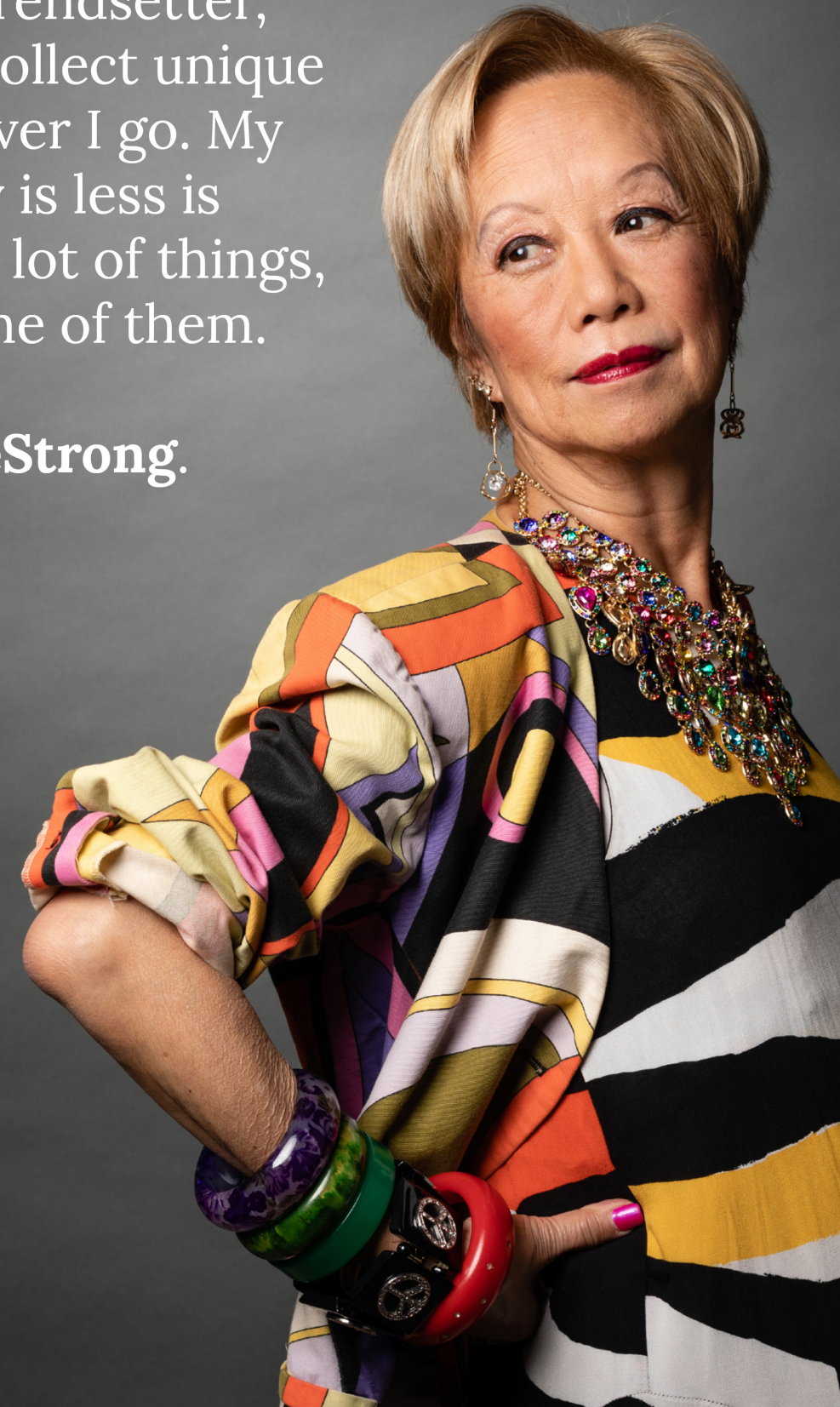


# FRUMPY

I am a risk-taker, trendsetter, and fashionista. I collect unique accessories wherever I go. My fashion philosophy is less is never more. I am a lot of things, and frumpy isn't one of them.

This is how I **#AgeStrong**.

-Judy, 70

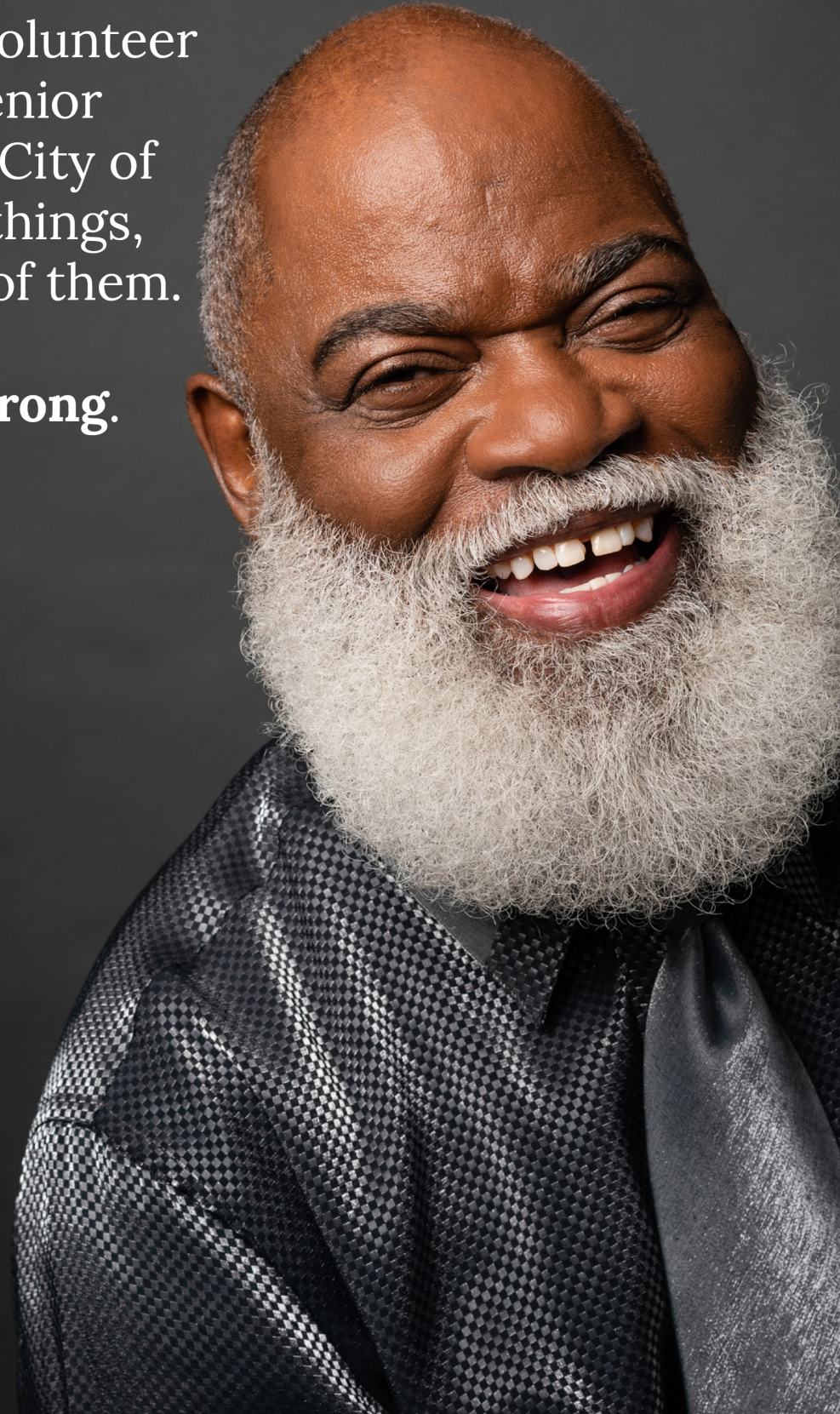


# CRANKY

I love my family, and I'm the life of every party. I volunteer to help others as a Senior Companion with the City of Boston. I am a lot of things, and cranky isn't one of them.

This is how I **#AgeStrong**.

-Harry, 67



# SENILE

You think I'm out of touch? Whatevah! I use a smartphone, paint every day, play Sudoku on my tablet, and spend time with my boyfriend. I am a lot of things, and senile isn't one of them.

This is how I **#AgeStrong**.

-Irene, 103



## ► In Boston, we Age Strong.

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



*We can help with:*

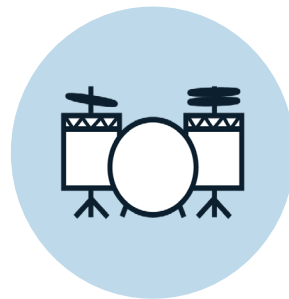
Call us for more details at 617-635-4366.



### Access to Information and Benefits:

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

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



### Outreach and Engagement:

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



### Transportation:

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

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



### Volunteer Opportunities:

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

- *RSVP* matches seniors with valuable volunteer opportunities in Boston.
- The *Senior Companion Program* matches seniors with homebound persons who need assistance.
- *Senior Greeters* volunteer their time to greet guests of City Hall.
- *Senior Property Tax Work-Off Program*: Qualified senior homeowners get the opportunity to work-off up to \$1,500 on their property tax bill by volunteering for a City agency.
- *Respite Companions* offer friendship and are attentive to an individual living with dementia, while giving the gift of respite to caregivers.



### Housing:

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

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



### Alzheimer's and Caregiver Support:

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

- Host Memory Cafés, which are places where individuals experiencing memory loss and their caretakers can meet in a safe, social environment.
- Provide referrals and offer workshops, training, and support groups for those who are supporting an older loved one.
- Can connect you to trained Respite Companions who offer additional support to an individual living with dementia.

# ▶ Seen Around Town



# How Do You #AgeStrong?

Follow us on social media  
as **@AgeStrongBos**, and  
join the conversation.  
Learn more by visiting:  
**[boston.gov/age-strong](http://boston.gov/age-strong)**

