

Welcome

Boston Elderly Commission
1 City Hall Plaza, Room 271
Boston City Hall
Boston, Ma 02201

Telephone: (617) 635-4366
Fax: (617) 635-3213
www.cityofboston.gov/elderly

The mission of the Commission on Affairs of the Elderly is to enhance the quality of life of Boston's senior citizens through planning, coordinating, and monitoring the delivery of services to the elderly in an efficient and effective manner. The Elderly Commission, as Boston's Area Agency on Aging and Council on Aging, promotes the active involvement of seniors in the life and health of their neighborhoods.

In this folder you will find information on the many services that the Boston Elderly Commission offers citizens age 60 and older. All services are free.

You will also find important contact information and a fact sheet detailing the organizations you should turn to for immediate assistance.

Finally, we've included information on current events and seasonal tips.

Take care, and we hope to hear from you soon!

The Boston Elderly Commission

BOSTON CITY HALL • ONE CITY HALL SQUARE • BOSTON • MASSACHUSETTS • 02201
Phone • 617-635-4366 • FAX 617-635-3213

website: www.cityofboston.gov/elderly

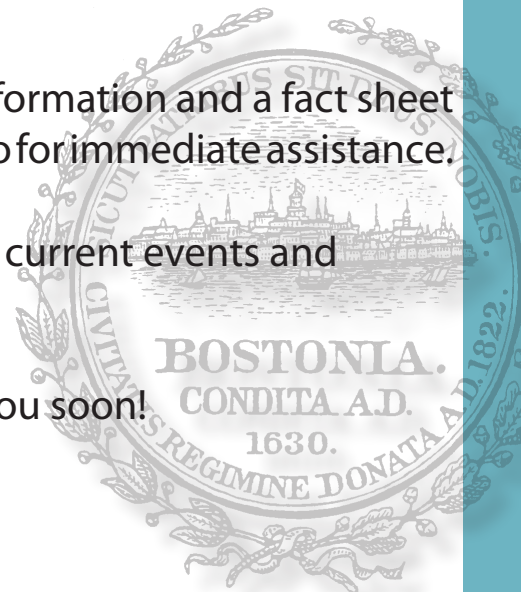


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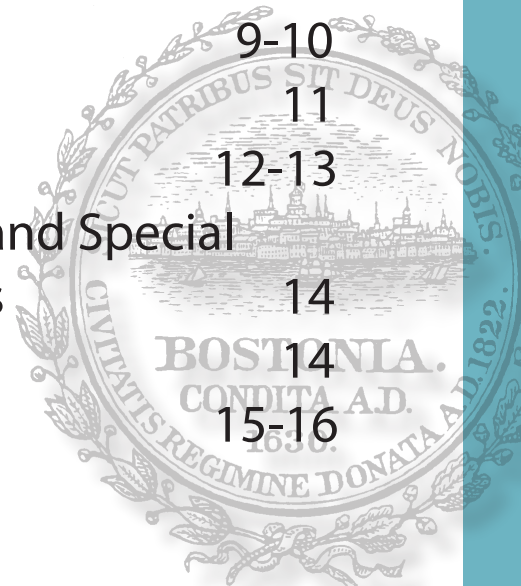
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Community Service Advocates

The Information Referral Unit has 8 advocates who are assigned to neighborhoods. Advocates provide one-on-one assistance by way of walk-ins, phone calls, or visits with the homebound. They offer assistance with government benefits, various city services, make referrals to social service agency's according to need plus information on many other senior benefits.

Neighborhood Advocate Contact List

Allston/Brighton	Meghan Murray	617-635-2095
Back Bay/Downtown	Tammy Sutton	617-635-3202
Beacon Hill	Richard Morrison	617-635-3993
Charlestown	Meghan Murray	617-635-2095
Chinatown	Ivy Pham	617-635-4646
Dorchester-South	Ivy Pham	617-635-4646
Dorchester- North	Lorna Heron	617-635-4335
East Boston	Vilma Valentin	617-635-4363
Fenway	Richard Morrison	617-635-3993
Hyde Park	Connie Mohammed	617-635-4232
Jamaica Plain	Jane Boyer	617-635-3994
Mattapan	Connie Mohammed	617-635-4232
Mission Hill	Vilma Valentin	617-635-4363
North End	Meaghan Murray	617-635-2095
Roslindale	Ivy Pham	617-635-4646
Roxbury	Richard Morrison	617-635-3993
South Boston	Lorna Heron	617-635-4335
South End	Vilma Valentin	617-635-4363
West End	Tammy Sutton	617-635-3202
West Roxbury	Jane Boyer	617-635-3994
All Spanish Speakers	Vilma Valentin	617-635-4363

Advocate Fact Sheet

The advocate unit of the Elderly Commission provides advocacy services in the following areas for seniors and disabled individuals:

- 1) Referrals to housing resources
- 2) Food stamps- Assist with application process and recertification
- 3) Utilities- Assist with locating financial resources
- 4) Homelessness- Assist seniors with locating shelter resources
- 5) Conduct home assessments
- 6) Assist seniors and the disabled in understanding their Medicare and Mass health benefits and other health insurance options
- 7) Provide seniors and the disabled with information on current issues or new policy pertaining to their population
- 8) Inform seniors of city services and resources
- 9) Provide crisis intervention services to ensure safety
- 10) Assist elders with locating legal services
- 11) Identify the availability of resources and resource systems to facilitate aging in place
- 12) Fuel Assistance - Assist with application process and recertification

Seniors who are home bound can receive these services at home.

For more information you can contact Angela S. Yarde the Director of the Advocate Unit.
617-635-3989
Angela.Yarde@boston.gov

Advocate Fact Sheet

For your convenience Elderly Commission Advocates are now providing services in your neighborhoods. Seniors can drop in at these sites and receive services including taxi coupons during the following days and times.

Neighborhood: West Roxbury
Roche Center
1716 Centre Street, West Roxbury
617-635-5066
4th Monday
10 AM to 4 PM
Advocate: Jane Boyer

Neighborhood: Brighton/Allston
Veronica B. Smith Senior Center
20 Chestnut Hill Ave, Brighton
617-635-6120
Every Monday & Thursday
8:30 AM to 4 PM
Advocate: Meagan Murray

Neighborhood: Jamaica Plain
Curtis Hall
20 South Street, Jamaica Plain
617-635-5193
2nd Thursday
10 AM to 4 PM
Advocate: Jane Boyer

Neighborhood: Hyde Park
Neponset Center
29 Neponset Field Lane, Hyde Park
617-596-7125
2nd Wednesday
3 PM to 4 PM
Advocate: Connie Mohammed

Neighborhood: East Boston
East Boston Social Service Center
68 Central Sqaure, East Boston
617-569-3221
Every Wednesday
9:30 AM to 5 PM
Advocate: Vilma Valentin

Neighborhood: Roslindale
Roslindale Community Center
6 Cummins Highway, Roslindale
1st Monday
9 AM to 12 PM
Advocate: Ivy Pham

Advocate Fact Sheet

Neighborhood: Dorchester
Kit Clark / VACA
42 Charles Street
617-288-7344
1st & 3rd Monday
9 AM to 5 PM
Advocate: Ivy Pham

Neighborhood: Roxbury
Harriet Tubman House
566 Columbus Ave
617-536-8610
2nd & 4th Tuesdays
10:00 AM to 4:30 PM
Advocate: Richard Morrison

Neighborhood: Hyde Park
Hyde Park Municipal Building
1179 River Street
617-635-5178
2nd Tuesday
9 AM to 12 PM
Advocate: Connie Mohammed

Neighborhood: Mattapan
Mattapan Center for Life
555 River Street
617-296-5700
1st Tuesday
9:30 AM to 12:30 PM
Advocate: Connie Mohammed

Neighborhood: South End
Inquillinos Boricuas En Accion
405 Shawmut Ave
617-927-1702
1st & last Thursday of the month
9:30 AM to 5PM
Advocate: Vilma Valentin

Neighborhood: Mattapan
Foley Senior Residents
249 River Street
617-298-5800
2nd Wednesday
11 AM to 12 PM
Advocate: Connie Mohammed

Neighborhood: Mattapan
Mattapan Branch Library
1350 Blue Hill Ave
617-298-9218
2nd Tuesday
12 PM to 4:30 PM
Advocate: Connie Mohammed

Neighborhood: South Boston
South Boston Neighborhood House
136 H Street
617-268-1619
Advocate: Lorna Heron

Assistance Programs

Programs to Help with Housing Costs

Senior Circuit Breaker (Home owners and Renters)

Home owners: Entitles qualifying seniors age 65+ to an income tax credit equal to the amount by which their real estate taxes plus half of their water and sewer payment exceed 10 percent of their income.

Renters: Unless in subsidized housing may qualify if 25 percent of their rent exceeds 10 percent of income.

To get the proper forms, Call Department of Revenue 1-800-392-6089

Elder Property Tax Relief Programs

Residential Exemption: The City of Boston offers a residential exemption to property that serves as a property owner's principal residence.

Elderly Exemption 41C: Provides assistance to elderly taxpayers 65 as of July 1 of the tax year, who meet income, whole estate and residency requirements.

Senior Property Tax Work-Off Program: Enable seniors 60+ to volunteer for the local city and qualify for a reduction of their local tax bill. Applications are accepted from May 1st - June 30 each year.

Senior Property Tax Deferral Program (clause 41A): Allow qualified individuals 65+ to enter into tax deferral and recovery agreements to postpone payment of property taxed until the property is sold.

To get more information for all of the above and proper forms, Call Assessing City of Boston 617-635-4265.

Assistance Programs

Programs to help with Food, Fuel & Telephone Costs

BenefitsCheckUP helps you find and enroll in public and private benefits programs.

www.BenefitsCheckUp.org/Boston

Food Assistance

Supplemental Nutrition Assistance Program (SNAP): contact an Elderly Commission Advocate to help you with this application process

Farmers Market Coupons: contact David Webber, coordinator at Massachusetts Dept of Agricultural Resources at 617-626-1754

Fuel Assistance

Utility Discounts, Weatherization and Energy Conservation: Massachusetts has a comprehensive system of low-income gas and electric utility bill discounts, weatherization and conservation program

For more information and with assistance in applying to these programs contact an Elderly Commission Advocate

LIHEAP: for assistance in paying your heating bill – contact ABCD at 617-357-6012

Safelink Wireless

Lifeline Assistance is part of a program that was created by the government to provide discounted or free telephone service to income-eligible consumers. To help bring you this important benefit, SafeLink Wireless is proud to offer Lifeline Service. Through the Lifeline Service you will receive FREE cellular service, a FREE cell phone, and FREE Minutes every month! SafeLink Wireless Service does not cost anything – there are no contracts, no recurring fees and no monthly charges. Your exact benefits, including the number of free Minutes you will receive, depend on the state you live in.

For more information call 1-800-977-3768, Monday through Saturday, 8a.m. to 10p.m. and Sunday 8a.m. to 7p.m., Eastern Standard Time.

Assistance Programs

Programs to help with Health & Long-Term Care

Health Care Support Programs

Medicare

MassHealth (Medicaid)

Medicare Savings and MassHealth Buy-In Programs

Contact an Elderly Commission Advocate to help you with this application process – 617-635-4366

Contact a SHINE counselor if you have any questions about Medicare at 617-522-6700 x323

Home and Community-Based Programs

Waiver Program: A program for low-income Massachusetts residents who qualify for nursing facility or other institutional care but want to live at home. The Waiver allows MassHealth members to get needed health care and support services at home rather than in an institution.

Massachusetts Home Care Program: A state-funded program available to seniors with limited income who need help with activities of daily living and instrumental activities of daily living.

Contact Boston Elder Info for more information – 617-292-6211

Caregiver Support Service & Referrals

Caregiver Support Service: Offers information and referral, assistance in gaining access to support services, support programs, educational trainings, respite scholarship and information to caregivers who need a helping hand.

For more information call Boston Elder Information (617) 292-6211

Transportation

Taxi Coupons

Boston residents age 65 or older and persons with disabilities may purchase taxi coupon books worth \$10.00 at a cost of \$5.00. Taxi coupon books may be purchased in the office of the Commission on Affairs of the Elderly in Boston City Hall, Room 271. The taxi coupons may also be purchased through the Taxi Coupon Coordinator, who maintains regularly scheduled visits to local senior centers, housing complexes and senior club meetings. The Community Service Advocates also sell coupon books to homebound seniors. All Boston licensed taxi drivers are mandated to accept the coupons.

Senior Shuttle

The Senior Shuttle provides Boston residents age 60 and older with free transportation within the City of Boston to non-emergency medical appointments, food shopping, social and recreational events.

The Senior Shuttle provides door to door service to your destination and return home. Several Senior Shuttles are wheelchair accessible. Priority is given to seniors needing transportation for medical appointments, then food shopping groups and lastly, social or recreational activities.

The Senior Shuttle program kindly requests that you notify them as soon as possible to schedule an appointment since rides are scheduled on a first come first serve basis. Occasionally, due to cancelations, we can provide a ride with less than two days notice.

Hours of Operation: Monday through Friday from 8:00am to 4:00pm

Telephone Number: (617) 635-3000

RSVP

What is RSVP?

RSVP is a group of people 55 years and older who volunteer in their community to make a difference. RSVP volunteers are lending a hand all over the country; with more than 2 million members. It is one of the largest national volunteer programs.

What do RSVP volunteers do?

Volunteers work at over 60 locations throughout Boston doing everything from tutoring children in reading, serving lunch to seniors, helping out at homeless shelters, serving in hospitals, and helping people get to know Boston.

What are the benefits of joining RSVP?

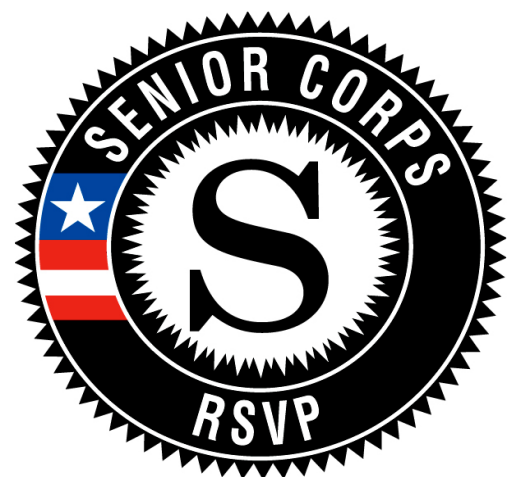
RSVP volunteers are eligible for some out-of-pocket expenses while volunteering, such as travel costs and meals, subject to station regulations. All RSVP volunteers receive free supplemental accident insurance while volunteering and an invitation to the annual recognition event. All RSVP volunteers receive the training they need to make a difference.

For an application or more information contact:

Patricia McCormack, RSVP Director

Telephone: (617) 635-1794

Email: Patricia.McCormack@boston.gov



Take the time, make the call, help out in your community!

Senior Companion Program

What is the Senior Companion Program?

SCP is part of the Senior Corps, a network of national service programs that provides older Americans with the opportunity to apply their life experiences to meeting community needs. Senior Companions serve one-on-one with the frail elderly and other homebound persons who have difficulty completing everyday tasks. They assist with grocery shopping, bill paying, and transportation to medical appointments. They also alert doctors and family members to potential problems. In addition, Senior Companions can provide short periods of relief to primary caregivers. Because of this program, thousands of citizens are able to live with dignity in their own homes.

Who is eligible to participate?

The Senior Companion Program is open to healthy individuals age 55 and older with limited incomes. All applicants undergo a background check and an interview, as well as pre-service and in-service training on such topics as Alzheimer's disease, diabetes, and issues related to mental health. Senior Companions serve between 15 - 20 hours a week.

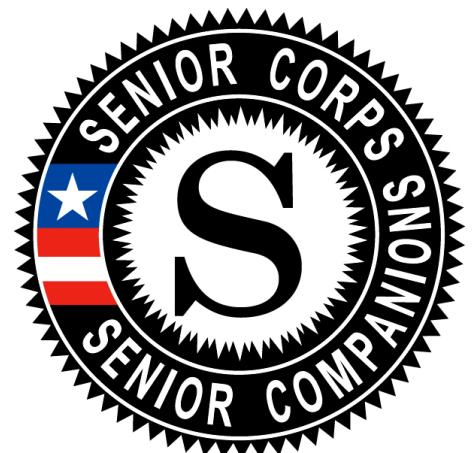
What are the benefits of volunteering as a Senior Companion?

For their service, Senior Companions receive a \$2.65 an hour (tax free) reimbursement for transportation, annual physical examinations, meals, and accident and liability insurance during service.

For an application or for more information contact:

Gloria Rice-Stuart, SCP Director
Telephone (617) 635-3987
Email Gloria.Stuart@boston.gov

Eileen O'Connor, SCP Administrative Assistant
Telephone (617) 635-2844
Email Eileen.O'Connor@boston.gov



Memoir Project

Memoir Writing Project

Countless unique stories are brimming in the hearts and minds of elderly people throughout the City of Boston. The Memoir Project, a joint venture between the City of Boston and Grub Street Inc., aims to capture the stories systematically and over an extended length of time by teaching elderly residents the rudiments of memoir writing. Learning these skills will give seniors a practical and meaningful way to turn memories into coherent narratives with lasting value. By capturing stories of elderly residents, we intend to document the living history of Boston and, by doing so, provide a greater understanding of the city's past and present for all its residents.

Volume I Born Before Plastic: North End, Roxbury, South Boston

Volume II My Legacy is Simply This: Charlestown, Chinatown, East Boston, Mattapan

Volume III Sometimes They Sang With Us: Hyde Park, Jamaica Plain, Mission Hill

Volume IV Imagine Such A Life: Allston/Brighton, South End, West Roxbury, Roslindale

Volume V (workshops currently in progress): Back Bay/Fenway, Beacon Hill/West End, Dorchester

For information about a workshop or to purchase the books contact Gregory Josselyn at 617-635-4250 or email at Gregory.Josselyn@boston.gov

Community Involvement

The AAA Advisory Council

The AAA Advisory Council is a group of over 100 Boston seniors and senior service agency representatives who represent and advocate for Boston seniors. This group advises the Commission on policy, legislation and service areas for future funding.

The Advisory Council meets on the first Friday of the month, September thru June.

For more information contact

Melissa Carlson, Deputy Commissioner

Telephone (617) 635-1838

Email Melissa.Carlson@boston.gov

The Elderly Advocacy Task Force

The Elderly Advocacy Task Force is a group of Boston seniors and Title III* senior service agencies. The purpose is to advocate on legislative items and other issues to better the lives and services offered to Boston seniors. Each September, the task force selects state legislative and budgetary topics to advocate for or against. We advocate by attending legislative rally's, writing letters of support, testifying at hearings and educating seniors about various issues.

The task force meets on the fourth Friday of every month in the Piemonte Room (5th fl) from 10a-11a.

For more information and how to participate contact

Melissa Carlson, Deputy Commissioner

Telephone (617) 635-1838

Email Melissa.Carlson@boston.gov

*The Older American's Act established the Administration on Aging, a national agency to oversee the development of services and opportunities for older people across the nation. The Act also authorized funding under Title III to support a state unit on aging in each state. Title III provides fund to each state to allow the state to carry out the intent of the Act.

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The Health and Long Term Care Force

The Health & Long Term Care Task Force is a part of the Commission on Affairs of the Elderly Area Agency on Aging. The task force is comprised of agencies receiving Title III funding, seniors and other representatives interested in senior services provided to Boston seniors.

The mission of the Task Force is twofold:

- 1) To advocate for all Boston seniors in the areas of Health and Long Term Care
- 2) To provide a forum where seniors, Title III* recipients and other H<C professionals can keep updated and exchange information relative to current Health & Long Term Care policies, procedures and legislation.

The Health & Long Term Care Task Force meets on the second Wednesday of each month from 9:00 a.m to 10:30 a.m. in Room 115 in Boston City Hall unless otherwise notified. Each month's topics of discussion are chosen by membership vote at the Task Force's September meeting. Speakers are recruited by Task Force members and Elderly Commission staff. The Task Force is chaired by Michael Kincade of the Alzheimer's Association of Massachusetts.

For more information and how to participate contact

Mike McColgan, Health Advocate

Telephone (617) 635-4168

Email Michael.McColgan@boston.gov

*The Older American's Act established the Administration on Aging, a national agency to oversee the development of services and opportunities for older people across the nation. The Act also authorized funding under Title III to support a state unit on aging in each state. Title III provides fund to each state to allow the state to carry out the intent of the Act.

Other

Commemorative Birthday and Special Announcement Certificates

If you have a birthday milestone in your future you can request a warm birthday greeting signed by Mayor Martin J. Walsh.

If you know of someone that has a need to be recognized you can request a Certificate signed by Mayor Martin J. Walsh and distinguished by the city seal. The certificates are very beautiful and professional. It is a great way to commemorate a special Boston senior.

For more information contact

Jean Evans, Executive Assistant

Telephone (617) 635-3980

Email Jean.Evans@boston.gov

Community Events

The Elderly Commission offers the senior citizens of Boston an array of events each year. Whether it's the Senior First Night Celebration, Golden Wedding Anniversary Party, Halloween or Grandparents celebrations, the staff of the Elderly Commission is involved in over one hundred wonderful occasions for seniors to get together.

For more information contact

Mary Beth Kelly, Special Events Director

Telephone (617) 635-3959

Email Marybeth.Kelly@boston.gov

Communications

BNN-TV LIVE – “Boston Seniors Count”

Weekly, cable television show hosted by Elderly Commission staff with guest experts on topics of interest to senior citizens. Aired on Thursdays from 3:30 to 4:00 p.m. on Comcast Broadband Channel 9 or RCN Channel 15. The show is rebroadcast on Channel 9 every Sunday at 11:30 a.m. and Tuesday at 8:30 p.m.

BNN-TV – “Don’t Retire, Inspire”

Weekly television show hosted by Augusta Alban. Tune in to hear how Boston seniors are INSPIRED everyday and listen to them share their wisdom with you. On BNN, Channel 9, Fridays at 2:30 p.m. and repeated on Saturdays at 11:00 a.m. Collaboration between Mayor Martin J. Walsh, the Elderly Commission and Suffolk University

Boston City TV - “Don’t Retire, Inspire”

Weekly television show hosted by Augusta Alban. Tune in to hear how Boston seniors are INSPIRED everyday and listen to them share their wisdom with you. On Boston City TV, Comcast Channel A-24 and RCN Channel 16, Tuesday and Saturday at 5:00 p.m. Collaboration between Mayor Martin J. Walsh, the Elderly Commission and Suffolk University

ZUMIX Radio – “Boston Seniors Count”

Weekly radio broadcast hosted by Elderly Commission staff who present guests and topics of interest to senior citizens. Heard each week on Wednesdays at 2:00 p.m. on ZUMIX Radio streaming on www.Zumix.org, on Itunes and on Sundays at 8:30 AM on WJIB 740 AM.

For more information call (617) 635-4366

Communications cont...

Mayor's 24 Hour Hotline

The Mayor's constituent service is available to accept requests and complaints 24 hours a day, by calling (617) 635-4500.

Senior Response Officers

Officers from the City of Boston Police Department who are trained to respond to and handle issues specific to the senior community.

For more information call (617)343-5484

www.800AgeInfo.com

The goal of this website is to provide you with information to help you make good decisions concerning your care to help you find the resources you need to maintain your independence and to improve your quality of life. You can also call (800)243-4636.

Boston ElderINFO

Boston ElderINFO assists elders and their families in accessing a comprehensive range of services that address age-related needs. Boston ElderINFO is a program of the ElderCare Alliance.

Online at www.elderinfo.org

Or Call (617) 292-6211

Nutrition Programing

What is the Elderly Nutrition Program?

The City of Boston Elderly Commission, as the Area Agency on Aging, through Title III C funding, administers the Elderly Nutrition Program. All seniors over 60, and their spouses, regardless of age, are eligible for meals on wheels, and/or congregate meals. There are no income restrictions. A voluntary donation is requested to offset the food and delivery cost of the meals. The meals are provided to serve seniors in the greatest economic and social need throughout the City.

Who is eligible to participate in the Elderly Nutrition Program?

The criteria to be eligible for meals on wheels are that the senior be primarily homebound due to illness, disability and/or frailty. All meals served provide one-third of the current daily Recommended Dietary Allowance. Also, special dietary and ethnic needs are incorporated into the menu planning. The following ethnic meals are offered: Kosher, Latino, Caribbean, Chinese, Vietnamese, Russian, as well as the traditional meal that is low in sodium and can be modified for a diabetic diet.

The City has three Nutrition programs that provide over 3,000 meals a day. The programs are Kit Clark Senior Services, Ethos and Greater Boston Chinese Golden Age Center. The three nutrition programs provide ~40 congregate meal sites through-out the city of Boston. The sites are open to all seniors. The program aims to reduce the isolation of seniors while providing a meal in a congregate setting according to the days in which each site is open.

In addition to meals, the three nutrition programs can offer nutrition assessments, counseling and education to seniors receiving home delivered meals. The programs also provide nutrition education presentations at the lunch sites.

For more information contact:

Shannon Murphy, Nutrition Advocacy Planning Director

Telephone (617) 635-3745 / Email shannon.murphy@boston.gov