

Boston Seniority

Elderly Commission

Martin J. Walsh, Mayor of Boston



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Commission on Affairs of the Elderly

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Mayor's Spotlight

MAYOR WALSH UNVEILS CITY HALL'S EXTERIOR LIGHTS

The new high-efficiency LED fixtures illuminate the lower levels and highlight City Hall's entrances.



Mayor Martin J. Walsh unveiled Boston City Hall's architectural exterior lighting installation, a permanent fixture to highlight and enhance the building's original design while livening up City Hall plaza and increasing public safety. The unveiling was made during this year's final Beer Garden on the Bricks event, themed "Light Bright Beer Garden."

"I am proud that for the first time in its 48 year history, Boston City Hall is going to shine," said Mayor Walsh. "This state of the art lighting system will help make City Hall the civic heart of our city by livening up the plaza, while make the area safer and connecting us to Faneuil

Hall and Quincy Market. Bringing new light to City Hall is symbolic of a more responsive vision here at City Hall, one that is meant to be engaging, inspiring, and serve as a beacon of the city and our values."

New high-efficiency LED fixtures have replaced the original exterior recessed lighting fixtures to illuminate the lower levels and highlight the entrances. The new fixtures wash the building in a warm white light, and also have the capability of projecting a wide-range of color options which will allow the City to light the building to acknowledge a variety of civic and celebratory events.

Continued on page 4

As part of the unveiling, Mayor Walsh lit City Hall blue to serve as a reflection of the police officers injured in East Boston and pink in honor of Breast Cancer Awareness Month. Across the city, these lights were joined in being lit pink by those on the Zakim Bridge; the TD Garden; the Prudential Center; the Rose Kennedy Greenway; Atlantic Wharf and Rowes Wharf; the Dorchester gas tank; UMass Boston, the Bolling Building in Dudley Square; the Fallon Building on the South Boston waterfront; and Government Center T Station.

MORE DETAILS ON THE LIGHTS

The lighting highlights the original tripartite design of City Hall, which organized the building into three parts — the public spaces: the lower levels that house public transaction areas; the symbolic spaces: the middle sections that house the governmental offices of the Mayor and the City Council; and the administrative spaces, the crown of the building, that house the administrative functions of government.

"Light is a metaphor for many things — energy, transparency, understanding — and light is necessary for growth and evolution," said Greg Galer, Executive Director of the Boston Preservation Alliance. "Bringing new light to City Hall is symbolic of not just a change in attitude of this important piece of architecture but as a sign of a new life

for City Hall and the plaza. We know this project is the first step to make City Hall a civic centerpiece cherished by the residents of Boston and our visitors. We thank Mayor Walsh for bringing a new perspective, a new light, to City Hall."

The new exterior lighting improves security lighting, and allows for the floodlights and associated conduit added to the building over the years to be removed in its entirety. The lighting is utilizing energy efficient equipment to help meet the city's sustainability goals, replacing the existing Metal Halide fixtures with LED technology that has a 20 year life span. The current fixtures have a four year life span and have never been replaced.

"By illuminating its iconic and bold form, City Hall's interaction with Boston's urban fabric may be reinvigorated," said David Eisen FAIA, Boston Society of Architects/AIA (BSA) Vice President for Communications. "It's a decisive step toward transforming one of the most internationally renowned buildings that make up our distinct architectural heritage."

The new fixtures are also more energy efficient than the Metal Halide fixtures and the existing Flood Lights. Cost savings are expected to be in the range of 300,000 kWh saved per year.

Arcade lights have also been retrofitted to complement the City Hall lighting. Both will be operated by the same controller and will be able to be coordinated. The lighting is very flexible, so future building or plaza renovations can utilize the new lighting.

"It is wonderful that the City is taking this opportunity to recreate its own home place - City Hall - as the keystone and central event in an ongoing pursuit of improved illumination for our city," said Todd Lee, President of LIGHT Boston. "Mayor Walsh and his administration's strong support for using lighting to make our city even more dramatic, accessible, safe and a desirable place to be for both residents and visitors is noteworthy."

The exterior lighting installation is one of several ongoing initiatives to activate City Hall and City Hall plaza and make it more inviting and welcoming for residents. In September, Mayor Walsh announced that a contract was signed with Boston Garden Development Corporation as the vendor to enhance City Hall Plaza. Last year, Mayor Walsh launched RethinkCityHall.org and selected Utile to partner with the City on a City Hall campus plan study, a one-year comprehensive planning process that will serve as a roadmap for the operation and design improvements to City Hall and the plaza.



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Commission on Affairs of the Elderly



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To ask about a bus pick-up, please call Marybeth at 617-635-3959.

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The Property Tax Work-off program offers qualified senior homeowners the opportunity to provide volunteer services to the City of Boston in exchange for a property tax reduction of up to \$1,000 per fiscal year. Participants can volunteer their hours in City offices located either at City Hall or at community locations such as Community Centers and Boston Public Schools.

**FOR MORE INFORMATION
PLEASE CONTACT
THE ELDERLY COMMISSION AT
617-635-4366**





**HERE'S A PEEK AT
SOME OF THIS
YEAR'S VOLUNTEERS!**



Kenneth, City Hall Greeter



John, Senior Shuttle Survey



Arnetta, Carl and Lirba greeters at the Hispanic Heritage Celebration



Stan, Imagine Boston 2030 Outreach



Arnetta, Renew Boston



Lirba, Graphic Designer

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BRONCHITIS

Do you have a productive cough that lasts days to weeks after a cold?

Fatigue? Wheezing? Tightness in your chest? Dull pain in your chest? Shortness of breath?

You could have bronchitis.

Bronchitis is inflammation in your lungs. It is often caused by a virus, chronic smokers “hacking”, chemical irritants or bacteria.

Chronic bronchitis: Often coughing for 3 months every year . It is best to see your doctor to rule out asthma, pneumonia, allergies or even a common cold that won’t go away. Coughing can also be caused by a sinus condition, GERD (gastric reflux) or even lung cancer. #1 cause of bronchitis is smoking.

Acute bronchitis is often seen in the winter months. The usual cause is a virus. Chronic smokers are often affected.

The easiest way to treat bronchitis: See your doctor for an evaluation. He will listen to your lungs, order pulmonary function tests, chest x-ray and order

bronchodilator medication if needed. Don’t expect antibiotics unless he thinks it is a bacteria causing the bronchitis.

My usual recommendations each year: Flu vaccine, updated pneumonia vaccine, healthy diet, early to bed, avoid smoking and avoid infected people and humidity increased in the home.

Best and easiest treatment: wash your hands many times a day, change your toothbrush every few months, paper cups in the bathroom, paper towels in the bathroom—avoid using the family towel.

I wish all my readers a Happy and Healthy Thanksgiving 2016!

Help Us Learn More About Sleep!

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The Commission on Affairs of the Elderly
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Mayor Martin J. Walsh's
50th Anniversary Luncheon

For more information please contact
Cynthia Woolcock at 617-635-6122.



Healthy Recipes

*All Healthy Recipes are carefully
selected by our expert nutritionist
Tara Hatala, RD*

Apple & Sweet Potato Sautee

Serves: 5

Calories per serving: 210

Ingredients:

- 2 tablespoons vegetable oil
- 4 cups sweet potatoes, chopped
- 1 teaspoon fresh or ¼ teaspoon dried ginger
- 2 cups apples, chopped
- 1 teaspoon cinnamon

Directions:

1. Heat oil in a large pot over medium heat.
2. Add sweet potatoes, cover and cook for 5 minutes.
3. Add 1/2 cup water and ginger, if using. Cover and cook for 5 minutes, stirring often.
4. Add apples and cinnamon. Cook for 10 more minutes until sweet potatoes are soft.

Source: www.sparkrecipes.com

Chickpea Salad

Serves: 6

Calories per serving: 130

Ingredients:

- 1 1/2 cups plain low fat yogurt
- 2 cloves garlic, minced
- 1 teaspoon sugar
- 1 teaspoon cumin (optional)
- 1/2 teaspoon chili powder
- 1 3/4 cups cooked chickpeas
- 1 bell pepper, chopped
- 1 cup peas
- Salt and pepper to taste

Directions:

1. In a medium bowl, mix yogurt, garlic, sugar, cumin and chili powder.
2. Stir in chickpeas, bell pepper and peas.
3. Add salt and pepper to taste.
4. Cover and refrigerate for 1 hour.

Source: Vegan Feast Catering

Needs Assessment Questionnaire

The City of Boston Commission on Affairs of the Elderly is conducting a needs assessment to learn more about the needs of Boston seniors. The answers you share can help shape future senior programs in Boston. All information will be confidential. And no information you share will be able to be traced back to you. You do not have to respond to any question you do not feel comfortable answering. There will be a section to record any additional thoughts at the end. Thank you for your participation!

What Boston Neighborhood do you live in? (If other, please write in city)

| | |
|--------------------------------------|-------------------|
| 1. Allston/Brighton | 10. Jamaica Plain |
| 2. Back Bay | 11. Mattapan |
| 3. Beacon Hill/ West End | 12. Mission Hill |
| 4. Chinatown/Downtown | 13. North End |
| 5. Charlestown | 14. Roslindale |
| 6. Dorchester (North of Park Street) | 15. Roxbury |
| 7. Dorchester (South of Park Street) | 16. South Boston |
| 8. East Boston | 17. South End |
| 9. Fenway | 18. West Roxbury |
| 10. Hyde Park | 19. Other |

How old are you?

- 59 and under
- 60-69
- 70-79
- 80-89
- 90-99
- 100 and up

Are you a senior and/or a caregiver?

- Senior
- Caregiver
- Both
- Neither

Do you identify as Hispanic or Latino?

- Yes
- No
- I am not sure

What is your racial identity?

- American Indian/Native American
- Asian
- Black
- Multiracial
- Native Hawaiian/Pacific Islander
- White
- Other
- I choose not to answer

Needs Assessment Questionnaire

Areas of Concern: In this section you will find a list of some of the most common concerns regarding aging. Please check off all that are personal concerns of yours or those in your household. And circle what you would consider to be your top three concerns.

- Access to social assistance services** (i.e. health insurance, benefits eligibility and options)
- Caregiver support** (i.e. educational programs, counseling services, respite care, social/emotional support)
- Civic Engagement/volunteer opportunities** (i.e. opportunities to volunteer)
- Cultural Competency around LGBT issues** (i.e. barriers to care, trust building, sensitivity training)
- Economic (financial) security** (i.e. money management, financial literacy, retirement planning)
- Health Care** (i.e. medical, dental, medication management, illness management)
- Housing** (i.e. alternative senior housing, subsidized housing, renter/tenant matters, maintaining homeownership)
- Learning and development** (i.e. educational programs, digital technology, skill development)
- Legal Services** (i.e. legal counsel, advocate/support, consumer complaints, medical directives)
- Leisure and recreation** (i.e. interest groups/clubs, social gathering activities)
- Long-term services and supports** (i.e. in home support services, single entry point, homecare)
- Maintain independence** (i.e. home care services, assistive mobility devices, independent living, palliative or end of life care)
- Mental and behavioral health** (i.e. Depression, anxiety, hoarding, substance and tobacco abuse)
- Nutrition** (i.e. congregate meals, home meals, food insecurity)
- Safety and security- personal and public** (i.e. abuse, neglect and exploitation, self- neglect, home safety modification, snow removal)
- Spirituality** (i.e. faith based activities)
- Social Isolation** (i.e. physical isolation, cultural isolation, community engagement)
- Staying active and wellness promotion** (i.e. physical activities)
- Transportation** (i.e. escort service, public transportation, access to paratransit services)
- Workforce development** (i.e. find employment, flexible job opportunities, retraining opportunities)

Needs Assessment Questionnaire

List three (3) things you enjoy about growing older in Boston

List three (3) things that make it difficult for seniors living in Boston

In your opinion, what prevents older people in your community from using the services that are available?

What do you love about aging in Boston?

Please provide us with any additional information you'd like to share - you can use the back as well

Please return the survey by **Friday, December 16, 2016** to:

Commission on Affairs of the Elderly
% Tiffany Favers
One City Hall Square, Room 271
Boston, MA 02201

Or fax to 617-635-3213, or scan and email to tiffany.favers@boston.gov

Needs Assessment Questionnaire

Additional information you'd like to share

Medicare Open Enrollment Started Oct 15th & Ends Dec 7th

Trained SHINE Counselors Can Help Seniors Make Sense Of It All:

- Understand your plan changes
- Assist with Medicare Options
- Assist with Prescription Drug Coverage
- And much more

Don't Ignore Your Medicare Mail! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should be receiving information from your plan. It is important to read this information because it explains the changes in your plan for 2017.

SHINE counselors are in every community and there are still appointments available.

Sign up fast!

Places you can call to schedule an appointment:

- **Elderly Commission**, 617-635-4366
- **Ethos Boston SHINE Program**, 617-522-9270
- **800AgeInfo**, 1-800-243-4636



Brain Injury Association of Massachusetts Promotes Fall Driving Safety

Shorter days and weather conditions can create dangerous road conditions

As we officially enter the autumn season, The Brain Injury Association of Massachusetts (BIA-MA) acknowledges that everyone is adjusting to fewer daylight hours and impending inclement weather. This can create hazardous road conditions. The BIA-MA wants to share some tips for drivers, pedestrians, and bicyclists alike to keep the roads safe for fall and the upcoming holiday season:

Drivers:

- Expect increased vehicular and pedestrian traffic around local schools, particularly during morning rush hour and mid-afternoons.
- Make sure that you and your passengers are wearing seat belts, and, if appropriate, are in car or booster seats.
- Allow extra time to travel through school districts. Leave earlier so that you won't be rushed or become impatient with delays.
- Be careful of pedestrians and cyclists when morning and afternoon sun glare is strongest. Keep speeds down, especially

when visibility is hampered.

- Never pass a school bus when the "stop" sign is showing or when the bus lights are flashing. Traffic must stop in BOTH directions when a school bus is stopped to pick up or drop off students. Be aware of kids crossing in front of the school bus.

Pedestrians:

- Cross in marked crosswalks only.
- Wait for the "walk" light to cross the street. Do not jaywalk.
- Look both ways before crossing the street. Be mindful of turning vehicles entering the intersection as you cross.
- Walk on the sidewalk, not on the shoulder or in the street.
- Make eye contact with the driver before crossing the street to ensure that you are visible.
- Be very careful of solar glare. Drivers are often blinded by low sun angles, especially this time of year. If you cannot see the driver through the glare on their windshield, chances are they cannot see you. Wait until the driver comes to a full stop before safely crossing.
- Be aware of your surroundings and don't get distracted. Do not talk on a cell phone, listen to music with headphones on, or text message anyone while walking.

Bicyclists:

- Always wear a properly fitted helmet.
- Follow the rules of the road. Use proper hand signaling before making turns and ride with traffic. Obey all traffic lights.
- When riding across the street, stop and look both ways before crossing.
- Be very cautious of vehicles backing out of driveways. They may not see you.
- Make sure you are wearing reflective gear to enhance your visibility at dawn or dusk.
- Be courteous to pedestrians and drivers.

BIA-MA is one of the first and oldest organizations in the state to offer support and resources to brain injury survivors and their families, in addition to prevention programs, education, and legislative advocacy. Their mission is to create a better future for survivors and their families, and they recently completed a successful Walk & Roll season across the state of Massachusetts.

###

The Brain Injury Association of Massachusetts (BIA-MA) is dedicated to improving the lives of those affected by brain injury while reducing its incidence and impact through prevention programs, education and training and

legislative advocacy. Founded in 1982, the BIA-MA is the primary conduit between survivors and an extensive network of facilities, programs and professionals including 40 statewide support groups. The Brain Injury Association of Massachusetts is a chartered affiliate of the Brain Injury Association of America. For more information, visit www.biama.org or call (800) 242-0030.

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If you are single and make less than \$2,000 a month or if you are married and make less than \$2,700 a month then Yes!

For more information or to complete an application contact:

Lorna Heron at 617-635-4335 or
email lorna.heron@boston.gov

November is National Family Caregivers Month

“TAKE CARE TO GIVE CARE”

Help for New Caregivers

It is easy to become overwhelmed as a new caregiver. Five tips that can help are:

- **Learn about the person's medical condition or diagnosis.** By learning more you will understand your loved one's disease or condition and can be better able to care for them now and plan for the future. Also, set aside some time to acquaint yourself with their doctors, therapists, prescription drugs, and insurance coverage.
- **Talk about finances and healthcare wishes.** Having these conversations can be difficult but can help you carry out your loved one's wishes and take care of their financial affairs should they no longer be able to do these things themselves.



Caregivers provide connection and compassion to promote Healthy Aging.

- **Invite family and close friends to come together and discuss the needed care.** If possible, it's helpful to include the person needing care in this meeting. This meeting gives you a chance to explain what they need, plan for care, and ask others for help.
- **Use community resources.** Services such as Meals on Wheels, adult day programs, and respite care may help

relieve your workload and increase your free time. Look for caregiver educational programs that will increase your knowledge and confidence.

- **Take care of yourself.** Don't forget your own mental and physical health by putting your loved one's needs first. Nearly half of caregivers have reported that their health has gotten worse due to caregiving. Of those caregivers who say their health has declined, over half¹ report that declining health has made it harder to support their loved one.

Although caregiving can be a challenge, many people who are caregivers report a tremendous feeling of satisfaction and purpose.

What is caregiving?

Caregiving takes many forms. Many of us help out family members and friends who are older, sick, or disabled every day but don't think of ourselves as caregivers. Caregiving can range from providing short- or long-term financial assistance or running errands to providing comprehensive round-the-clock care. Although some people receive care from paid caregivers, most (75%)² rely on unpaid assistance from families, friends and neighbors. Many people become caregivers unexpectedly, which can be very difficult.

Source: www.cdc.gov/features/caregivers-month/

The following is an article submitted by Kathleen O'Connor in honor of National Family Caregivers Month. A personal insight of her families experience with caregiving.



Finding the Gifts in Grief

January 6, 2005 dawned bleak and cold. Just before 7:00, my mother sat up in bed, called my sister's name, and was gone. Weary from kidney dialysis, metastasized cancer and my father's recent death, she had stopped all medical treatments. This morning, weeks before their fifty-fifth anniversary, she rejoined Dad.

Numb from the losses, my siblings and I struggled for consolation. They're at rest. They were well cared for. But how to mourn Mom when we're still grieving Dad? How to make a second memorial service a celebration of life? Solace came in looking for the gifts.

Friends say their deaths were a fairy tale. Maybe, but our nerves were still raw! After eighty good years, partial amputation of one foot and heart and kidney disease whacked Dad hard.

Fortunately, kidney failure is not a harsh way to go. We believe that because he lived a good life, fate was kind. When we finally told Dad he didn't have to help us get mom to dialysis (he could go and we would be OK), he went to sleep and died a week later. Hard as it was to see, the Universe answered Dad's prayers (to die in his own bed) as ordered.

The fairy tale? Both were spared the pain of many illnesses. Both died at home. Mom spiraled through health crises: a severe blood clot, an aneurism that was repaired surgically. Three days post-op, on my brother's birthday, her surgeon dropped the bomb that her kidneys had failed. Eighteen months later, she developed esophageal cancer. Five days a week in radiation, three on dialysis. What a deal...

After Dad died, she would stare wistfully out the window. They were not meant to be apart... One day, she said it. "I feel lost, Kathy." "Mom, it's so much pain right now. But look at all the love that's come into this house. Dad's service was mobbed. Do you see how much you two have meant to people?" Tears welled in her eyes.

We took occasional outings. Her world had shrunk so much, grocery shopping was a magical mystery tour. But six weeks after Dad died, she couldn't keep food down. When her doctors said the cancer had metastasized, she endured

three weeks of radiation, and quit. My middle sister's physician friends asked tough questions. Fortunately, a new oncologist gave tough answers. Mom's escape route—stop dialysis.

We speed-dialed Hospice.

The same team came back—a cosmic Christmas gift. Dad's triage nurse, no longer in the district, asked to come back. Our medical social worker returned. And the afternoon before Mom died, Providence dispatched an angel in an SUV and furry boots—an RN who had occasionally visited Dad.

Donna nailed the situation: we were not prepared for the delirium and physical processes my mother was experiencing. When Donna offered to stay I demurred; she had other patients. She persisted. It took four of us over an hour to get Mom somewhat settled and, little did we know, ready to go.

In July, my mother asked their kidney doctor. "What's the story with Hal?", afraid to know, afraid not to. "Rosemary, in my assessment, he has until the end of August." The timeline was devastating—and a gift. Over the next six weeks, my closest cousin visited. We threw a bon voyage party—for my niece, who was leaving for Australia, and for Dad, who was really leaving. In a photo from that night, he is on oxygen, sipping his last martini.

Fast forward...Mom is off all medical procedures. Prognosis: 6-10 days. Jo, a beloved friend, calls. "Honey, I know this is a terrible time. But can I see Rosemary?" So began Mom's farewell. For four days, she held court in her bedroom. Friends sat with her, holding hands, laughing, crying. And Momma blew everyone away. She hung in for over two weeks.

Mom had requested a particular poem for her service. It begins, "Do not stand at my grave and weep, I am not here, I do not sleep." Later, we saw her wisdom.

As you look for the gifts in your own losses,

Ask and look for help from the highest powers you can imagine—you'll get it.

You may have had time to say goodbye. You may not. If whatever transpired was for the best, what would be the gift for you?

Watch for signs that their spirits are still here, helping and guiding you, pulling invisible strings. It may help to look for them in their favorite places, speaking to you as they would if they were here. We found Dad in his own yard and helping my sister in her business, Mom at the beach and helping with domestic concerns.

Give thanks for what comes to you and the Universe will keep sending gifts and hope.

1 IN 3 DEATHS IN WOMEN ARE FROM CARDIOVASCULAR DISEASE AND STROKE.



You can quit. CALL 1-800-QUIT-NOW.



CDC.gov/quit

Got questions?

If you have questions regarding Social Security programs and procedures, you can find answers and general information quickly by searching our

**Frequently
Asked
Questions.**

www.socialsecurity.gov/faq



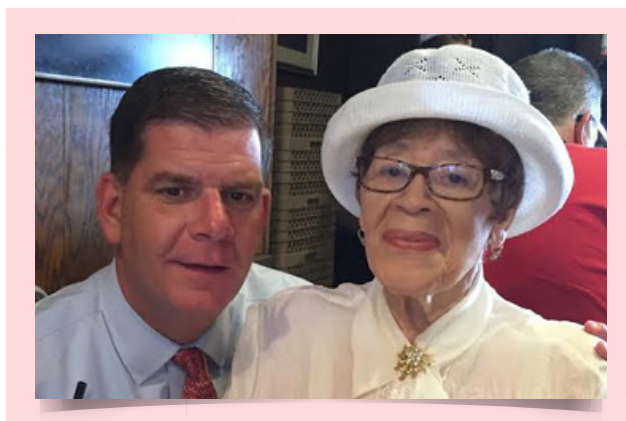
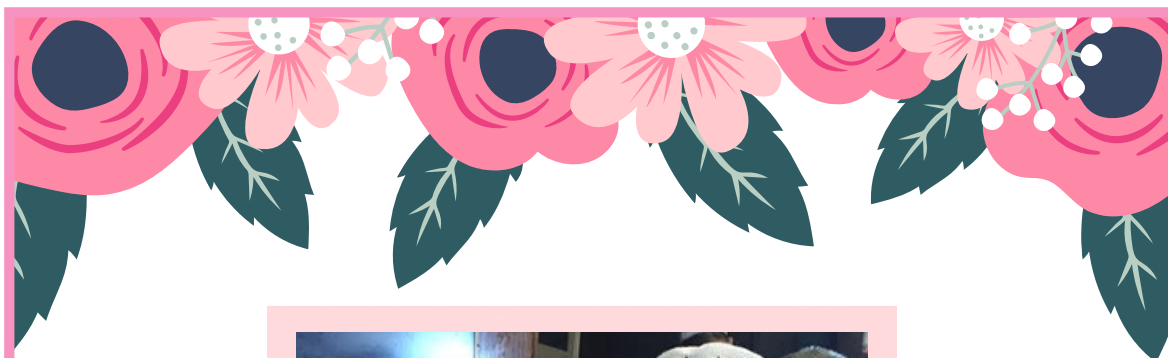


Eaton Vance

is proud to support *the Mayor's Health & Fitness Walk for Seniors*



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Happy 100th Birthday, Geneva E. Pannell!

Hispanic Heritage Celebration



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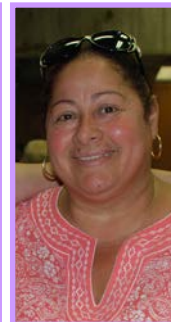
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Hispanic Heritage Celebration



Thank You! Celebrating the Retirement of Gloria Rice-Stuart,
Senior Companion Program Director



Mayor Walsh's Health & Fitness Walk



Mayor Martin J. Walsh's 2016 Health & Fitness Walk for Seniors

Thanks to our Sponsors!



Silver Sneaker Sponsors



FOUNDED BY BRIGHAM AND WOMEN'S HOSPITAL
AND MASSACHUSETTS GENERAL HOSPITAL

Bronze Sneaker Sponsors



Blue Sneaker Friend



Mayor Walsh's Health & Fitness Walk



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**MAYOR MARTIN J. WALSH &
THE SEAPORT WORLD TRADE CENTER
PRESENT**

**First Come
First Served!**

**Admission by
ticket only!!**

28th Annual First Night Celebration

Thursday, December 29, 2016 11:00 a.m. – 2:00 p.m.

TRANSPORTATION SIGN UP SHEET

INDIVIDUAL APPLICATION ONLY - NO GROUP REGISTRATION ALLOWED

REGISTRATION BY FAX OR MAIL ONLY - NO PHONE REGISTRATIONS ACCEPTED

TRANSPORTATION PICK-UPS BEGIN AT 10:30 a.m. - DOORS DO NOT OPEN UNTIL 11:00 a.m.

ADMISSION BY TICKET ONLY - TICKETS ARE LIMITED

Please complete and return registration form by **Monday, December 5, 2016** to: **Fax 617-635-3213** or mail to **1st Night, Elderly Commission, One City Hall Plaza, Room 271, Boston, MA 02201**

| | | |
|-------------------------|--------------------|------------------|
| Last Name: | First Name: | Tel: |
| Address: | | Apt. # |
| Neighborhood: | | Zip Code: |
| Language Spoken: | | |

CENTRALIZED PICK UP LOCATIONS

| | |
|---|---|
| Allston/Brighton – Veronica Smith, 20 Chestnut Hill Ave. | Mattapan – Church of the Holy Spirit, River St. |
| Allston/Brighton – JCHE Housing, 30 Wallingford Rd. | Mission Hill – Flynn House, 835 Huntington Ave. |
| Boston – 334 Massachusetts Ave. | North End – Nazzaro Center, 30 North Bennett St. |
| Boston – Park Street Station – MBTA (Tremont and Park) | Readville – St. Ann’s Church, 82 West Milton St. |
| Charlestown – Golden Age Center, 382 Main St. | Roslindale – Roslindale Municipal Bldg, Roslindale Sq. |
| Charlestown – 100 Ferrin Street | Roxbury – Reggie Lewis, 1350 Tremont St |
| East Boston – E.B. Social Center, 68 Central Sq. | Roxbury – Shelbourne Community Ctr 2730 Washington St |
| East Boston – Brandy Wine, 88 Brandy Wine Drive | South Boston – West Broadway Task Force, 81 Orton Marrotta Way |
| Dorchester – Keystone Apts. 151 Hallet St. | South Boston – St. Monica’s Church, Old Colony Ave. |
| Dorchester – Kit Clark Services, 1500 Dorchester Ave. | South Boston – S.B. Neighborhood House, 136 H St. |
| Dorchester – Franklin Field, 100 Ames St. | South End – Castle Square Apts. 484 Tremont St. |
| Fenway/Kenmore – Kenmore Abbey, Kenmore Sq. | South End – Harriet Tubman, 566 Columbus Ave. |
| Hyde Park – Blake Estates, 1344 Hyde Park Ave. | South End/Chinatown – 5 Oak St. |
| Hyde Park – Georgetown Apts. 400A Georgetown Dr. | West End – Blackstone Apts. 33 Blossom St. |
| Hyde Park – H.P. Municipal Parking Lot, Cleary Sq. | West Roxbury – CVS & Walgreens Parking Lot |
| Jamaica Plain – Julia Martin House, 90 Bickford St. | MBTA RIDE |
| Mattapan – Foley Apts. River St. | I DO NOT NEED TRANSPORTATION |

Once this registration form is received an admission ticket will be issued in the name of the registrant and mailed to the above noted address.

