

PACE NEWS MAKERS

Upham's Elder Service Plan Newsletter ~ Summer/Fall 2018

Town Meeting Held at Dorchester PACE Center

The Upham's Elder Service Plan/PACE program recently welcomed Mayor Martin Walsh, Representative Michael Capuano (D-MA), and Emily Shea, Commissioner of Elder Affairs for the City of Boston, for a town hall meeting to discuss issues affecting older adults living in Boston.

The visitors received a warm welcome from more than 75 participants and staff. The speakers covered a variety of topics, including rising costs associated with remaining in their homes, the gentrification of neighborhoods, health care and immigration.

Mayor Walsh reiterated his commitment to Boston being a sanctuary city and reassured those in attendance they would be protected, as would their family members.

He discussed the opportunities available for homeowners to obtain property tax credits, the non-emergency information hotline Boston 311, the importance of voting, and options for those who face obstacles getting to and from polling sites.



L to R: Jay Trivedi, CEO, Mari Pérez-Alers, Quality and Innovation Director, Maria Amado-Cardoso, PACE Center Manager, Commissioner Emily Shea and Dr. Adam Burrows, Medical Director.

Rep. Capuano spoke in support of the mayor's comments and affordable health care and addressed the decreasing role of the federal government in funding new housing projects. He urged participants and staff to vote for candidates who support funding for housing, especially senior housing, in the upcoming election.

Shea discussed housing initiatives and the resources provided by her office to older Boston residents. After a question-and-answer session, the speakers socialized with the participants and staff.



Participants tending to the 1140 garden.

There's Plenty to Do at PACE

Participants have been busy with gardening, knitting, apple picking and taking trips to the movies, Museum of Fine Arts and the Boston Public Library.

Participants always look forward to going off-site and participating in different activities. They also enjoy when visitors come and visit the centers. Students from Milton Academy will be visiting each center mid-October as part of their service requirements. They usually visit with the participants, help with activities and work on art projects. Participants always look forward to them coming.



Janie Johnson and Frederick Allston went apple picking.



Enjoying lunch at the State House during a Centennial Tea sponsored by Central Boston Elder Services.

PACE Welcomes Dr. Sarah Phillips



Dr. Sarah Phillips recently joined the Interdisciplinary Team at our 1140 PACE Center. She has practiced family and geriatric medicine for many years.

Her residency was at Brown University and Memorial Hospital of Rhode Island. Following her residency she then completed her Geriatric Medicine Fellowship at Boston Medical Center.

Dr. Phillips is originally from Kansas City. She has a special interest in caring for older adult patients. She enjoys running, cooking, and spending time with her family.

New Wheels at PACE



Two new PACE vans were recently purchased and arrived this summer with great anticipation. There's nothing like a set of new wheels to get around town!

Pictured from L to R: Sammy Rosario, Transportation Supervisor, Nancy Roach, Program Director and Transportation Driver, Inocencio (Nu) Andrade.

Participants Giving Back

Participants at 1140 have been busy making pillows. Each week participants make heart pillows which will then be donated to Brigham and Women's hospital. They are made specifically for breast cancer patients to use as arm support after surgery.

To date they have made over 15 pillows and are still going strong. Ilonda Carvalho from the activities department spearheaded this project.

Many thanks to those who made the pillows and provided comfort to others.



From L to R: Adrienne Benoit, Bertilla Sajous, Mercedes Batista & Juana Rodriguez

Caring for Older Adults in Supportive Housing Units



Dr. Ilona Kopits was a presenter at the Mass Housing Conference that was held in June. This year's focus was "Older Adults in Community." The conference provided the opportunity to learn about topics, challenges and resources related to older adults such as: isolation, dementia/Alzheimer's, age and dementia friendly communities, behavioral health, etc.

Dr. Kopits spoke on "Managing Dementia in PACE Supportive Housing." Supportive housing helps seniors maintain their independence and "age in place" by providing better access to supportive services such as case management, 24-hour on-site personal care staff, housekeeping, a daily meals program, medication reminders, transportation, shopping and laundry service to elders within their senior housing complexes.

PACE has been successful in operating supportive housing units in the north wing of the 125 Amory Street public housing building. It has been a successful partnership between Boston Housing Authority, the residents and PACE. Dr. Kopits has been involved with this program since its inception. She cited first hand the positive impact the program has made for many of the participants. Dr. Kopits has spoken on many occasions about the role and positive impact supportive housing can make for older adults.

Easy Apple Crisp Recipe

6 medium (6 cups) tart cooking apples, peeled, cored, sliced

3/4 cup firmly packed brown sugar

3/4 cup uncooked old-fashioned oats

1/2 cup all-purpose flour

1 teaspoon ground cinnamon

1/2 cup cold butter



1. Heat oven to 375°F.
2. Place apples into ungreased 8-inch square baking dish.
3. Combine brown sugar, oats, flour and cinnamon in bowl; cut in butter with pastry blender or fork until mixture resembles coarse crumbs. Sprinkle sugar mixture over apples. Bake 25-35 minutes or until apples are tender and topping is golden brown.
4. Serve warm with ice cream, if desired.

Would you like someone from the program to come speak at your facility or building? Would you like to find out more information about the Upham's Elder Service Plan, or recommend a Boston area senior to the program?

For more information on our program or anything that appeared in this newsletter please contact the Enrollment/Marketing Department at 617.288.0970.



Three site locations

Savin Hill/Dorchester

Jackson Square/Jamaica Plain

Dudley Square/Roxbury

All have immediate openings



1140 Dorchester Ave.
Dorchester, MA 02125