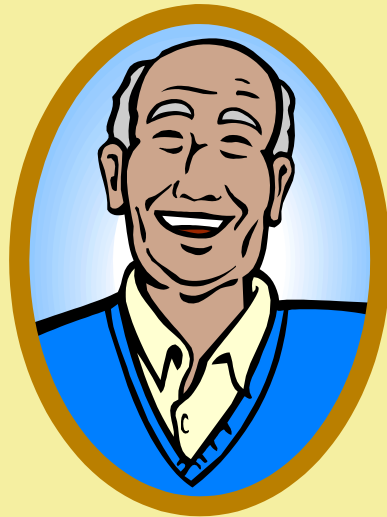


# *Aging Well in Jamaica Plain*

**HOW CAN WE DO IT?**



*Report to the Community*  
*October 2010*

**JAMAICA PLAIN/EGLESTON  
ELDER CARE NETWORK**

**BOSTON PUBLIC HEALTH COMMISSION**

**BOSTON  
PUBLIC  
HEALTH  
COMMISSION**



## **Introduction**

On May 4th, 2010, the Jamaica Plain/Egleston Elder Care Network and the Boston Public Health Commission (BPHC) hosted a meeting about issues important to older adults in Jamaica Plain (JP). This event was a follow-up to the BPHC “Healthy Aging Community Meeting,” held in December of 2008.

## **Aging Well in Jamaica Plain**

The *Aging Well in Jamaica Plain* meeting was held at Farnsworth House. More than 60 older adults, providers, and other community members living or working in Jamaica Plain attended. State Representative Liz Malia also attended.

The purpose of the meeting was to provide information, raise awareness, identify health concerns, and develop possible solutions to address the health of older adults.



Small group discussion table

## **Small Group Discussions and Report Back**

Small group discussion tables, including several tables designated for Spanish-speakers encourage participation and communication and provided a space in which older adults could be heard. Each small group was reminded of the top health concerns from the 2008 meeting, and then was asked to discuss:

- 1) Do you agree with the top three concerns identified in 2008?
- 2) Is there a different topic that you would place in the top three concerns/issues for older adults in Jamaica Plain?
- 3) Which of these topics is most important to you?

The top priorities that came out of the meeting included: transportation access, information about available resources, and help with stress management and depression. Participants were then asked to come up with possible solutions that would help to address their concerns.

## Top Health Concerns 2008 (citywide) vs. 2010 (Jamaica Plain)

### 2008 citywide “Healthy Aging” Meeting

- Access to healthy economic and physical resources (income, food, housing, medicines)
- Access to social supports (reducing isolation and loneliness)
- Stress management and emotional well-being

### 2010 Aging Well in JP Meeting

- Transportation access
- Information about available resources
- Stress management and depression

Solutions included: providing group transportation to supermarkets, allowing advocates into senior housing buildings to share information about resources, expanding volunteer programs to visit older adults in their home, organizing social activities, increasing outreach services, and creating an older adults TV network.

The report, including the full list of concerns and possible solutions is available on the BPHC website at:

<http://www.bphc.org/about/policyandplanning/Pages/Home.aspx> .

Copies are also available through the JP/Egleston Elder Care Network.

### Next Steps

- Information will be gathered in a report and shared with meeting participants and other interested people
- The Elder Care Network will bring together older adults as well as other community residents, organizations, providers, city liaisons and others to attend a series of workshops about the priorities identified at the meeting
- The next few meetings of the Network will focus on the topic: transportation access



Spanish-speakers small group discussion table

## Contact Information

We welcome your feedback. For more information or to join the Network, please contact the JP/Egleston Elder Care Network with any comments, suggestions, ideas, or funding interest.

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The Jamaica Plain/Egleston Elder Care Network is a group of elder care professionals. It was founded in 2004 by La Cadena de Amistad (Circle of Friendship) JP Chapter FriendshipWorks, Tree of Life/Arbol de Vida, and Sherrill House. This Network brings together elder care providers for information sharing and networking to better serve Jamaica Plain older adults.

## Acknowledgements

The Aging Well in JP meeting was a great success thanks to a wonderful team effort by the JP/Egleston Elder Care Network. Many thanks to the older adult participants for a lively conversation and exchange of ideas!

A special thank you to the planning committee: *Bill Minkle, Carol Senter, Esther Hill, Fabiola Alvarez, Linda Monteiro, Lois Lord Waller, Margaret Noce, Mérida Arredondo, Pam Jones and Stacey Miller.*



A small group table with Rep. Liz Malia

In addition, we would like to express our thanks to the community organizations and individuals who played a part in planning, attended and helped out at the event, helped to spread the word and gave resources for the goody bags.