

Boston Seniority

Age Strong Commission

City of Boston

Mayor Martin J. Walsh



**Celebrating
Hispanic Heritage**
p. 6

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Mayor's Letter
p. 4



Older Americans
Act p. 14



Events & Programs
p. 16

CONTENTS

4
MAYOR'S LETTER

5
BOOK PICKS

September book recommendations

6
HISPANIC HERITAGE MONTH

What Hispanic Heritage Month means to Bostonians

8
HEALTHY RECIPE

Tasty recipe to try this month

9
EMERGENCY PREPAREDNESS

Tips on preparing for an emergency

10
OPERATION A.B.L.E

Seeking new job opportunities as an older worker

12-13
PROGRAMMING AND EVENTS

14-23
OLDER AMERICANS ACT

The importance of the Older Americans Act

24
COMMISSION INFO

How the City can help you

28
VOLUNTEER

Opportunities to volunteer with Age Strong

30
SEEN AROUND TOWN

See if we saw you! A photo series from social outings around the city

On the Cover:

The City of Boston commemorates flags from countries at City Hall plaza during the year to raise awareness about the many cultures around the world.



Boston Seniority photographed the Bolivian flag-raising celebration. The flag-raising event included a performance from Morenada-Diablada New England, a Bolivian folk dance group, and they celebrated their culture through dance and music.

Visit boston.gov to learn more about flag-raising dates and see page 6 for more about Hispanic Heritage month.



Boston Seniority

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Stay Connected with the Age Strong Commission:



Main number: (617) 635-4366



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Facebook: @AgeStrongBos



Twitter: @AgeStrongBos

Do you have a story to share?
We want to hear from you!

Email us at
BostonSeniority@boston.gov

From the Mayor's Desk

Our Summer in Review

As we start off our Autumn strong, it is nice to reflect on a few of the events we celebrated together this summer. From Independence Day to neighborhood coffee hours, it was a beautiful time to celebrate and connect.



In June, we celebrated Pride. This Pride marked the 50th anniversary of the Stonewall uprising—when brave members of the LGBT community demanded to be seen and heard. Stonewall Vets paved the path to progress, and inspired a movement that will last forever. It was a great reminder that older adults in Boston continue to teach us the importance of courage and acceptance, and that the fight for equality never stops.

This summer, I also had the honor of celebrating the hard work of our City's Senior Corps volunteers. In 2018 alone, they contributed over 90,000 volunteer hours to our City. Our senior volunteers enrich our City in many ways: they are companions to fellow seniors and provide them with care, they greet visitors at City Hall with a smile, they volunteer in city departments across Boston, and they even step in to help caretakers when they need a break. I am grateful for their continued work and dedication to making Boston a better place for all.

I look forward to more opportunities to celebrate you and come together at events across Boston this fall.

Sincerely,

-Mayor Martin J. Walsh

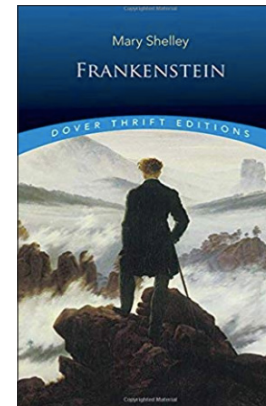


Book Picks

Banned Books

By Marie Carr

From September 25-October 2, literature lovers acknowledge Banned Book Week by going back to read critically-acclaimed stories that have been challenged or just outright banned for their content. As September is also known as Women of Achievement month, we have compiled a list of beloved stories by famous female authors that have spent time off the shelf.



Frankenstein

by Mary Shelley

A supernatural classic about a mad scientist falling into ruin after animating a monster. The story has faced backlash since it's publication for the obscenity of asserting that man can create life.



To Kill a Mockingbird

by Harper Lee

Told from the perspective of a child, the story follows a southern White lawyer in the 1960s as he defends a Black man in court. The story serves a frank examination of pervasive racism that has resulted in it being banned in many schools.



A Wrinkle in Time

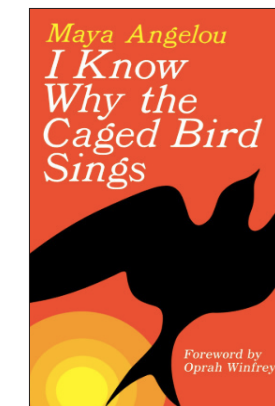
by Madeleine L'Engle
The 1962 science fiction young adult classic sparked debate over its challenge of what Christians found to be right and wrong. The author, a devout Christian herself, challenged its banning as damaging to potential readers.



Harriet the Spy

by Louise Fitzhugh

The story of a young girl who keeps a special notebook where she records any suspicious activity she may see. The book has been banned in the past for supposedly setting a bad example.



I Know Why the Caged Bird Sings

by Maya Angelou

Angelou holds the title as most banned author in the US. Her memoir recounts the trauma of her youth and the reclamation of her voice through writing.

For more titles, visit www.bpl.org

What Does Hispanic Heritage Mean to You?

Each year, Americans observe National Hispanic Heritage Month from September 15 to October 15, by celebrating the histories, cultures and contributions of American citizens whose ancestors came from Spain, Mexico, the Caribbean and Central and South America. Seniority spoke with a few Bostonians and they told us what Hispanic Heritage month means to them.

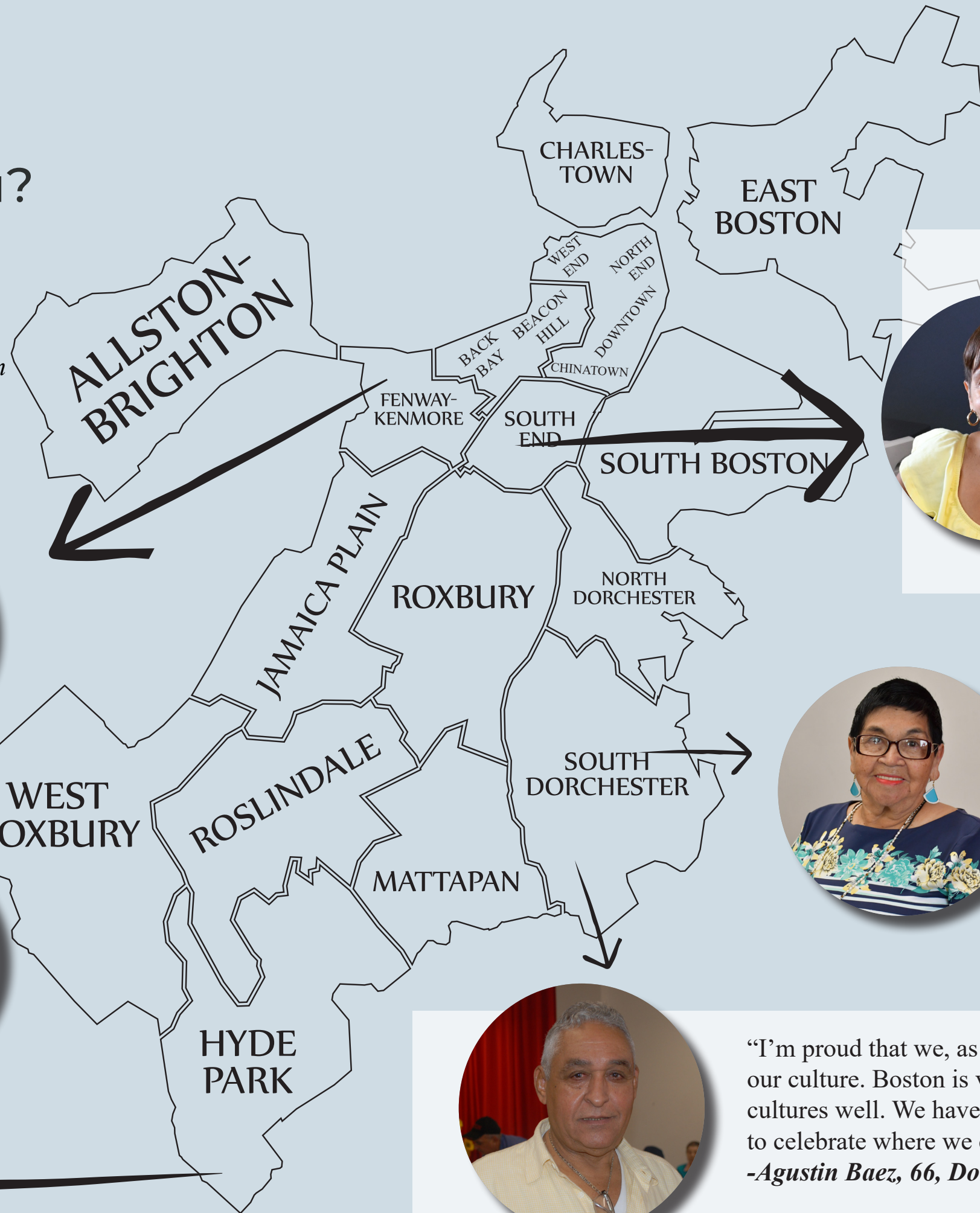
“It’s important for us to celebrate so we don’t forget where we come from. I celebrate with joy and food. All of the celebrations must have food!”

-Rodrigo Cordova, 90, Kenmore, Costa Rica



“Hispanic heritage month reminds us of everything that our ancestors did. We celebrate our culture. Everything that our ancestors did shapes the way we think and do things. I take all the ideas from my culture and integrate it with the city of Boston.”

-Jose Cardenas, 59, Hyde Park, Bolivia



“When the community comes together—not just the hispanic community but everyone—we can help each other.”
-Mayra Valdez, 59, South End, Puerto Rico



“This is a way to show our culture so we can pass it onto future generations. I celebrate with reunions, dancing, and music.”
-Maria Bossa, 85, Dorchester, Colombia



“I’m proud that we, as hispanics, have a month to celebrate our culture. Boston is very good to us and celebrates our cultures well. We have many great restaurants and festivals to celebrate where we came from.”
-Agustin Baez, 66, Dorchester, Dominican Republic

► Healthy Recipe

Grilled Shrimp, Corn & Avocado Salad

Submitted by Tara Hammes, Registered Dietitian and Age Strong Director of Nutrition

Serves: 4

Nutrition information (salad only): 290 calories, 24g protein, 120g sodium, 9g fat

Nutrition information (salad and dressing): 419 calories, 24g protein, 266g sodium, 22g fat

Ingredients:

Salad:

- 12 ounces frozen large raw shrimp
- 4 ears fresh corn
- 1 1/2 pints grape or cherry tomatoes
- 1 bunch scallions, sliced
- 1 teaspoon extra virgin olive oil
- 1 avocado cut into chunks
- 1/2 cup loosely packed basil leaves slivered
- Salt and pepper to taste

Dressing:

- 1/4 cup extra virgin olive oil
- Juice of 2 limes
- 1 teaspoon honey
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper

Directions for the salad:

- Preheat grill to high heat. Clean and oil grates.
- Toss shrimp, corn, tomatoes and scallions with extra virgin olive oil. Sprinkle shrimp with salt and pepper on both sides.
- Add shrimp and veggies to the grill. Reduce heat to medium. Grill shrimp for a few minutes on each side, just until opaque and cooked through. Grill corn, tomatoes and scallions, turning every few minutes until lightly charred. Grill time for shrimp, scallions and tomatoes, will be about the same. Corn may need few more minutes.
- When cool enough to handle, slice corn kernels off cob. (To do this, break off the bottom of the cob and place the corn flat side down in a large casserole dish, then using a knife, run the knife down the cob to remove the kernels.)
- In a large salad bowl, add corn, sliced scallions, tomatoes, shrimp and avocado chunks. Drizzle with dressing and toss. Top with slivered basil.

Food Resources

► The Mayor's Office of Food Access has comprehensive food access maps by neighborhood and language. Visit www.boston.gov/food

► Fair Foods \$2 a bag program provides mixed fresh produce for a suggested donation of \$2 at various sites. For more info, visit www.fairfoods.org

► Infographic

National Preparedness Month

Provided by the Mayor's Office of Emergency Management (OEM)

September is National Preparedness Month. This year's theme is **Prepared, Not Scared. Be Ready for Disasters.**

The best time to prepare is now.

Be Informed

- Sign up for AlertBoston, the City of Boston's emergency alert system.
- In the event of an emergency alerts can be sent via phone, text, or email and can be translated into other languages and for TDD/TTY devices.
- Keep a battery operated or crank radio tuned to your local emergency station and monitor TV, radio and follow mobile alerts about severe weather in your area.
- Find out where your nearest emergency shelter is.

Build an Emergency Kit

An emergency kit should have enough supplies so that you and your family can survive for three days.

You should keep your kit in a convenient place and be able to carry the essentials if you need to leave your home.

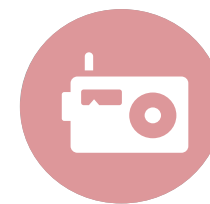
Your emergency kit should be easy to access and include the following:



Canned food that won't go bad and doesn't need to be cooked



A manual can opener, whistle, first aid kit, and a flashlight



A battery operated AM/FM radio with extra batteries



Take pictures or keep copies of important documents, like medical records, wills, insurance paperwork, power of attorney, and deeds



Medication, medical equipment and other special items

*Interested in more tips about emergency preparedness?
Visit: www.boston.gov/ready-boston*

Silver Lining: Seeking New Opportunities as an Older Worker

Provided by Steve Currier from Operation ABLE

Finding a new job opportunity as an older adult may seem like a daunting task. If you happen to find yourself newly unemployed or perhaps you're retiring and looking for a part-time position to stay active, there are a few different approaches that you can follow to tackle this situation.

First, you have to remember to not let rejection get to you. The job search can be a long and draining process that may affect your self esteem and confidence. It's certainly different than the normal routine when you were working daily. You won't be driving to the same gas station to fill up before the work day begins or catching the same train or bus to get to the office. It's a difficult transition, but you should remain positive and remember to never give up.

The free time that you have now gives you an opportunity to think about what you really want to do. It is the time to lay out your personal goals and plans on achieving them. This is valuable for laying the foundation for a new position or career. While planning for your future career endeavors, the state

of Massachusetts can provide you with financial assistance and job guidance.

Here are a few important ways that Massachusetts can help you with the unemployment process.

- The Department of Unemployment Assistance (DUA) offers financial assistance. The DUA serves Massachusetts residents who are unemployed and looking for work, and employers that are legally required to contribute to the state's unemployment insurance (UI) program.

There are three different ways you can apply for unemployment:

1. In person at the Boston Walk-In Center located at the Charles F. Hurley Building, 19 Standford St.
 2. Call a TeleClaim center at 617-626- 6800 open Monday-Friday between 8:30 am - 4:30 pm
 3. Online at www.mass.gov/uionline
- MASSHIRE Centers offer employment and training services for job seekers.



There are over 25 MASSHIRE locations in the state with two in Boston. The services they offer include resume and cover letter classes, assistance with online applications, job search techniques and networking tips. When someone is unemployed, attendance at a career center is mandatory and required to continue receiving unemployment benefits.

Contact the Boston sites at:

- MassHire Boston Career Center: 1010 Massachusetts Ave., 617-541-1400
- MassHire Downtown Boston Career Center: 75 Federal St., 3rd Floor, 617-399-3100

- Career navigators at MASSHIRE locations can assist you in your job search. A career navigator can be a valuable source and advisor for someone who is newly unemployed. Career navigators also may know of additional funding that can be beneficial when additional training is needed.

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 on employment services, please contact Operation A.B.L.E at 617-542-4180.

Upcoming Happenings: Ways to Fill Your Calendar

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



South Boston Street Festival
Time: 11:00 am - 4:00 pm
Location: East Broadway, between I and L St.
Contact Info: 617-990-7062



Hip-Hop Class
Time: 6:00 pm - 7:00 pm
Location: BPL - Mattapan Branch, 1350 Blue Hill Ave
Contact Info: 617-298-9218



Open Tech Lab
Time: 3:00 pm - 5:00 pm
Location: BPL - Chinatown Branch, 2 Boylston St.
Contact Info: 617-807-8176



Country in the City Concert
Time: 7 pm - 9 pm
Location: City Hall Plaza
Contact Info: 617-635-3911



Boston Local Food Festival
Time: 11:00 am - 5:00 pm
Location: Rose Kennedy Greenway, starting at State St. and Atlantic Ave
Contact Info: bostonlocalfoodfestival.com



Coloring for Adults
Time: 12:00 pm - 8:00 pm
Location: BPL - Honan-Allston Branch, 300 North Harvard St.
Contact Info: 617-787-6313



Beginning Internet Class
Time: 11:00 am - 12:00 pm
Location: BPL - Brighton Branch, 40 Academy Hill Rd
Contact Info: 617-782-6032
Call for an appointment and ask for Alan.



Roslindale Farmers Market
Time: 9 am- 1:30 pm
Location: Adams Park, 67 Poplar St
Contact Info: 617-327-4065

Age Strong Programming

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

Yoga-lates

The Greenway Park

North End at Hanover St.
& Cross St.

Thursdays / 10:30 am - 11:30 am

*Rain Location: Ausonia Apartments (BHA), 185 Fulton St., North End

Tai Chi

BCYF - Blackstone Community Center

50 West Brookline St., South End, 5th fl
Mondays & Wednesdays / 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

Memory Cafés

BCYF - Vine St Community Center

339 Dudley St., Roxbury
Every last Thursday of the month
1:00 pm - 3:00 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



Getting
to know the
**Older
Americans**

ACT

... at work for you
in the community

Did You Know?

The Older Americans Act helps fund many fitness and nutrition programs across the City of Boston. Continue reading to learn more about the importance of the act.

It can be hard to imagine how certain policies and laws play a role in our day-to-day lives, so *Boston Seniority* is highlighting an important piece of legislation you may not have heard of—the Older Americans Act (OAA). You might be surprised to know that this act funds many programs and services found right in your community!

As an Area Agency on Aging, the Age Strong Commission uses the Older Americans Act funds to support local organizations who serve every neighborhood in the city. It's another way we help people **age strong** in Boston.

-Your Editors



The Older Americans Act: A Vision for the Country

By Age Strong Commissioner Emily Shea

*"The Congress hereby finds and declares that, in keeping with the traditional American concept of the **inherent dignity** of the individual in our democratic society, the older people of our Nation are entitled to, and it is the...responsibility of the governments of the United States...to assist our older people to secure **equal opportunity** to the **full and free enjoyment** of the following objectives..."*

-An Excerpt from the Older Americans Act

This is the opening line of the Older Americans Act, which asserts a strong, powerful vision for aging in America. The Older American's Act has been funding much-needed services to millions of adults for over 50 years. The services and programs that the OAA funds makes it possible for more people to lead healthy, productive, and independent lives as they age. A few services that are authorized by OAA include family caregiver support, food resources, legal services, and job training.

As an Area Agency on Aging (AAA), we receive federal funding through the OAA. Each AAA has the opportunity to use the funds to meet local needs in the community. In Boston, we fund 26 organizations, making up the city's aging service network. From providing home-delivered meals to health and fitness programs, these agencies are dedicated to helping you live well and age strong in the City of Boston.

-Commissioner Emily Shea

What does the Older Americans Act fund?

The OAA funds a wide range of aging services across core areas, with local flexibility built into the Act to reflect the needs of that area's older adults and caregivers. Here are the areas the Act funds in Boston:



CAREGIVING



SUPPORT



OMBUDSMAN



MEALS ON WHEELS



HEALTH PROMOTION



LEGAL SERVICES

Brief History of the Older Americans Legislation

Legislation introduced in Congress, to establish an independent and permanent Commission on Aging. Statistics showed that there were more than 18 million Americans over age 65.

1962

The Older Americans Act was signed into law on July 14, 1965. This act established the Administration on Aging within the Department of Health, Education, and Welfare, and called for the creation of State Units on Aging.

1965

The OAA Comprehensive Services Amendments established Area Agencies on Aging (AAA). The amendments added a new Title V, which is also known as the Senior Community Service Employment Program (SCSEP).

1973

The third White House Conference on Aging was held. OAA was re-authorized and emphasis was placed on supportive services to help older persons remain independent in the community.

1981

Administration for Community Living established on April 18, 2012, bringing together the Administration on Aging, the Office on Disability and the Administration on Developmental Disabilities.

2012

The OAA Grant Process in Boston



Step 1
Older Americans Act dollars at the federal level move to the state, and finally to the City.



Step 2
The Age Strong Commission, as an Area Agency on Aging (AAA), makes OAA funds available for organizations to apply for grants to meet local needs.



Step 3
After evaluating proposals, we award grants to organizations, and work together to make sure the needs of older adults in Boston are met.

Our Impact in Boston

477,811
meals served in 2018
(including home-delivered and Congregate meals)

1,239
older adults participated in evidence-based health promotion and disease prevention classes in 2018

3,434
hours of legal service provides in 2018

The Trends Population and Funding

2010		2017	
88k	\$4,165,927	104k	\$3,704,503
Older Bostonians	OAA Act Dollars	Older Bostonians	OAA Act Dollars

Older American Act dollars have not matched the increased need in the community.

Reauthorization

In 2016, President Obama signed the OAA Reauthorization Act in order to continue to improve access and quality of services for older people across the country. The Act expires on September 30th and will be up for reauthorization by Congress this year. With changes in technology and society, the law is periodically updated by Congress to meet shifting needs. For more information, visit www.n4a.org.

Did you Know?

There's an important connection between the Older Americans Act and the Census Count. Getting an accurate number on the Census count influences the amount of money each state receives from the federal government.

Be sure to fill out your census form this year so we continue to receive funding that matches the needs in our community.

For more information about the upcoming Census visit:
www.census.gov



"Our older residents are the heart of our city, and we look forward to continuing to serve their needs in Boston and draw on their tremendous strength."

-Mayor Martin J. Walsh

Learn About Our Grantees Across Boston

funded through the Older Americans Act



Boston Senior Home Care

Offers caregiver support through counseling and support groups, respite, information and referrals and training opportunities.

Contact: Lisandra Clarke, 617-451-6400



ETHOS

Provides nutritional services with home-delivered meals, and cafés in Boston where older adults can receive nutritious meals.

Contact: Nchet Mehciz, 617-522-6700 (Ext 306)



Greater Boston Chinese Golden Age Center

Supplies home-delivered Cantonese-style meals and meals at dining sites throughout the City of Boston.

Contact: Debbie Gove, 617-357-0226



La Alianza Hispana

Offers programs that support fall-prevention and healthy lifestyle skill-building, including Tomando, Matter of Balance, and Tai-Chi. Other services also include recreational activities, health education, translation and interpretation help and other supportive services.

Contact Info: Marisol Amaya, 617-427-7175 (Ext 716)



Massachusetts Society for the Prevention of Cruelty to Children

Provides support groups, caregiver education and training programs, respite, and information and referral services to grandparents raising grandchildren.

Contact: Deanna Forist, 617-983-5850

▶ Presents educational resources on nutrition, exercise and prevention as well as help to seniors experiencing chronic conditions, HIV, and more.

Contact: Ann Glora, 617-477-6616

▶ Advocates for the rights of those living in nursing and other facilities, as well as one-on-one or group visits with residents and their families.

Contact: Marrietta McCarthy, 617-522-6700 (Ext 315)

▶ Volunteer services program offers companionship, medical escorts, grocery shopping and telephone check-in calls.

Contact: Meg Barhite, 617-522-6700 (Ext 323)

▶ Hosts healthy aging workshops, such as chronic disease self-management and Tai-Chi. (Classes are in Cantonese.)

Contact: Megan Cheung, 617-357-0226 (Ext 231)

▶ Elder drop-in services provide health education, information and help, fitness and wellness classes as well as other social activities.

Contact: Megan Cheung, 617-357-0226 (Ext 231)



ABCD Mattapan Family Service Center

Provides help with groceries for low-income adults, exercise and educational classes, recreational activities and group outings

Contact Info: Michelle Bernard, 617-286-6750

▶ **ABCD North End/West End Neighborhood Service Center**

Offers assistance to low-income older adult residents living in the North End, the West End, Beacon Hill and nearby communities.

Contact Info: Maria Stella Gulla, 617-523-8125



Massachusetts College of Pharmacy and Health Sciences

Delivers medication management counseling and education and works to ensure proper use of medications.

Contact: Colleen Massey, 508-373-5651



Generations Incorporated

Services include health, wellness and fitness classes as well as volunteer opportunities.

Contact Info: Katie Klister Brown, 617-399-4700

More of Our Grantees Across Boston

funded through the Older Americans Act



Little Brothers Friends of the Elderly

Services include friendly visiting and recreational services.

Contact Info: Cynthia Wilkerson, 617-524-8882



Greater Boston Legal Services

Provides legal help and information.

Contact Info: Wynn Gerhard, 617-371-1234



Friendship Works

Provides companionship, friendly visits, and medical escorts and matches English-speaking and Spanish-speaking volunteers for older adults.

Contact Info: Matt Betts, 617-482-1510



Hearth

Provides recreational activities to older adults

Contact Info: Bob Jordan, 617-450-0335



Boston Medical Center

Provides support to older adults in the transition from homelessness to housing through case management, resident stabilization, geriatric assessment, consumer education, and housing placement.

Contact Info: Eileen O'Brien, 617-638-6148



East Boston Social Centers

The program offers supportive services to East Boston's older adults, including social and recreational activities as well as educational and volunteer opportunities.

Contact Info: Jeannie Spinazola, 617-569-3221 (Ext 114)



Inquilinos Boricuas en Acción

Residential programming includes health and wellness education, social and recreational activities, and information and referrals.

Contact Info: Suzeth Dunn-Dyer, 617-399-1962



MAB Community Services

Provides support to older adults who experience vision impairments including support groups, companionship and in-home evaluations.

Contact Info: Kyle Robidoux, 617-926-4312



Developmental Evaluation and Adjustment Facilities, Inc.

Provides services and benefits, assistive technology assessments, education around proper use of equipment and health education.

Contact Info: Carol Hilbinger, 617-254-4041 TTY/V



John F. Kennedy Family Service Center

Senior programming includes fitness classes, social and recreational activities, health education, food distribution and translation help.

Contact Info: Crystal Galvin, 617-241-8866



Ecumenical Social Action Committee

Helps older adults with minor home repairs, general home maintenance, financial counseling, falls prevention home modifications and referrals.

Contact Info: Linda Morfin, 617-524-2555



Nuestra Comunidad Development Corporation

Offers help to older adults who are experiencing homelessness or at-risk for experiencing homelessness.

Contact Info: Isabel Torres, 617-989-1213



Vietnamese American Initiative For Development (VIETAID)

Senior Day Programs include interpretation, exercise, wellness and recreational activities.

Contact Info: Linh Nguyen, 617-822-3717 ext 15



South Boston Neighborhood House

Programming includes recreational activities and exercise as well as tech. and art classes, and info/referrals.

Contact Info: Carole Sullivan, 617-268-1619



Operation Peace, Northeast

Services include social and recreational activities, health and fitness classes, cultural activities and other opportunities.

Contact Info: Mallory Rohrig, 617-267-1054

For more information about the Age Strong Commission and our Older Americans Act grantees, visit: www.boston.gov/age-strong

► 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:

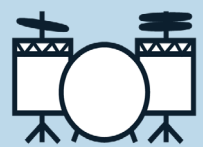
Call us for more details at 617-635-4366.



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:

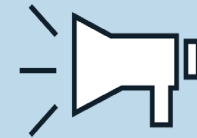
The Commission organizes dozens of events and programs throughout the year. From large city-wide celebratory events to smaller neighborhood focused gatherings, we engage with older residents on many levels.



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.



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 Cafes, 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.



One-year-old JP resident Harper took her copy of *Boston Seniority* magazine to Cape Cod.

She loved seeing her grandma on the cover of the summer issue!

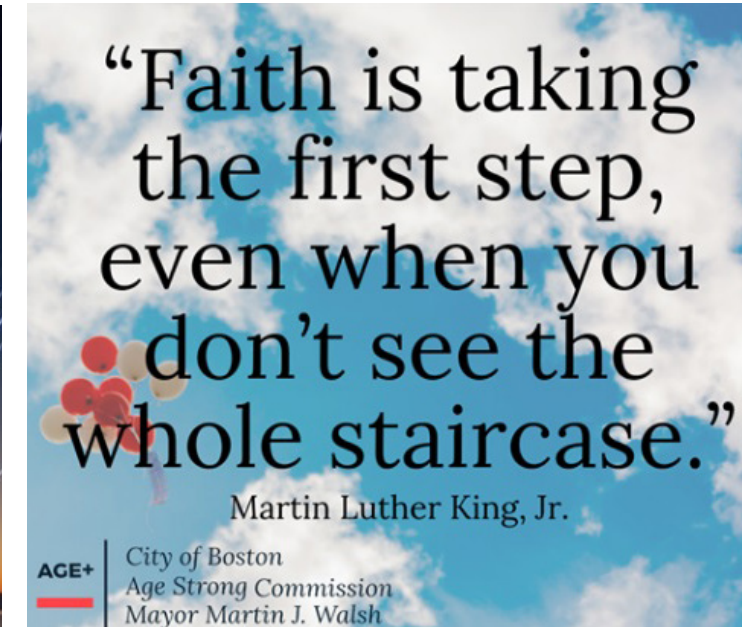
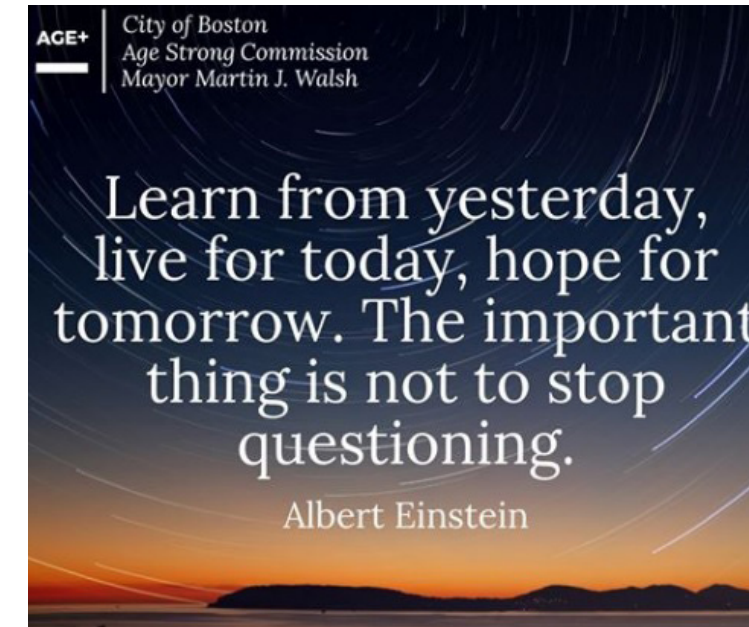


Seen on Social Media

Find us on Facebook and Twitter: @AgeStrongBos



On social media, we post inspirational quotes for a dose of #WednesdayWisdom. Here are a few!



Age Strong Bag Giveaway!

Tell us what your favorite thing about autumn is for a chance to win. Email us at bostonseniority@boston.gov with your answer by October 1st with:

- your name
- age
- neighborhood
- phone number

**Winners must be able to coordinate pick-up for their giveaway at Boston City Hall.*



Water Bottle Giveaway Winner!

Congratulations to Gweneva Lovett from the Back Bay for winning the Public Works water bottle!

"I keep cool for the summer by sitting directly under the Air Conditioner at home and letting the cool air take me to wonderful places. I also keep cool for the summer by splashing cold bottled spring water on my face."



The Flashback

Last month's answer:
Columbia Road near Esmond Street in Dorchester.

Can you guess?

Hint:
This was taken in 1913.



YOUR SERVICE IS STILL NEEDED.

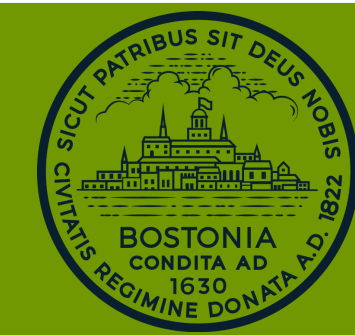
If you are a veteran who is 55+, the City of Boston still needs your skills and experience as a volunteer.

Visit Boston.gov/AgeStrong or call 617-635-4366

AGE+ City of Boston Age Strong Commission Mayor Martin J. Walsh



Volunteer Opportunities with Age Strong



Uplift, Inspire, and Lend a Hand



Volunteer to Deliver Food to Older Adults *Flexible Schedule*

Contact: Monique Carvalho, RSVP Program Coordinator
Phone: 617-635-4374 Email: Monique.Carvalho@Boston.gov

Become a Respite Companion!

Respite Companions offer friendship and are attentive to an individual living with dementia, while giving the gift of respite to a caregiver.

**Tax-Free Stipend - Government benefits not affected*

Become a Senior Companion!

Senior Companions serve one-on-one with seniors who are more frail and other homebound persons who have difficulty completing everyday tasks.

**Tax-Free Stipend - Government benefits not affected*



For more information,
call 617-635-4366!

► Seen Around Town





See inside for events
this month in Boston!