

Boston Seniority

Age Strong Commission

City of Boston

Mayor Michelle Wu

EMOTIONAL WELLNESS MONTH p.16-23

October 2022
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Free Publication



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Boston Seniority

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Stay Connected with the Age Strong Commission:



Main number: (617) 635-4366



Website: boston.gov/age-strong
Email: agestrong@boston.gov



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

Hello, Boston!

We're excited to usher in the Fall season with all of you! This month, we'll get to watch the leaves change colors, welcome a little chill in the air, and enjoy the flavors of the season, like pumpkin spice and apple cider.

In this month's issue of *Boston Seniority* magazine, you'll find volunteer opportunities. Through Age Strong, you can help fellow older adults with everything from finances to safety awareness around opioid use.

You'll also learn about where you can meet your Age Strong Advocates in each of Boston's neighborhoods. Advocates can help you see if you're eligible for benefits like SNAP/fuel assistance, tax credits, wellness programs, and more. If you can't meet your advocate in person, you can always call Age Strong at 617-635-4366 to make an appointment.

Hispanic Heritage Month continues through October 15. Our friends at the Boston Public Library have compiled a list of books by Hispanic authors, you can visit any library branch to check some out.

Hope to see you around town,

Michelle Wu

Michelle Wu
Mayor of Boston

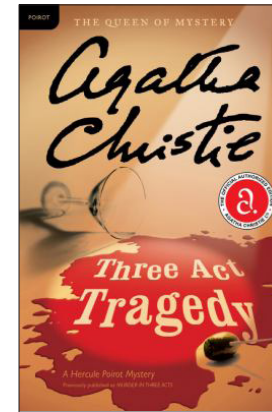


Books

BPL Staff Book Picks

Source: Boston Public Library

Every month staff from the Boston Public Library recommend their favorite books for all ages across a variety of genres. We hope this list inspires you to keep reading!



Three Act Tragedy

by Agatha Christie

Mystery. Thirteen guests gather for drinks at actor Charles Cartwright's seaside escape. Reverend Babbington, who rarely imbibes, takes one sip of his beverage and keels over dead. Soon after

Sir Bartholomew Strange convenes the same party and meets his own end after swallowing port. One death could be natural, but two mean murder. Hercule Poirot, who was present at both affairs, stages a third soirée to catch the cocktail killer. This is a classic Agatha Christie mystery- and October is the perfect time to read it!



Everything She Touched

by Marilyn Chase

Nonfiction. This is the story of Ruth Asawa, a Japanese-American sculptor who overcame incredible adversity to become a celebrated artist.

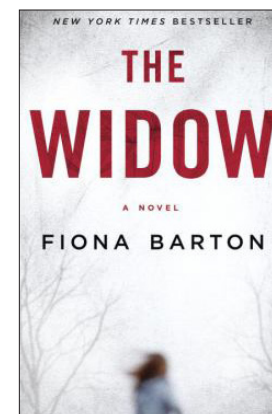


The Beauty of Living Twice

by Sharon Stone

Memoir. A very candid and personal memoir from Hollywood icon Sharon Stone. She talks about the trauma she's faced and overcome.

She also shares stories and anecdotes from her life.



The Widow

by Fiona Barton

Fiction. This debut thriller is a smartly crafted, compulsively readable tale about the lies people tell each other, and themselves, when the truth is the last thing they really want to know.



The Witch's Heart

by Genevieve Gornichec

When a banished witch falls in love with the legendary trickster Loki, she risks the wrath of the gods in this fierce, subversive debut novel that reimagines Norse myth.



For more titles or BPL info, visit bpl.org or call 617-536-5400.

► Special Feature

Q&A with Arlene Lucas

By Pat Kelleher

Attention, America's Got Talent! If you're looking for someone who's the full entertainment Package, I present to you Arlene Bailey (married name Lucas). Ms. Bailey is a singer, piano player, and composer with a career spanning the globe and many decades.

Her story starts right here. Raised in Boston, she was home schooled in piano by her beloved mother, Bertie. Her talent sent her right from Roxbury Memorial High School (now the site of Boston Latin Academy) to the New England Conservatory of Music.

From there, her career took off and spanned a dozen countries. She still has the reviews and news clips to prove it. "I may never have become a chart topper," says Bailey, "but I loved every minute of my time performing."

With a voice compared Billie Holiday, she played everything from Barbara Streisand to Whitney Houston, mostly in Grand Hotels in places like Denmark, Sweden, Belgium, and Australia. Her favorite stop? "Probably Switzerland," she says over coffee just steps from her Fenway apartment. "Some on my regulars (at the Montreux Palace) were so impressed, that they raised money to help fund my CD."



In performance at Rogerson House, 2020

The recording Arlene Bailey is of original compositions by she and her brother George.

Along the way of Arlene's long career, there were more than a few celebrity encounters. One of her agents was Sy Kravitz, father to Lenny Kravitz and husband of Roxie Roker (the Jeffersons). And there was her 1972 tour of Vietnam military bases as an opening act for Sammy Davis Jr.

Fans of the local piano bar scene might remember Ms. Bailey as the house pianist at the now gone Lafayette Hotel in downtown Boston or from her performance of "What the World Needs Now is Love" on a WGBH music extravaganza aired in 2020 (still on YouTube.)

At 85, she's not done yet. "I'm still convinced I might yet make a number one hit," she says.

► Recipe

Zucchini Carrot Muffins

Provided by Melissa Carlson, MS, RD,
Deputy Commissioner of Programs
and Partnerships

Ingredients:

- 2 carrots (medium, peeled and grated)
- 1 zucchini (grated, squeezed to remove excess water)
- 8 tbsp olive oil
- 1.5 cups all purpose flour
- 3 eggs
- 2 tbsp maple syrup
- 1 tsp lemon (zest only)
- 1.5 tsp baking powder
- ¼ tsp baking soda
- ½ tsp salt
- ¼ tsp cinnamon
- ½ tsp thyme (dried, optional)

Instructions:

1. Pre-heat oven at 400 degrees fahrenheit.
2. Add dry ingredients: flour, baking soda, baking powder, salt, cinnamon, thyme, lemon zest, and sugar, in a bowl. Mix well and set aside.
3. In a new bowl, add in wet ingredients: oil, maple syrup, and eggs in a bowl. Whisk until fully combined.
4. Add grated carrots and zucchini into the wet ingredients and mix well.



5. Fold in the dry ingredients into wet in 2-3 batches just until batter is mixed in. Don't over mix. A few streaks of flour are okay.

6. Fill in muffin tins, dividing into 8-9 cups. Fill remaining empty cups ½ way with water.

7. Bake for 18-20 minutes or until a toothpick inserted comes out clean, and muffins are brown and springy to touch.

Source: chefdehome.com

“One Ring” Phone Scam

For illegal robocallers, the goal isn't always getting you to answer. Sometimes, it's getting you to call back. Every so often, your wireless phone may ring once and then stop. If that happens to you, and you do not recognize the number, do not return the call. You may be the target of a “one-ring” phone scam.

“One-ring” calls may appear to be from phone numbers somewhere in the United States, including three initial digits that resemble U.S. area codes. But savvy scammers often use international numbers from regions that also begin with three-digit codes -- for example, “649” goes to the Turks and Caicos and “809” goes to the Dominican Republic. Such scammers may often use spoofing techniques, to further hide the number in your caller ID.

If you call these numbers, you risk being connected to a phone number outside the U.S. and may be charged for connecting, and per-minute fees for as long as they keep you on the phone. These may show on your bill as premium services.

Variations of this scam rely on phony voice-mail messages urging you to call a number with an unfamiliar area code to “collect a prize” or to notify you about a “sick” relative.

► How to avoid this scam

- Don't answer/return calls from numbers you don't recognize.
- Before calling unfamiliar numbers, see if the area code is international.
- If you don't make international calls, ask your phone company to block outgoing international calls on your line.
- Always be cautious, even if a number appears authentic.

► Filing a complaint

If you are billed for a call you made as a result of this scam, first try to resolve the matter with your telephone company. If you are unable to resolve it directly, you can file a complaint with the Federal Communications Commission (FCC) these ways:

- Online at consumercomplaints.fcc.gov
- By phone: 1-888-CALL-FCC (1-888-225-5322); TTY: 1-888-TELL-FCC (1-888-835-5322); ASL: 1-844-432-2275
- By mail (include your name, address, contact information and detail about complaint): Federal Communications Commission Consumer and Governmental Affairs Bureau Consumer Inquiries and Complaints Division, 45 L Street NE Washington, DC 20554.



► Health News

Stay Up to Date with COVID-19 Vaccines & Boosters

Updated COVID-19 vaccines are now available to provide increased protection against the currently circulating subvariants/strands.

You're eligible for an updated vaccine, if it's been at least 2 months since your last COVID-19 vaccination or booster.

COVID-19 vaccines are effective at protecting people from getting seriously ill, hospitalization or death.

Medicare covers the COVID-19 vaccine at no cost to you. For help finding a vaccine or booster, call 311 or the Age Strong Commission at 617-635-4366.

For more information on COVID-19 and vaccines, visit boston.gov/covid19.

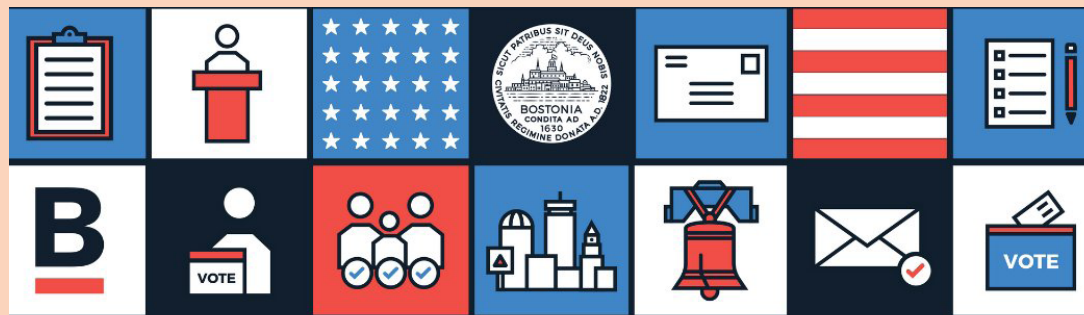
October Awareness

October is LGBTQ+ History Month

LGBTQ+ History Month celebrates the history of the diverse lesbian, gay, bisexual, transgender, and queer community and the importance of civil rights movements in progressing gay rights. It was created in 1994, expanding recognition from National Coming Out Day on October 11 and the anniversary of the first march for gay rights in Washington, which took place on October 14, 1979.

LGBTQ+ History Month now also includes Ally Week, when folks are encouraged to be allies with LGBTQ members and stand up against bullying; Spirit Day on October 20 — when the color purple is worn in solidarity with LGBTQ youth; and the death anniversary of Matthew Shepard — a 21-year-old who was murdered in a hate crime on October 12, 1998.

LGBTQ+ History Month allows learning about the history of the LGBTQ+ movement. Here in Boston, residents are invited to reach out to the newly formed Office of LGBTQ+ Advancement at City Hall to learn about events, resources, and policy. Visit boston.gov/lgbtq or call 617-635-2576.



REGISTER TO VOTE!

You can register to vote online, by mail, at City Hall - Room 241. The deadline for the State Election is Saturday, October 29, at 5 p.m.

To be eligible to vote, you must be at least 18 years of age and a U.S. citizen. For more info, visit boston.gov/vote

CITY of BOSTON



October 21 is National Check Your Meds Day

National Check Your Meds Day, sponsored by the National Community Pharmacists Association, invites consumers to bring their prescriptions to their local pharmacists for annual review. Pharmacists can remove any prescriptions that have expired, update prescriptions as necessary, and answer questions. It's a rare chance to get free medical advice.

Officially established in 2017 by the U.S. Department of Health and Human Services, National Check Your Meds Day is a day for patients to gain a clearer understanding of exactly what their prescribed medication does, how it affects them, if they're taking them correctly, and if there's a more cost-effective alternative to what they're being prescribed.

Folks can ask pharmacists which medications are/are not safe to take together and which should not mix with alcohol, or other best practices.

3 REASONS TO ALWAYS TAKE YOUR MEDS

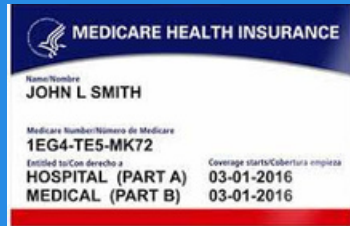
- **Keeps you healthier.** Those who follow their meds regimen reduce risk of getting sick by 26%.
- **Keeps you alive.** Those with similar conditions who consistently take their meds live longer than those who don't.
- **Healthy behavior.** Those who strictly follow their regimen are also more likely to live healthier by eating better & exercising.

Age Strong partners with the Massachusetts College of Pharmacy, who, through their outreach program, helps older adults review medication, M-F 8:30am to 5pm by calling 866-633-1617.



2022 MEDICARE OPEN ENROLLMENT EVENTS

OCTOBER 15 - DECEMBER 7



<p>October 26 10:30am to 3pm Boston Public Library Grove Hall 41 Geneva Ave., Dorchester</p>	<p>November 14 10:30am to 3pm Boston Public Library Mattapan 1350 Blue Hill Ave., Mattapan</p>	<p>December 5 10:30am to 3pm Veronica B. Smith Sr. Ctr. 20 Chestnut Hill Ave., Brighton</p>
<p>November 2 10am to 3pm Hyde Park Community Center 1179 River St., Hyde Park</p>	<p>November 30 10am to 3pm Vine St. Community Center 339 Dudley Street, Roxbury</p>	

Call 617-635-4366 to schedule your appointment for these events or to make a counseling appointment for another time.

- Meet with trained SHINE counselors, available to help Boston older adults find the best coverage for the least cost
- Review overall plan/coverage
- Change prescription drug coverage for the following year

What to Bring:

- List of prescriptions
- Medicare/other insurance cards
- Your Medicare.gov username/password if already set up

JOIN THE CITY OF BOSTON'S WALKING TEAM!



Help raise visibility for Alzheimer's Disease & support those living with the disease & their care partners.

The Walk to End Alzheimer's is **Sunday, October 16, 10am**
DCR North Point Park, 6 Museum Way, Cambridge, MA

get your City of Boston t-shirt in advance & walk as a group on site

To sign up, email Corinne White at corinne.white@boston.gov or 617-635-3745

October Happenings: Get Out and About in Boston!

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

"Nature is such a wonderful reminder that we are beautiful in every stage."



Boston's Latino Pioneers
Time: 12:00 pm - 1:45 pm
Location: BPL Connolly, 433 Centre St., Jamaica Plain
Contact Info: Emily, 617-522-1960



Civic Engagement Day
Time: 10:00 am - 12:00 pm
Location: 1 City Hall Sq., 5th fl, Boston
Contact Info: Disability Commission, 617-635-3682



Parks Fall Fitness: Kick It Class
Time: 10:00 am - 11:00 am
Location: Brighton Common, 30 Chestnut Hill Ave., Allston-Brighton
Contact Info: Jennifer, 617-635-4505



Leaf & Yard Waste Drop-Off
Time: 10:00 am - 2:00 pm
Location: Southern JP Health Center, 500 American Legion Hwy., Mattapan
Contact Info: Public Works, 617-635-4900



Mindful Movement
Time: 4:30 pm - 5:30 pm
Location: BPL Parker Hill, 1497 Tremont St., Roxbury
Contact Info: Karen, 617-427-3820



Hatha Yoga
Time: 6:30 pm - 7:45 pm
Location: BPL Fields Corner, 1520 Dorchester Ave., Dorchester
Contact Info: 617-436-2155



Codman Square Quilting Circle
Time: 10:30 am - 12:30 pm
Location: BPL Codman Square, 690 Washington St., Dorchester
Contact Info: Janice, 617-436-8214



Friends of the South Boston Branch Library Monthly Book Sale
Time: 10:00 am - 1:00 pm
Location: BPL South Boston, 646 East Broadway, South Boston
Contact Info: J. Bickford, 617-268-0180



Summer Concerts in the Library Park
Time: 8:00 am - 8:30 am
Location: Harambee Park, 930 Blue Hill Ave., Mattapan
Contact Info: Jennifer, 617-635-4505

Dog Licensing & Low-Cost Rabies Clinic

Animal Care and Control is offering low cost-clinics across the City.

► **October 15, 10am-2pm**
BCYF Hyde Park Community Center
1179 River St., Hyde Park

► **October 29, 10am-2pm**
BCYF Leahy Holloran Community Center
1 Worrell St., Dorchester

Dog Licensing Fees:
- \$15 for spayed and neutered pets (please provide proof)
- \$30 for intact males and females
- For seniors residents over 70, there is no charge to license their pets.

Vaccine Fees:
- Rabies: \$5
- Distemper: \$5

There is free microchipping! All pets must be accompanied by a person 18 years or older and on leash or in a carrier.

No appointment is needed. For more information, call 617-635-1800.

Emotional Wellness Month



Emotional wellness is so important to aging well. Whether learning ways to cope with stress, or understanding the process of grief/loss, we can all benefit from tips/tools on increasing our emotional wellness. Being more socially connected is a large part of maintaining emotional wellness -- and our physical wellness, too!

-Boston Seniority Team

The Value of Learning Mindfulness

By Libby Arsenault, LCSW, Behavioral Health Manager, Age Strong Commission

A small amount of positive stress may help motivate us to achieve our goals. Negative stress may cause us to become stuck, overwhelmed by thoughts and feelings or worry about the future. Mindfulness is both a state of mind and a strategy that can lessen stress and physical pain.

The practice of mindfulness was born from age-old spiritual traditions. In 1979, Jon Kabat-Zinn developed a Mindfulness Based Stress Reduction program (MBSR) at the University of Massachusetts. He defines mindfulness as “paying attention, on purpose, in the present moment, non-judgmentally.”

When we pay attention to the here and now, our focus is no longer on the past or future. Most people associate mindfulness with meditation, deep-breathing, or yoga, but the goal is to bring all of our attention to each current moment. We can practice this almost anywhere at any time—like sitting on a park bench to observe our surroundings, directing our thoughts only to what we can see, hear, touch, smell or taste at that moment. If our thoughts start to wander, bring them back to our surroundings.

Another mindfulness activity is a self body scan. We conduct a body scan by paying attention to physical sensations in each part of our body, slowly, part by part, from head to foot. If we lose focus, we can bring our thoughts back to our bodies. We might practice mindfulness by listening to a favorite song, focusing only on the sound of a single instrument. If thoughts distract us, we refocus on the sound of the instrument. The more we practice mindfulness, the more control we have over our thoughts.

Guided mindfulness exercise recordings are available free online for free at tarabrach.com/audioarchives-guided-meditations.html

Free mindfulness apps for smartphones include Headspace at headspace.com/ and Insight Timer at insighttimer.com/.

For more information on Mindfulness Based Stress Reduction, visit ummhealth.org/center-mindfulness.

Tips to Maintain Emotional Wellness

Emotional wellness is key to a happier, healthier life. In fact, it can help older adults quickly bounce back from difficulties. Decreasing your stress can help give your immune system a boost and allow you to get through the day a bit smoother. These tips help you stay resilient, manage stress, and improve your overall mental health. These activities are also good for dealing with social isolation and loneliness.

Be positive. Give yourself credit for the good things you do each day. Forgive yourself and others and learn from what went wrong, but don't dwell on it. Surround yourself with positive, healthy people. Focus on the good.

Get connected. Social connections have a powerful effect on our emotional and physical health. Reach out to friends/loved ones by phone and through social media. Learn to use Zoom or FaceTime to connect via video. Join a virtual group online for support or to practice a hobby. Take an online class. Volunteer to help others. Go for a walk, visit others.

Relieve stress. Get enough sleep. Just 30 minutes a day of walking can boost your mood and reduce stress. Build a social support network. Note what you've accomplished at the end of the day, not what you've failed to do. Deep breathing can help reduce stress. Spending time in nature can create more positive feelings. Talk with a mental health professional

if you feel unable to cope, have suicidal thoughts, or use drugs/alcohol to cope.

Quality sleep affects both our mental and physical health. Go to bed at the same time each night and get up at the same time each morning. Sleep in a dark, quiet, comfortable environment. Exercise daily (but not right before bedtime). Limit electronics before bed. Relax before bedtime with a warm bath or reading. Avoid alcohol/caffeine late in the day. Avoid nicotine.

Cope with loss. Extreme loss can feel overwhelming, but most people can make it through the grieving process with the support of family and friends. Talk to caring friends. Find a grief support group. Wait a while before making big decisions like moving or changing jobs. Talk with your doctor if you're having trouble with everyday activities. Sometimes short-term talk therapy can help. Mourning takes time. It's common to have roller-coaster emotions for a while.

Accept yourself. Everyone has self-judgment/self-doubt. Learning to accept yourself is a gateway to a happier, healthier life. Surround yourself with positive affirmations and things that inspire you.

Ask for help. If you are suffering from emotional distress, it's OK to ask others for help. Everyone has moments of stress and you are not alone. Reach out to doctors, clergy or senior centers.



Grief and Loss

By Libby Arsenault, LCSW, Behavioral Health Manager, Age Strong Commission

Grief is a healthy and normal reaction to loss. The death of a family member or friend is one type of loss. Others include moving to a new place, losing the ability to drive a car, or losing financial stability. Everyone will experience loss at one time or another. Learning about grief can help understand our own reactions to loss, and to be patient with others who are grieving.

Grief affects our emotions, thoughts, body, spirituality, and actions. It is common to feel shock, disbelief, sadness, guilt, anger, fear, deep loneliness or even relief. Some physical signs of grieving are fatigue, nausea, lowered immunity, and change in sleep/appetite. We may have difficulty concentrating or constantly be thinking about the loss. It may feel like we have lost our sense of purpose or direction. All of these reactions are normal.

Each of us experiences loss differently and according to our own timelines. It is common to experience highs and lows, as if riding a rollercoaster. Grief is not a linear process. Psychologist J. William Worden identifies four tasks in grieving: (1) accept the reality of the loss, (2) process the pain of grief, (3) adjust to a

world without the deceased, and (4) find a new connection with the deceased while moving on with life. Tasks come in any order, as well as one at a time, or many. The most important step in healing is to connect with other people for support. Reaching out demonstrates strength. Ask for and accept help.

We may also seek comfort in faith communities, religious/spiritual activities, or various ways of ritualizing loss. Try joining an in-person or online grief support group, often run by a hospice organization, community center, or hospital.

If grief feels overwhelming, talk to a social worker, grief counselor, or licensed therapist. Call your health insurance company or check with your primary care physician for a referral. Remember there is no right or wrong way to grieve. Grief usually lessens with time and understanding.

The Value of Social Connections

Source: *HealthyAging.org*

On an average day, Ms. Alvarez interacts with many people. Mornings, she often walks to a neighborhood café to have coffee with a friend. In the afternoons, she goes to the senior center, where her favorite activities are Zumba classes and playing bridge. In the evenings, she often calls her daughter to chat, and likes to send emails and pictures to her grandchildren in college. Ms. Alvarez enjoys A LOT of social connectedness.

A person's level and quality of contact with other people—or social connectedness—is key to healthy aging. Studies show that older people who have close connections and relationships not only live longer, but also cope better with health conditions and experience less depression.

Life transitions can impact the number and quality of people's social and community networks. For example, friends and family members may move away, which can have a negative impact on someone's social network. But a transition such as the birth of a new family member can bring positive changes.

Some life circumstances that can affect social connectedness include:

- Changes in health and ability to walk and get around
- Changes in work status and income
- Changes in living arrangements
- Loss of family and friends, particularly a spouse
- Commuting challenges—when driving is no longer an option, isolation becomes a significant issue, especially in communities where there is little or no public transportation.

Here are some ways to prevent loneliness and stay connected:

- Join community activities; think about activities you enjoy and look around your community for ways to get involved; consider the local Y, community or senior center, or place of worship.
- Volunteer; not only will volunteering help your community, it's a great way to meet new people.
- Use technology; sometimes it's not possible to have face-to-face contact;



through technology there are ways to communicate and stay in touch with friends/loved ones.

- Share pictures through email/social media; have a video conversation on your computer, tablet or smartphone.
- Take a class; learn to paint, cook or play an instrument; keep an active mind; who knows – you may find a new friend in class!
- Consider becoming a pet owner; there are many adult animals looking for a new owner and walking a pet is a great way to meet people.

- Consider different housing; it might make sense to move to a different locale or different set up with more opportunities to meet and socialize with others.

- Be active; not only is physical activity vital in preventing falls, it is an amazing way to meet other people.

Cast a wide net and see what sticks. It usually takes some amount of effort, but the results can be priceless – healthy aging!

► In Boston, we Age Strong.

As part of the City's Human Services cabinet, The Age Strong Commission's mission is to enhance your life with meaningful programs, resources, and connections so we can live and age strong together in Boston.



We can help with:

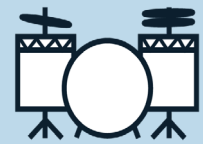
Call us for more details at 617-635-4366.



Access to Information and Benefits:

Our Community Advocates connect older adults 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 in accessing several tax relief exemptions and programs like the Elderly Exemption 41C, Senior Circuit Breaker Tax Credit, and others.
- Assist older adults with navigating systems including the aging network and city services.



Outreach and Engagement:

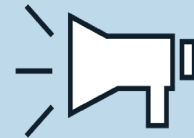
The Commission organizes many **in person and virtual** events and programs throughout the year.



Transportation:

We are committed to helping older adults 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.



Volunteer Opportunities:

We operate volunteer programs that impact our 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 and companionship.
- *Senior Greeters* volunteer their time to greet guests of City Hall.
- *Senior Property Tax Work-Off Program*: Qualified senior homeowners may 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 Cafés, 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.

MEET WITH YOUR AGE STRONG ADVOCATE!

For Ages
60+

Find out if you're eligible for benefits like SNAP, HIP, fuel assistance, tax credits; learn about the Age Strong Shuttle, taxi coupons & more!

Advocates have interpretation access through the Language Line.

BRIGHTON

Veronica B. Smith Senior Center - 20 Chestnut Hill Ave.

First Wednesday of each Month, 10am-12pm

Contact: Alycia Joyner, 617-635-3993 / alycia.joyner@boston.gov

DORCHESTER

Cape Verdean Association of Boston - 242 Bowdoin St.

First and last Wednesday of each month, 9am-4:30pm

Contact: Angelina Goncalves, 617-635-5391 / angelina.goncalves@boston.gov

BPL - Lower Mills Branch - 27 Richmond St.

First Tuesday of each Month, 10am-12pm

Contact: Nhung "Ivy" Pham, 617-635-4646 / nhung.pham@boston.gov

*Appointment required for time consuming applications

BPL - Fields Corner Branch - 1520 Dorchester Ave.

First Tuesday of each Month, 1:30pm-4:30pm

Contact: Nhung "Ivy" Pham, 617-635-4646 / nhung.pham@boston.gov

*Appointment required for time consuming applications

BPL - Codman Square Branch - 690 Washington St.

Second Tuesday of each month, 10am-12pm

Contact: Nhung "Ivy" Pham, 617-635-4646 / nhung.pham@boston.gov

*Appointment required for time consuming applications

BPL - Adams Branch - 690 Adams St.

Second Tuesday of each month, 1:30pm-4:30pm

Contact: Nhung "Ivy" Pham, 617-635-4646 / nhung.pham@boston.gov

*Appointment required for time consuming applications

FENWAY-KENMORE

Fenway Community Center - 1282 Boylston St. (entrance on Jersey St.)

Second Thursday of each month, 1:00pm-3:00pm

Contact: David Reedy, 617-635-2095 / david.reedy@boston.gov

HYDE PARK

BCYF Hyde Park Community Center - 1179 River St.

Last Wednesday of each month, 10am-12pm

Contact: Yves Mary Jean, 617-635-0021 / yvesmary.jean@boston.gov

JAMAICA PLAIN

BCYF Curtis Hall Community Center - 20 South St.

Last Wednesday of each month, 1:30pm-3:30pm

Contact: Mary O'Sullivan, 617-635-4373 / mary.osullivan@boston.gov

BPL - Connolly Branch - 433 Centre St.

First Tuesday of each Month, 2:00pm-4:00pm

Contact: Mary O'Sullivan, 617-635-4373 / mary.osullivan@boston.gov

MATTAPAN

BPL - Mattapan Branch - 1350 Blue Hill Ave.

Last Wednesday of each month, 1:30pm-3:30pm

Contact: Yves Mary Jean, 617-635-0021 / yvesmary.jean@boston.gov

NORTH END

BCYF Nazzaro Community Center - 30 North Bennett St.

Every Monday, 9am-5pm

Contact: Lorna Heron, 617-635-4335 / lorna.heron@boston.gov

ROSLINDALE

BPL - Roslindale Branch - 4246 Washington St.

Second Tuesday of each month, 2pm-4pm

Contact: Mary O'Sullivan, 617-635-4373 / mary.osullivan@boston.gov

WEST ROXBURY

BCYF Roche Community Center - 1716 Centre St.

Second Tuesday of each month, 11am-1pm

Contact: Mary O'Sullivan, 617-635-4373 / mary.osullivan@boston.gov

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Introducing the Age Strong Commission's MEMORY CAFE

Oct. 12, 2022 | 10 - 12 p.m. | Codman Square Library
690 Washington Street, Dorchester

A Memory Café is for those living with memory loss, their loved ones and care partners

Engage in social and artistic activities

For more information & to RSVP, contact Corinne White:
617-635-3745 or corinne.white@boston.gov

Bilingual (Spanish) | Light refreshments served | Free




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- Learn how to prevent an overdose
- Learn how to communicate with/support loved ones who are living with addiction



To learn more or to schedule a workshop contact:

Monique Carvalho at 617-635-4374 or monique.carvalho@boston.gov

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