

# BOSTON SENIORITY

Age Strong Commission

City of Boston

Mayor Michelle Wu



September 2024

Issue 8

Vol. 48

**FREE PUBLICATION**

## INSIDE THIS ISSUE

Celebrating Centenarians: Page 5

Happy Grandparents Day: Page 8

Age-Friendly Maps: Page 22

... and more!

**AGE+**



City of Boston  
Age Strong Commission

# TABLE OF CONTENTS

3  
**MAYOR'S SPOTLIGHT**

4  
**SEPTEMBER BOOKS**

Get book recommendations - hand picked by BPL librarians!

8  
**GRANDPARENT'S DAY**

Learn about the history of Grandparent's Day.

10  
**CELEBRATING HISPANIC HERITAGE MONTH**

14  
**MEET JOSÉ F. MASSÓ**

Boston's Chief of Human Services

20  
**SCAM ALERT**

Stay up to date on recent scams targeting older adults.

## Contact Age Strong:



(617) 635-4366 | [agestrong@boston.gov](mailto:agestrong@boston.gov)

[boston.gov/age-strong](https://boston.gov/age-strong)

## CONNECT WITH AGE STRONG ON SOCIAL MEDIA



Facebook:  
Age Strong



Twitter/X:  
@AgeStrongBos

## FROM THE MAYOR'S DESK



### Hello Boston!

From September 15 through October 15 we celebrate Hispanic Heritage, when we acknowledge accomplishments from those of Hispanic heritage, including friends, neighbors and colleagues with ancestry from Central America, South America, Spain, Puerto Rico, the islands, and others. We gather to learn, share music, dance, food, and tradition.

Inside you'll meet José Massó, Boston's Chief of Human Services and get to learn about his background in nonprofit community service. He'll also share what Hispanic Heritage month means to him.

September marks National Grandparents Day and National Fall Prevention Awareness. Inside, learn about how Grandparents Day came to be and find tips on preventing falls.

Don't forget to check out Boston older adults out on various adventures across the city, and please join us on City Hall Plaza for Fiesta en la Plaza on September 15, with free performances by saxophonist Edmar Colón & pianist Alain Mallet, the Fabiola Méndez Trio, Meta Movements, and Manuela Sánchez Goubert.

Looking forward to seeing you in community,

Mayor Michelle Wu

## Boston Seniority

Published by the City of Boston's Age Strong Commission

Michelle Wu  
Mayor

Emily K. Shea  
Commissioner

Ami Bennett  
Director of Communications

Jordan Rich  
Partnership & Sponsorship  
Manager

Dillon Tedesco  
Marketing Coordinator

Sophia Wang  
Partnership Coordinator

Edzani Kelapile  
Communications  
Coordinator

1 City Hall Square - Room 271  
Boston, MA, 02201

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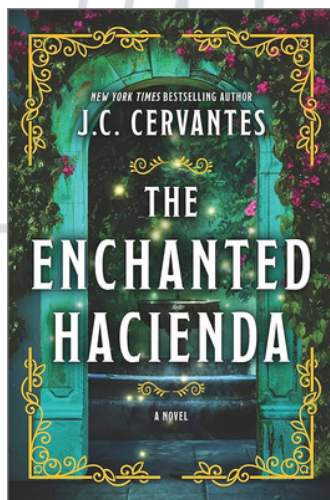
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## BPL BOOK PICKS

Source: Boston Public Library

Vida Latina is a list of recent books which is printed as part of the Boston Public Library's observance of Hispanic Heritage Month each year. The BPL owns print editions of all titles, and many are available in eBook and audiobook formats as well.



### **The Enchanted Hacienda**

by J.C. Cervantes

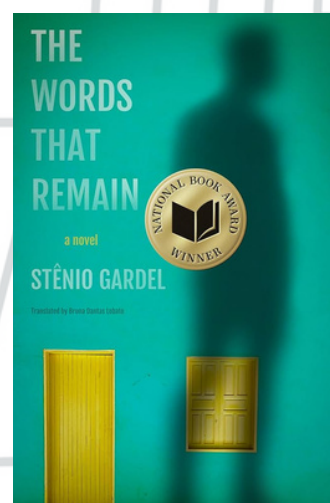
Disappointed in love & life, Harlow Estrada returns home to Mexico where the women in her family create magic from flowers, a gift she doesn't have.



### **Promises of Gold**

by José Olivarez

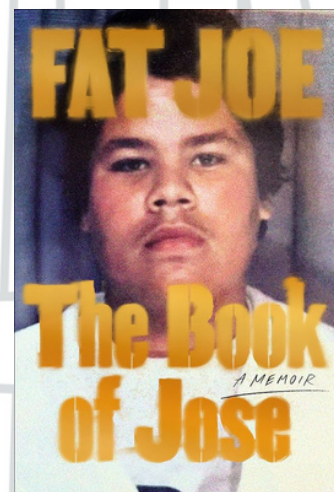
A bilingual, poetic exploration of love in all its many forms: romantic, platonic, familial.



### **The Words That Remain**

by Stênio Gardel

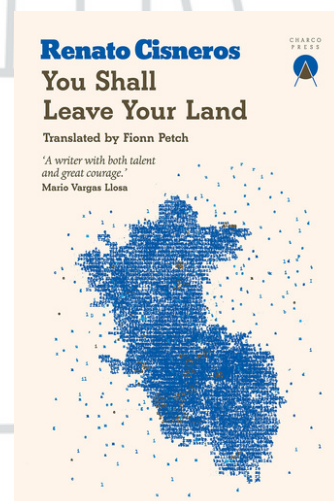
An older gay man in Brazil finally learns to read & ponders whether to open the letter he received from his teenage lover decades earlier.



### **The Book of Jose**

by Fat Joe

Growing up in the S. Bronx, Joseph Cartagena escaped poverty & drugs to become the multi-platinum rapper & philanthropist Fat Joe.



### **You Shall Leave Your Land**

by Renato Cisneros

In Peru, an illicit affair between Nicolasa & a priest leaves her raising seven children alone. Two centuries later, her great-great grandson searches for answers.

## CELEBRATING CENTENARIANS: THIS MONTH AND ALWAYS

By Jordan Rich, Age Strong Staff

A centenarian has celebrated one-hundred or more birthdays. Started in the 1990s at Williamsport Nursing Home (Williamsport Maryland), National Centenarian Day began as a way to celebrate the growing number of centenarians across the U.S. Observed on September 22nd, we continue to celebrate National Centenarian Day as a way to recognize those who have reached this unique milestone.

Did you know that Boston University Chobanian and Avedisian School of Medicine is home to the largest centenarian study in the world? The New England Centenarian Study has enrolled and learned from centenarians and their families since 1995. The study researches the exceptional longevity of centenarians and how they often escape age-related diseases like Alzheimer's, stroke, and cancer.

Eighty-five percent of centenarians are women and fifteen percent are men. This may be because women handle age-related diseases better than men do. The study also follows supercentenarians, people who've lived a century and a decade (110+). The United States has the highest number of supercentenarians in the world.

If you or someone you know is approaching or already 100 years old and would like to enroll in the Boston University New England Centenarian Study, call 617-358-0111. Participants are compensated for their participation.

There are roughly 101,000 centenarians in the United States, approximately 2,000 in Massachusetts. Age Strong wants to get to know any centenarians living in Boston.

We believe Centenarian's should be celebrated! We are proud to support our partner, Central Boston Elder Services' Centenarian Society. In addition, in honor of National Centenarian Day, Age Strong welcomes Boston's oldest adults ages 99+ to sign up for our new Heroic Hundreds Club. Members will enjoy a commemorative gift, a congratulatory citation from the Mayor, and have the opportunity to share memories, recipes, or life stories in Boston Seniority Magazine or our website. For more information call Jordan Rich at 617-635-2451.

# AGE STRONG ADVENTURES

By Jordan Rich, Age Strong Staff

Recently, Age Strong staff and Boston older adults have participated in a variety of new programs across the city.



**EAST BOSTON SENIOR CENTER CRUISE**

On August 15, 71 members of East Boston Senior Center went on a special field trip, a Spirit of Boston senior cruise! They enjoyed wonderful harbor views, bingo, and a buffet.



## COMMUNITY ROWING

Age Strong, in partnership with Community Rowing, has launched a new senior rowing program on Boston's Charles River. Special thanks to Ted Benford, Nonna Giunta, Catherine Saarela, and Katie Toth for making rowing accessible to Age Strong older adults.

"We love having the opportunity to row on the Charles!" -Cynthia Koebert



**SENIOR FISHING CLUB**

The Senior Fishing club at the BCYF's Vine Street Community Center in Roxbury has organized senior group fishing trips for over seventeen years. Earlier this month, the group fished off the waters of Onset, MA. For more information call 617-635-1285.

## COMMUNITY FARMING

Age Strong partnered with the Mattapan's Urban Farming Institute to bring a *Mindfulness in Nature* class to the community. The Institute offers in-person and virtual programs including Fit Around the Farm, Men's Gathering, and more. Call 617-989-9920 for more information.

To learn more about any of Age Strong programs or to get involved in community activities call Age Strong at 617-635-4366. Sign up for monthly updates at [boston.gov/agestrong](https://boston.gov/agestrong)





## HAPPY GRANDPARENTS DAY!

*By Jordan Rich, Age Strong Staff*

On Sunday September 8, take time to wish the grandparents in your life a Happy Grandparents Day! Acknowledged on the first Sunday after Labor Day, Grandparents Day is an opportunity to celebrate our cherished connection between grandparents and their grandchildren.

Grandparents contribute not only to the care of children, but also to the upbringing of our collective society. Grandma, Abuelo, Grand-mère, Aljada, Awoowe, Babushka, Năinai, Nonno, Granmè, Seanathair—no matter what they’re called—grandparents build the foundation of families.

Passed by Congress and signed by President Jimmy Carter, making National Grandparents Day the first Sunday after labor day each year became official on August 3rd, 1978. The proclamation seeks “...to honor grandparents, to give grandparents an opportunity to show love for their children’s children, and to help children become aware of strength, information, and guidance older people can offer.”

President Carter highlighted Marian McQuade of Oak Hill, West Virginia as the founder of National Grandparents Day for her efforts educating youth about the contributions of older adults throughout history. Marian believed in the value of intergenerational relationships and encouraged young people to adopt a grandparent not just on grandparents day but all year round.



Those without grandchildren of their own also have wisdom and love to share. Not overly commercialized, Grandparents Day remains a day to focus on family relationships and the appreciation younger generations have for the special older adults in their lives.

Often given as a symbol of love and respect, the Forget Me Not with its small blue blooms, is the official flower of Grandparents Day. The day even has its own song. Written by Johnny Prill, A Song for Grandma and Papa, became the official song for National Grandparents Day in the United States in 2004.





# CELEBRATING HISPANIC HERITAGE MONTH

Latinx Heritage Month

# FIESTA EN LA PLAZA

at Boston City Hall Plaza & Pavilion

presented by:



**FIESTA WELCOME**  
September 15, 2024 | 1:00 p.m.  
City Hall Plaza



**AFRO LATINX ARTS**  
September 19, 2024 | Civic Pavilion  
Artists Panel | 5:30 p.m.  
Documentaries | 7:00 p.m.



**SALSA NIGHT**  
September 27, 2024 | 6:00 p.m.  
Civic Pavilion



# RECIPE:

## Pollo Guisado

Provided by Melissa Carlson, Age Strong Staff

### Ingredients

- 1.5 lb chicken thighs, boneless and skinless
- 2 tsp adobo, all-purpose seasoning\*
- 2 Tbsp cooking oil
- 1 yellow onion, large dice
- 3 cloves garlic, finely chopped
- 1/2 cup sofrito
- 8 oz tomato sauce
- 1 packet sazón seasoning with annatto\*
- 2 bay leaves
- 2 tsp dried oregano
- 1/4 cup manzanilla olives, pimiento-stuffed
- 1 large potato, 2-inch dice (about 1 cup)
- 2 large carrots, 1/4-inch rounds (about 1 cup )
- 3 cups chicken stock

### Instructions

1. Dry the chicken thighs thoroughly with paper towels. Cut into 2-inch cubes. Season with Adobo.
2. Set a Dutch oven over medium-high heat. Add the oil. Once it has warmed, add the chicken in one layer and brown.
3. Once the chicken has browned, remove it from the pot and set it aside. Add the onion to the pot, and cook until translucent, about 2 minutes. Add the garlic and cook until fragrant, about 1 minute.
4. Add the sofrito and tomato sauce. Cook for 2 to 3 minutes until it is thick and bubbly.
5. Add the sazón, bay leaves, oregano, olives, potatoes, carrots, and chicken broth. Bring the mixture to a boil.
6. Add the chicken back into the pot. Lower the heat, cover the pot, and simmer for 40-50 minutes until the chicken is cooked through.
7. Take the stew off the heat, sample it, and add salt and pepper to taste. Remove the bay leaves before serving.

### Notes

\*If you cannot source adobo mix your own and then use the amount called for in the recipe. Store the rest in an airtight container.

- 2 Tbsp salt
- 1 Tbsp garlic powder
- 1 tsp ground oregano
- 1 tsp onion powder
- 1 tsp black pepper
- 1 tsp ground cumin
- 1/2 tsp turmeric

Sazón and adobo share a lot of similar ingredients, but are used at different points in the cooking process, and will develop slightly different colors and flavors.

### Nutrition

Serving: 2 cups Calories: 470kcal Carbohydrates: 36g Protein: 42g Fat: 18g Sodium: 843mg Fiber: 6g

Source: Accessed 8/1/24 [budgetbytes.com/pollo-guisado/](https://budgetbytes.com/pollo-guisado/)

\*A packet of sazón contains about 1.5 teaspoons of sazón. If you cannot source sazón use the following:

- 1/4 tsp garlic powder
- 1/4 tsp ground cumin
- 1/4 tsp ground coriander
- 1/3 tsp ground annatto
- 1/8 tsp turmeric
- 1/8 tsp ground oregano

## MEET JOSÉ F. MASSÓ, CHIEF OF HUMAN SERVICES

*Interviewed by Ami Bennett, Age Strong Staff*

In celebration of Hispanic Heritage Month, Boston Seniority Magazine introduces José F. Massó, our Chief of Human Services at the City of Boston. He's been cabinet chief since May, 2022.

Chief Masso grew up in the South End and in Hyde Park neighborhoods of Boston. "I am a proud graduate," he shares, "of Boston Latin Academy (Go, Dragons!) and I graduated from UMass Boston with a BS in Business Management." He now lives in Hyde Park with his wife, Sonia, and two children Brooklynn (17) and Reagan (13).

When asked about the mission of Boston's Human Services Cabinet, he shares, "to provide equitable access to high quality services, resources, and opportunities so that every Boston resident—especially those with the greatest needs—has what they need to thrive."

Boston's Human Services Cabinet departments include the Age Strong Commission, Boston Public Library, Boston Centers for Youth and Families (BCYF), Office of Returning Citizens, Veterans Services, and Youth Engagement and Advancement. "Our departments," he continues, "meet residents where they are: in their homes, neighborhoods, and communities—breaking down barriers to receiving critical resources."

"To truly thrive," the Chief explains, "every Boston resident needs access to good jobs, affordable housing, healthy food, safe places to be active and expressive, and opportunities to come together with others in their community. Together, the Human Services cabinet is expanding programming for residents of all ages, investing in our community spaces, and driving policies that increase opportunity so all Boston residents can thrive."

Before coming to work for the city, "I spent 25 years in progressively responsible positions within both city government and the nonprofit world, including leadership positions at United South End Settlements and the YMCA of Greater Boston," he shares. "These roles provided me with the experience I need to lead a large team, understand the details of budgeting and program development, and adapt to the ever-changing needs of our community. Before coming to the city I served as Co-Executive Director of United South End Settlements, an essential service provider to families in the South End, through the COVID-19 pandemic.

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When asked what he loves about Boston, he shares, "I love the Boston arts scene and I also love how much Mayor Wu has focused on activating our city's outdoor spaces. I love being able to go to a free show on City Hall plaza one day and spend the next day at Open Streets in my own neighborhood. I love being in community and seeing friends, family and colleagues while I'm out and about."

When asked what he wishes outsiders knew about Boston and Bostonians, he explains, "Boston is two degrees of separation, especially if you grew up here. It's like one big extended family—everyone knows everyone else, so there's a sense of shared experience and community in Boston that I don't think you get in other big cities." One thing I love about my job now is that I get to know old friends through their families as well - their children who attend BCYF Centers; their parents who might go to the senior center or to programs at BPL. We are all connected in different ways and that's what makes Boston so special.

In his free time, he shares, "I am an avid cyclist; a hobby I picked up during the pandemic. I love to go on 30, 40-mile rides with a core group of friends early in the morning on weekends. I also love to swim and am trying to work that into my schedule as a more regular part of my routine. I enjoy playing table tennis and use that as a way to build camaraderie among my team members at work."

"Most of all," he shares, "I enjoy spending time with my family. My children are talented artists (artistic expression skipped a generation) and I love attending their theater and dance productions. My wife Sonia is an all-around brilliant person who keeps our family healthy and moving forward together. Every day I spend with her and my kids brings me joy."



# RECIPE:

## Coconut Cream Pops

Provided by Melissa Carlson, Age Strong Staff

### Ingredients

- 12 ounce can fat-free evaporated milk
- 4 ounce can light coconut milk
- ½ cup powdered sugar
- 2 teaspoons coconut extract
- cinnamon, to taste
- 1/2 cup shredded sweetened coconut

### Instructions

- Mix all ingredients in a bowl.
- Pour into freezer molds.
- Freeze and enjoy!

### Tips and Variations

- Stir the popsicle mixture a few times. You don't want the shredded coconut to settle at the bottom of the mixing bowl, so give it a stir after pouring it into 2 or 3 ice pop molds to re-distribute it.
- Use popsicle molds. There are workarounds for making popsicles without molds, like using disposable cups.
- Know how to loosen stuck popsicles. If you're having trouble getting the pops out of the molds, you can set the molds in a bowl of hot water for a few seconds or run them under the tap. This will loosen the popsicles so they're easier to remove.
- Make them chocolatey. Drizzle the coconut popsicles with Magic Shell before serving if you like chocolate with your coconut.

### Nutrition

Serving: 1 popsicle, Calories: 106 kcal, Carbohydrates: 13.5 g, Protein: 3 g, Fat: 4.5 g, Saturated Fat: 1 g, Fiber: 0.5 g, Sugar: 11 g

Source: Accessed on 7/3/24 [skinnytaste.com/coconut-cream-pops/](https://skinnytaste.com/coconut-cream-pops/)

# City of Boston Farmers Markets & Farmstands 2024

ENGLISH

### Back Bay

**Copley Square Farmers Market**  
227 Dartmouth St, 02116  
5/17 - 11/26  
Tuesday & Friday  
11am-6pm

### Brighton

**Brighton Farmers Market**  
30 Chestnut Hill Ave, 02135  
6/12 - 10/30  
Wednesday  
2pm-6:30pm

### Charlestown

**Charlestown Farmers Market**  
Main and Austin St, 02129  
6/19 - 10/30  
Wednesday  
2pm-6pm

### Chinatown

**Chinatown Farmers Market**  
Chin's Park @ Rose Kennedy Greenway, 02111  
7/13, 7/27, 8/10, 8/24, 9/14, 9/28, 10/5, 10/19  
Saturday  
10am-2:30pm

### Dorchester

**Ashmont Friday Market**  
1900 Dorchester Ave, Ashmont MBTA Plaza, 02124  
7/12 - 10/25  
Friday  
2pm-6pm

**Codman Square Farmers Market**  
20 Wainwright St, 02124  
7/20 - 10/19  
Saturday 11am-2pm

**DotHouse Farmers Market**  
1353 Dorchester Ave, 02122  
7/9 - 10/15  
Tuesday  
11:30am-1:30pm

**Fields Corner Farmers Market**  
500 Geneva Ave, 02122  
7/13 - 10/26  
Saturday 9am-12pm

### Downtown

**BPM on the Greenway**  
Rose Kennedy Greenway between India and Milk St, 02210  
6/13 - 10/24  
Thursday 2pm-6pm

### East Boston

**East Boston Farmers Market**  
200 Border St, Central Square Park, 02128  
7/10 - 10/30  
Wednesday 3pm-6:30pm

### Hyde Park

**We Grow Microgreens Farmstand**  
21 Norton St, 02136  
5/29 - 11/20  
Wednesday  
2:30pm-6pm

### Jamaica Plain

**JP Centre St Farmers Market**  
677 Centre St, Bank of America Parking Lot, 02130  
Saturday 5/25 - 12/21  
Tuesday 6/18 - 11/26  
Tue 12-5pm, Sat 12-3pm

### Mattapan

**The Urban Farming Institute**  
487 Norfolk St, 02126  
6/28 - 11/22  
Friday 1pm-5pm

**Mattapan Square Farmers Market**  
882 Cummins Hwy, 02126  
7/13 - 10/26  
Saturday 10am-1pm

### Mission Hill

**Mission Hill Farmers Market**  
725 Huntington Ave, Hanlon Square, 02115  
6/6 - 12/19  
Thursday 11am-6pm

### Roslindale

**Roslindale Farmers Market**  
4225 Washington St, Adams Park, 02131  
6/1 - 11/23  
Saturday 9am-1:30pm

### Roxbury

**Nubian Square Farmers Market**  
2300 Washington St, 02119  
7/13 - 11/9  
Saturday 10am-3pm

**Dudley Town Common Farmers Market**  
427 Dudley St, 02119  
6/20 - 10/31  
Thursday 2:30pm-6pm

**Roxbury Crossing Farmers Market**  
Roxbury Crossing T Station, 1400 Tremont St, 02120  
6/4 - 12/20  
Tuesday & Friday  
11am-6pm

### Seaport

**Fish and Farm Market**  
212 Northern Ave, 02210  
6/22 - 10/26  
Saturday 11am-3pm

### South Boston

**South Boston Farmers Market**  
446 W Broadway, 02127  
6/3 - 10/28  
Monday 10am-5pm

Please Note: These are the markets participating in the Farmers Market Coupon Program. These dates and times are subject to change. Please check our website for the most recent updates and for additional non-participating markets.

UPDATED 5/22/24

## ► 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.

## Beware of Tech Support Scams! Source: AARP Watchdog Alert



If you see a pop-up message telling you that your computer is infected with a virus and you need tech support to remove it, DO NOT call the number. This is a fear-based scam by criminals to steal your information and access your financial accounts.

### How It Works

You see a notice suddenly pop up on your computer, claiming something is wrong with your device. A blaring sound may accompany it, or it won't close. The pop-up includes a toll-free number that will connect you to tech support impersonators, who will attempt to get your information and log-ins to access your accounts.

The scammers might also say that they need remote access to your device, and use malware to capture all your logins to allow them to access your financial accounts. They might also try to convince you to pay for a nonexistent tech support plan.

### What You Should Do

If you or a loved one was a target of this scam, contact your financial institutions immediately to alert them of the fraud, and see if they can stop the flow of funds. You should also report this to the police so you have a record in case there is restitution.

If you get the pop-up message that won't close, shut down your device. You should also regularly update your operating system and antivirus software, or set them to update automatically. If there is an issue with your device, you should take it to a trusted technician or to a reputable store that offers tech support.

**Please add info at the end here on how to connect with the AARP Fraud Watch Network** - Learn more about the AARP Fraud Watch Network at [aarp.org/money/scams-fraud/](http://aarp.org/money/scams-fraud/). Call the AARP Fraud Watch Network Helpline at 877-908-3360.

## NATIONAL FALL PREVENTION AWARENESS

By Jordan Rich, Age Strong Staff

Did you know that falls are the leading cause of injury-related emergency room visits? Older adults (age 60+) account for one of every four falls annually. In September we acknowledge National Fall Prevention Awareness month to raise visibility about prevention.

Despite the frequency, falling is not a normal part of aging. As our body ages, declining eyesight, poor depth perception, low vitamin D, and weakened muscles can result in more falls. Education and risk-awareness can reduce the likelihood of falls. Most falls can be avoided by increasing awareness about fall hazards.

### Top fall prevention tips include:

- *Wear appropriate footwear*
- *Remove tripping hazards from walkways*
- *Be physically active*
- *Visit your doctor for routine appointments*
- *Get your hearing and vision checked annually*
- *Review medications and side-effects*
- *Install bright lighting in living/working spaces*
- *Use assistive devices as needed*
- *Consider a life alert alarm system device*

A great way to build defense against falling is through improving strength and mobility. Age Strong joins the National Council on Aging and organizations across the country during the month of September to encourage a “fall free future.”

The following free classes promote ease of movement, build strength, improve balance, and increase mobility.

- **Tai Chi** on Monday/Wednesday, 11AM, East Boston Senior Center at 617-961-3131.
- Tuesday **Tai Chi** at Veronica B. Smith Senior Center at 617-635-6120.
- **Tai Chi for Fall Prevention** at Boston Public Library's West End Branch, Tuesdays 2-3PM through October. Register by calling Lauren Lepanto at 617-523-3957.
- Older adult YMCA members can join the **Fit for Life program** at YMCA Huntington, Menino, Oak Square, and Roxbury locations.

For more information about fall prevention visit [cdc.gov/falls/data-research/facts-stats/index.html](https://www.cdc.gov/falls/data-research/facts-stats/index.html)

# AGE-FRIENDLY MAPS

By Corinne White, Age Strong staff



The oldest maps discovered were drawn on clay tablets by Babylonians, dating back to 2300 BCE. Maps are a visual representation of specific features, and assist people with finding their way. We most commonly use maps when driving, cycling or walking from point A to point B. Have you ever wished there were maps for other things?

Age Strong's Age-Friendly team has created maps for public restrooms, benches, dementia resources and age-friendly walks in Boston. We heard from older adults that knowing where benches and restrooms were would make them more confident to move freely around the city. We know these things also make it better for people of all ages. A parent with a baby benefits from an accessible restroom or bench too!

**Public Restrooms:** In the early 1900s, Boston was one of the first cities in the country to have public restrooms. Public, accessible restrooms are a matter of dignity for everyone.

**Age-Friendly Benches:** Over 100 benches are installed in downtown business districts around the city. We prioritized places with the fewest benches. Age-Friendly benches have backs and armrests to make it easier to get into and up from the Bench.

**Age-Friendly Walks:** These walks are relatively flat, smooth, have shorter and longer walking loops, and clear signage. The city plows these walks within approximately 48 hours after snowfall in the winter. Some have public restrooms, parking nearby & benches.

**Dementia Resources:** Our newest map includes resources for those in need of support services for living with, or caring for, someone with dementia.

Instead of clay tablets, you can find these maps on the Age Strong Commission's website: [boston.gov/agestrong](https://boston.gov/agestrong)

Do you have another idea for a map? Let us know by calling 617-635-4366. Ask for a member of the Age-Friendly team!



# SEPTEMBER EVENTS



## 11AM-3PM: Ready Boston Field Day

The City of Boston's Office of Emergency Management is hosting a family fun preparedness event with free food and beverages available! Learn how to prepare for emergencies and engage with more than 30 City departments and partners. Visit [boston.gov/fieldday](https://boston.gov/fieldday) for more information.



## 10:30AM-5PM: Open Streets East Boston

Join us in East Boston on Sunday, September 15, for Open Streets Boston! Experience live music, delicious food trucks, fun activities for kids, and local art that brings our community together. Don't miss this opportunity to connect with neighbors and explore local businesses and organizations along the route. Visit [boston.gov/open-streets](https://boston.gov/open-streets) for more information.



## 11:30AM-1PM: Social Security 101

Located at BPL Brighton, this workshop will answer questions such as how does early retirement affect your benefits? How do you get the most from your benefit? What is the future of Social Security? and more! For more information, call (617) 782-6032



## 10AM-1PM: Seafood Throwdown Competition

The Seafood Throwdown competition will feature two local chefs creating a seafood dish. Visit [boston.gov/calendar/seafood-throwdown-competition-featuring-local-chefs](https://boston.gov/calendar/seafood-throwdown-competition-featuring-local-chefs) for more information.



## 1-4PM: Project Talk An End of Life Conversation

The goal of the conversations facilitated through ProjectTalk are to normalize aging and to empower individuals to start having conversations about end-of-life. This event is located at BPL Parker Hill. For more information, call 617-427-3820.



## 1:30-3:30PM: American Mahjong

The Friends of the West End Library are pleased to announce we are offering lessons and play in American Mahjong to new and experienced players on the 2nd and 4th Wednesday of each month. This event is located at BPL West End. For more information, call 617-523-3957.



## 12-1PM: Support Group for Dementia Care Partners

Join Age Strong at BCYF Roslindale for a free support group where you can get resources, make connections and share experiences with other dementia care partners. For more information, call 617-635-3745.



## 8:30AM-12PM: Zero Waste Day

Bring your household hazardous waste and certain waste ban items to a Zero Waste Day for safe disposal. Visit [boston.gov/calendar/zero-waste-day-drop-2](https://boston.gov/calendar/zero-waste-day-drop-2) for more information.

# SEEN AROUND TOWN



# Need help buying groceries? SNAP can help!



## SNAP can help you buy healthy food.

- It is fast & easy to apply
- Buy food in stores & online (multiple retailers)
- SNAP is not considered in a “public charge” test
- If you are not a US citizen or eligible immigrant, it is safe for you to get SNAP for an eligible family member (like your US citizen child)

## Am I Eligible for SNAP?

Household Size	Your Monthly Income (before taxes)*	Monthly Maximum SNAP Amount*
1	\$2,510	\$291
2	\$3,407	\$535
3	\$4,303	\$766
4	\$5,200	\$973
5	\$6,097	\$1,155
8+	+\$897	+\$219

\*Effective 2/1/2024

\*Effective 10/1/2023

## For more information or to apply for SNAP:

Call the City of Boston’s Age Strong Commission

**617-635-4366**

AGE+



City of Boston  
Age Strong Commission

# AGE STRONG SHUTTLE

Free Transportation for Boston Residents Age 60+

Boston’s Age Strong Commission provides free transportation to **non-emergency medical appointments** with advanced notice for Boston residents age 60+. We also have wheelchair-accessible shuttles.

**TO SET UP A RIDE, CALL**

**617-635-3000**

**MONDAY THROUGH FRIDAY**

Still have questions? Contact the Age Strong Commission at [617-635-4366](tel:617-635-4366).



DTA’s SNAP Outreach Program is a partnership between DTA, UMass Chan Medical School and community organizations to help households apply for and receive SNAP.

This institution is an equal opportunity provider.



Department of  
Transitional  
Assistance

CITY of **BOSTON**

AGE+



City of Boston  
Age Strong Commission

## September is National Senior Center Month!

By Ami Bennett, Age Strong Staff

Did you know that September is National Senior Center Month? Senior centers improve the lives of local older adults, by offering various programs and services to those 60+.

Boston's Age Strong Commission operates two senior centers: the Veronica B. Smith Senior Center in Brighton and the East Boston Senior Center. Both offer many free weekday programs like book clubs, concerts, exercise/wellness classes, as well as field trips to casinos, boat cruises, and other fun activities.

"We welcome everyone," shares Judith Thermidor, Director of the East Boston Senior Center, which opened only two years ago. "There's something for everyone at our center – whether you like to play cards, or watch movies, or want to learn to dance."

"At the Veronica B. Smith Senior Center," says Lauren Basler, Director, "there's something new going every day. Some days we take a field trip to Sullivan's in South Boston, other days we rehearse for our Radio Play performances. Our members love our visiting teachers and instructors like Michael, who teaches ballroom dancing. Sometimes we have special guests, like baby farm animals!"

Here's a list of senior centers across Boston. Some are operated by Boston Centers for Youth & Families (BCYF), others are privately operated:

**VERONICA B SMITH SENIOR CENTER**  
617-635-6120  
20 Chestnut Hill Ave, Brighton, MA 02135

**OPERATION P.E.A.C.E.**  
617-536-7154  
42 Peterborough St, Fenway, MA 02215

**EAST BOSTON SENIOR CENTER**  
617-961-3131  
7 Bayswater St, East Boston, MA 02128

**BOSTON ELKS LODGE #10**  
(617) 323-1125  
1 Morrell St, Boston, MA 02132

**EAST BOSTON SOCIAL CENTER**  
617-569-3221  
68 Central Square, East Boston, MA 02128

**BCYF GROVE HALL COMMUNITY CENTER**  
617-635-1484  
51 Geneva Ave, Dorchester, MA 02121

**BCYF BEVERLY GIBBONS CENTER**  
617-635-5175  
382 Main St, Charlestown, MA 02129

**LA ALIANZA HISPANA, ALIANCIANOS SENIOR CENTER**  
617-1427-7175  
1000 Massachusetts Ave Suite 101, Boston, MA

**THE KENNEDY CENTER**  
617-241-8866  
55 Bunker Hill Street, Charlestown, MA

**SOUTH BOSTON NEIGHBORHOOD HOUSE**  
617-268-1619  
136 H Street, South Boston, MA

**ABCD NORTH END**  
617-523-8125  
1 Michelangelo Street, North End, MA

**BCYF MILDRED AVENUE COMMUNITY CENTER**  
(617) 635-1328  
5 Mildred Ave, Boston, MA 02126

**ABCD MATTAPAN FAMILY SERVICE CENTER**  
617-298-2045  
535 River Street, Mattapan, MA

**GREATER BOSTON CHINESE GOLDEN AGE CENTER (BRIGHTON HOUSE)**  
617-789-4289  
677 Cambridge Street, Brighton, MA

**GREATER BOSTON CHINESE GOLDEN AGE CENTER (QUINCY TOWER)**  
617-423-7560  
5 Oak Street West, Chinatown, MA

**SALVATION ARMY KROC CENTER**  
617-318-6939  
650 Dudley Street, Boston, MA

**VIETAID**  
617-822-3717  
42 Charles Street, Dorchester, MA

**FRANKLIN FIELD ELDERLY COMMUNITY CENTER**  
617-988-5096  
100 Ames Street, Dorchester, MA, 02124

**BCYF HYDE PARK COMMUNITY CENTER**  
(617) 635-5178  
1179 River St, Hyde Park, MA 02136



# 2024 ANNUAL MEDICARE OPEN ENROLLMENT

*Assess Your Health Insurance & Prescription Plan Annually To Get the Best Coverage for the Least Cost*

The annual Medicare Open Enrollment period runs October 15 through December 7. Older adults on Medicare should speak with a certified SHINE (Serving Health Insurance Needs for Everyone) counselor each year to assess health insurance & prescription drug plans to get the most coverage for the least cost.

**Call Age Strong at [617-635-4366](tel:617-635-4366) to sign up for an appointment at upcoming neighborhood open enrollment events or to speak to an Age Strong certified SHINE counselor by phone.**

**What to Bring:** Your list of prescriptions, Medicare/other insurance cards, Your Medicare.gov username/password if already set up & valid ID.

