

# BOSTON SENIORITY

Age Strong Commission

City of Boston

Mayor Michelle Wu

October 2024

Issue 9

Vol. 48

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In this issue, learn about various Age Strong volunteer programs, in-person dates for Medicare Open Enrollment events, and dates/deadlines for the upcoming elections.



# Boston Seniority

Published by the City of Boston's  
Age Strong Commission

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Stay Connected  
with the  
Age Strong  
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Do you have a story to share?  
We want to hear from you!

Email us at:  
[Bostonseniority@boston.gov](mailto:Bostonseniority@boston.gov)





## MAYOR'S LETTER

### Hello Boston!

As we welcome October, we continue celebrating Hispanic Heritage Month, as well as raise awareness for National Breast Cancer Month, and Blind Americans' Equality Day.

Inside you'll learn about Age Strong's many volunteer opportunities, including our partnership with Americorps Seniors, as well as ways for Boston's homeowners to save money on property taxes by volunteering with city departments.

October also marks the beginning of the annual Medicare Open Enrollment period, when we encourage all recipients to meet with a trained counselor to assess your current health coverage as well as prescription drug costs. Age Strong, along with Boston Public Health Commission, Ethos, and MA's Executive Office of Elder Affairs will host 15 in-person Open Enrollment events across Boston neighborhoods. Call Age Strong at 617-635-4366 to schedule your appointment and see if you can save money.

Looking forward to seeing you out in community,

*Michelle Wu*

Michelle Wu  
Mayor of Boston



### Books

## BPL BOOK PICKS

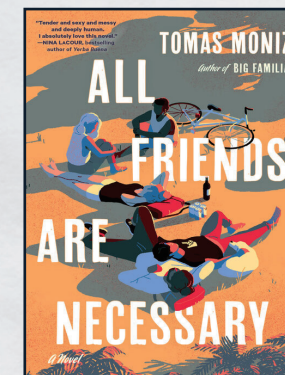
Source: Boston Public Library

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.



**American Shield**  
by Aquilino Gonell

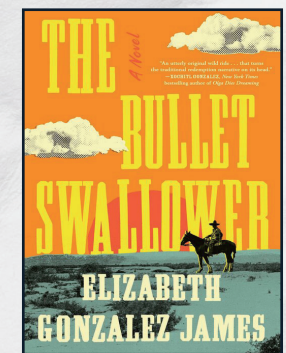
Dominican-born Gonell gives an account of his life, from his military success in Iraq, to his work on the US Capitol Police force and the life-changing events of the January 6th insurrection.



**All Friends Are Necessary**  
by Tomas Moniz

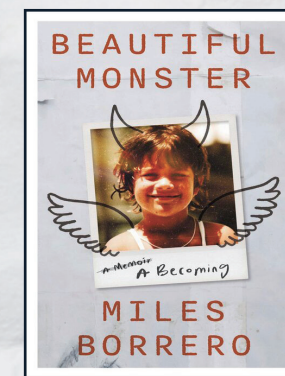
After losing his wife and child, Chino moves back to the Bay

Area, finds support from old friends, and searches for love with both men and women.



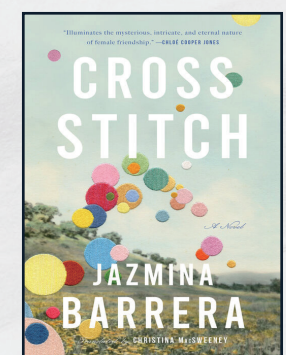
**The Bullet Swallower**  
by Elizabeth Gonzalez James

Famous Mexican actor Jaime Sonoro discovers his grandfather was the ruthless bandido "El Tragabalas." Should he be held accountable for his crimes?




**Beautiful Monster**  
by Miles Borrero

Moving from Colombia to the United States, Borrero begins their search for identity, trying acting and yoga before finding acceptance as a trans man.



**Cross-Stitch**  
by Jazmina Barrera

When Mila, a mother and writer from Mexico, learns that an old friend has died, she reflects on their once-interwoven lives while organizing a memorial.

 **BOSTON PUBLIC LIBRARY** For more titles or BPL info, visit [bpl.org](http://bpl.org) or call 617-536-5400.



► Benefits

## IT'S MEDICARE OPEN ENROLLMENT SEASON: ASSESS YOUR HEALTH COVERAGE EVERY YEAR!

By Ami Bennitt, Age Strong Staff



**Each fall, from October 15 through December 7,** Medicare holds Open Enrollment. This is an important time of year for older adults on fixed incomes, as it's the time to assess your current healthcare coverage and prescription drug costs.

As we age, our health changes. Sometimes we need more coverage and more or new medicine, sometimes prices in coverage and prescriptions change. It's truly worth assessing this each year, with a trained S.H.I.N.E. (Serving the Health Insurance Needs of Everyone) counselor, who can help navigate getting you the most coverage at the lowest cost. You might even save money!

During this time Age Strong, along with Ethos, the Boston Public Health Commission, and the MA Executive Office of Elder Affairs will hold 15 in-person Open Enrollment events across Boston neighborhoods. Boston residents on Medicare can call Age Strong at **617-635-4366** to make an appointment for any of these events or speak to an Age Strong advocate.

Appointments can be an hour or longer, depending on your circumstances. Please bring your current Medicare and other insurance cards, a valid MA ID, and your Medicare.gov username and password (if it's already set up).

Age Strong SHINE counselors will go through your needs, and help you choose the best coverage for the next year. They can also screen for other benefits including fuel assistance and food resources (SNAP).

To see the full list of in-person Open Enrollment events, visit [www.boston.gov/medicare](http://www.boston.gov/medicare).





▶ Scam Alert

## DON'T FALL FOR HOME IMPROVEMENT SCAMS!

Source: Boston Police Department Community Alert



**Be careful if someone you don't know offers to do home improvement work.** They might be scammers who can charge you large sums of money for work that you don't need.

### What It Is

According to Boston Police, Boston residents paid tens of thousands of dollars for home improvement projects that were unnecessary, or were being left with worse damage or little improvement to their homes afterwards. Scammers offer to work on repairs for the driveway, masonry, chimney, basement, roofing, and other areas, and what began as a relatively low cost project would quickly become \$20,000 to \$30,000 for reported foundation damage and costs for structural engineering consultations.

### Common Tactics Used

- ▶ Door to door solicitation or putting out flyers with generic business names (ex: A1 Paving, City & Town Paving etc.)

- ▶ Offering discounts by saying they have leftover materials
- ▶ Pressuring you to use their service by saying that repairs are needed immediately
- ▶ Becoming more threatening in demeanor after initial work is done
- ▶ Asking checks to be made out to them individually instead of to a company

Many of these people are international travelers, and they are not allowed to work in the U.S. during their visit.

### What You Should Do

Always get at least two written estimates from reputable companies before doing any home improvement work.

If you believe that you are a victim of a home improvement scam, please contact your local police and provide as much information as possible, such as plate number and vehicle description.

▶ Awareness

## OCTOBER IS BREAST CANCER AWARENESS MONTH

By Dillon Tedesco, Age Strong Staff



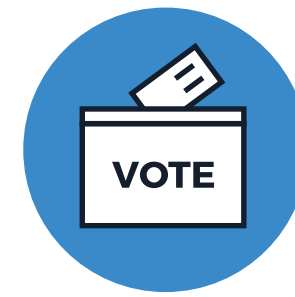
**Each year, over 300,000 American women** are diagnosed with breast cancer. Breast cancer is the second most common form of cancer in women, and 1 in 8 women will be diagnosed with breast cancer in her lifetime. While this may seem scary, there are steps that can be taken to catch this disease early and treat it in its early stages.

- ▶ Stay up to date on mammograms. It's recommended that women start getting yearly mammograms at age 40. Mammograms are an important tool to help detect and diagnose breast cancer, and yearly mammograms increase the possibility of catching breast cancer early.
- ▶ Complete monthly self-examinations. By completing a monthly self-examination, you can become familiar with how your breasts normally look and feel and will more easily spot any changes in your breasts. You want to check your breasts for any new or unusual lumps, along with swelling, redness, or discharge. For more information on how to complete a self-examination of your breasts, visit [my.clevelandclinic.org/health/diagnostics/3990-breast-self-exam](https://my.clevelandclinic.org/health/diagnostics/3990-breast-self-exam).
- ▶ Talk to your family and doctor about your risk level. Do you have a mother, grandmother, aunt, or sister diagnosed with breast cancer? If so, you may be more at risk of developing breast cancer than the general population. If you have a family history of breast cancer, be sure to tell your doctor so they can recommend the best plan for you to monitor your breast health.

Breast cancer is a dangerous disease, but there are many treatment options available. Overall, breast cancer has a 91% survival rate, and being educated on your health is the best way to ensure this disease can be beaten. For more information on breast cancer, visit [cancer.org/cancer/types/breast-cancer.html](https://cancer.org/cancer/types/breast-cancer.html)



## ▶ SEEN AROUND TOWN



# ACCESSIBLE VOTING 2024

**ELECTION DAY TUESDAY NOVEMBER 5**

### ACCESSIBLE BALLOT

If you are unable to independently mark a ballot due to vision impairments, mobility, or dexterity limitations, you can request to receive, complete, and return your ballot electronically in the **2024 State Election**.

### IMPORTANT INFO

Deadline to apply for the November 5 State Election is **Tuesday, October 29 at 5 P.M.**

- To apply and complete a ballot, you will need to provide an email address.
- After applying, you will receive an email with instructions and a unique access pin number.



#### IS YOUR VOTER REGISTRATION UP TO DATE?

Have you changed your address? Do you want to know if your polling location has changed? Want to view your sample ballot? Scan the QR code or visit **VOTEINMA.COM**

For more information, call **311** or visit **BOSTON.GOV/ELECTION**

BOSTON ELECTION DEPARTMENT | 1 CITY HALL SQUARE, ROOM 241



► Benefits

## BABY, IT'S COLD OUTSIDE!

By Ami Bennett, Age Strong Staff

**We all know it can get pretty cold in Boston.** We also know heating costs are expensive, and those living on a fixed income can find it challenging to keep our homes warm through winter.

Age Strong can help older adults find out if you're eligible for the Home Energy Assistance Program (HEAP), also known as fuel assistance, which helps pay heating costs from November through April. In Boston, Age Strong partners with ABCD (Action for Boston Community Development) an anti-poverty, community development and human services organization, who works with utility companies directly.

ABCD follows federal guidelines based on your annual income and how many people are in your family. The program is available to homeowners and renters even if you live in non-subsidized housing with heat included in your rent. Your gross family income must be at or below 60% of the Massachusetts median income.

Those who have already received their recertification application by mail may renew now by returning the signed application and current income documents using the postage-paid envelope provided. You may also renew by using the online portal.

To find out if you qualify for fuel assistance or other cost-savings benefits, call Age Strong at **617-635-4366** or call ABCD directly at **617-357-6012**.



ELIGIBILITY GUIDELINES: 2024-2025 FUEL ASSISTANCE	
HOUSEHOLD SIZE	TOTAL GROSS YEARLY INCOME
1	\$49,196
2	\$64,333
3	\$79,470
4	\$94,608
5	\$109,745
6	\$124,882
7	\$127,720
8	\$130,559
Over 8	See ABCD Fuel Assistance staff

► Volunteering

## FRIENDS OF ALL AGES: MEET LITTLE BROTHERS FRIENDS OF THE ELDERLY

By Jordan Rich, Age Strong Staff

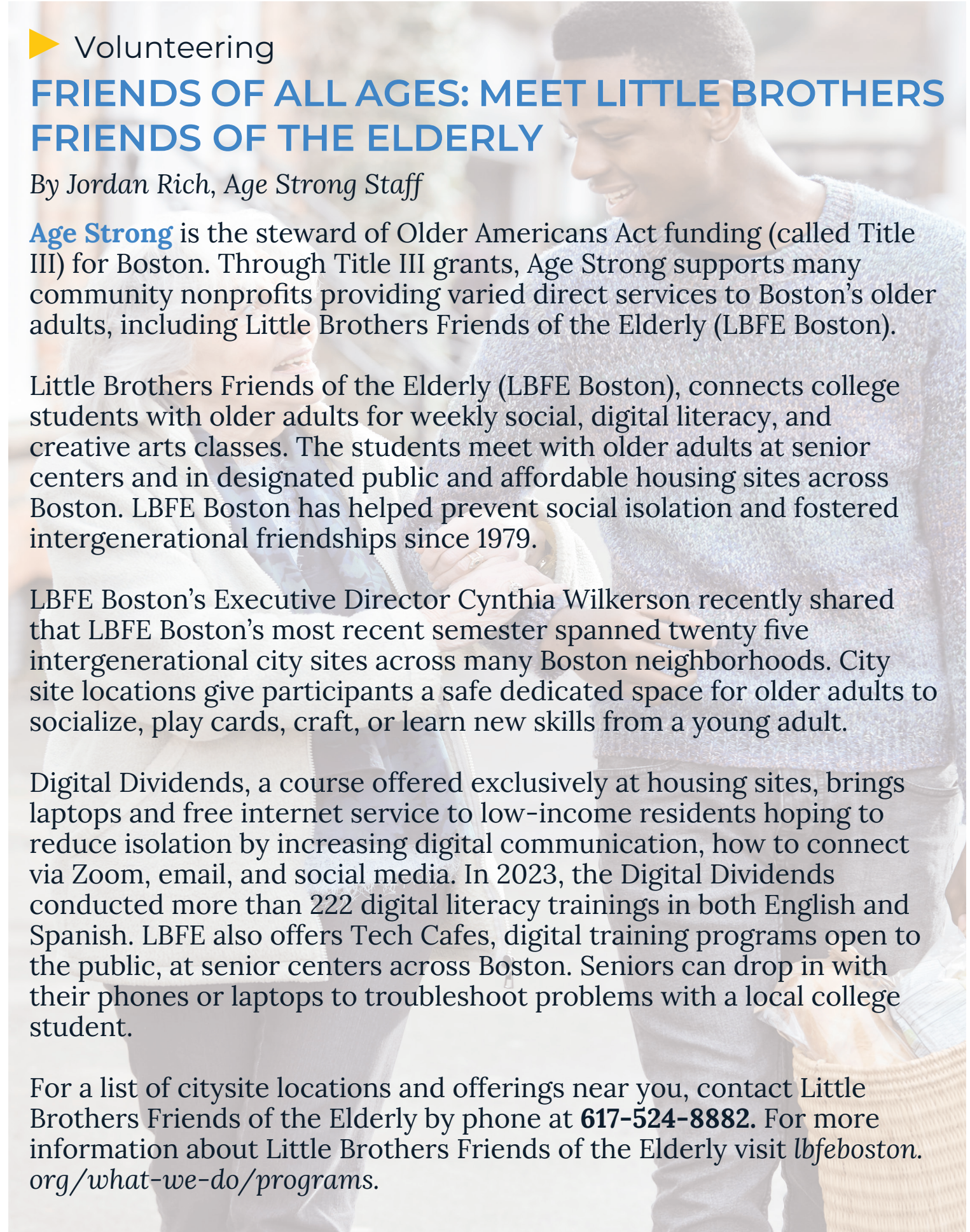
**Age Strong** is the steward of Older Americans Act funding (called Title III) for Boston. Through Title III grants, Age Strong supports many community nonprofits providing varied direct services to Boston's older adults, including Little Brothers Friends of the Elderly (LBFE Boston).

Little Brothers Friends of the Elderly (LBFE Boston), connects college students with older adults for weekly social, digital literacy, and creative arts classes. The students meet with older adults at senior centers and in designated public and affordable housing sites across Boston. LBFE Boston has helped prevent social isolation and fostered intergenerational friendships since 1979.

LBFE Boston's Executive Director Cynthia Wilkerson recently shared that LBFE Boston's most recent semester spanned twenty five intergenerational city sites across many Boston neighborhoods. City site locations give participants a safe dedicated space for older adults to socialize, play cards, craft, or learn new skills from a young adult.

Digital Dividends, a course offered exclusively at housing sites, brings laptops and free internet service to low-income residents hoping to reduce isolation by increasing digital communication, how to connect via Zoom, email, and social media. In 2023, the Digital Dividends conducted more than 222 digital literacy trainings in both English and Spanish. LBFE also offers Tech Cafes, digital training programs open to the public, at senior centers across Boston. Seniors can drop in with their phones or laptops to troubleshoot problems with a local college student.

For a list of citysite locations and offerings near you, contact Little Brothers Friends of the Elderly by phone at **617-524-8882**. For more information about Little Brothers Friends of the Elderly visit [lbfeboston.org/what-we-do/programs](http://lbfeboston.org/what-we-do/programs).





► Events + Activities

# OCTOBER HAPPENINGS: GET OUT & ABOUT IN BOSTON!

\* Please note events are free and are subject to change



**Let's Dance! An Introduction to Latin Dance**  
**Time:** 5:30 - 6:30 PM  
**Location:** BPL - Central Library, 700 Bolyston St, Back Bay  
**Contact Info:** 617-536-5400



**Textiles Untangled**  
**Time:** 5:00 PM - 7:30 PM  
**Location:** BPL - Uphams Corner, 500 Columbia Rd, Dorchester  
**Contact Info:** 617-265-0139



**Birds of Prey: Owls for October - A Presentation by Mass Audubon**  
**Time:** 11:00 AM - 12:00 PM  
**Location:** BPL - Charleston, 179 Main St, Charlestown  
**Contact Info:** 617-242-1248



**Open Streets Boston - Allston/Brighton**  
**Time:** 10:00 AM - 5:00 PM  
**Location:** Brighton Ave and Harvard Ave between Cambridge St and Commonwealth Ave, Allston/Brighton  
**Contact Info:** 617-635-4680



**S.P.I.R.I.T.S. of New England**  
**Time:** 6:30 PM - 7:30 PM  
**Location:** BPL - Fields Corner, 1520 Dorchester Ave, Dorchester  
**Contact Info:** 617-436-2155



**Zero Waste Pop-Up Drop Off**  
**Time:** 8:30 AM - 12:00 PM  
**Location:** 338 E Eagle St, East Boston  
**Contact Info:** 617-635-4900

"Try to be a rainbow in someone's cloud."  
-Maya Angelou

## Age Strong Commission Events

We can connect you to programs and outings that enrich your life in Boston. You can also take part in our virtual programs and classes.



For more information, call **617-635-4366** or visit **[boston.gov/age-strong-events](https://www.boston.gov/age-strong-events)**.



▶ Volunteering

**THE VALUE AND GIFT OF VOLUNTEERING: PERHAPS YOUR “SECOND ACT?”**

By Dillon Tedesco, Age Strong Staff

In this issue of **Boston Seniority Magazine**, we recognize the value of volunteering. At Age Strong, we hear over and over, year after year, that those who volunteer first do so to help others or give back to the community. And, we also hear, time and again, that those who volunteer also enjoy the added benefit of volunteering—also providing a new or bigger sense of purpose, creating new social groups, learning new skills, and feeling more connected. Let’s call it a “win-win.”

As folks get older, become empty nesters, retire, or cut back working, they often find themselves looking for new things to do, and new ways to fill their time. Some are more outgoing than others, some have hobbies/crafts at home, others belong to clubs or associations. Another option to consider is volunteering.

There are so many options for older adults to volunteer. At Age Strong, our 5-person volunteer unit oversees our varied initiatives including RSVP, Senior Companion, and Property Tax Work-Off programs, most in partnership with

Americorps Seniors. Each program offers different time commitments, based on your interest, time, and skill.

According to the Mayo Clinic, “research has shown that volunteering offers significant health benefits, especially for older adults, including improving both physical and mental health; providing a sense of purpose and teaching valuable skills; and nurturing new and existing relationships.”

Whether you want to help fellow older adults in their homes (Senior Companion Program), or be matched to one of dozens of community volunteer sites (RSVP) like hospitals, community nonprofits, museums or shelters, or want to provide work in exchange for a discount off your property taxes, Age Strong has lots of options to choose from.

To learn more call Age Strong at **617-634-4366** or visit [boston.gov/departments/age-strong-commission/volunteer-opportunities-older-people](https://boston.gov/departments/age-strong-commission/volunteer-opportunities-older-people).



**AGE STRONG VOLUNTEER OPPORTUNITIES**

*Help Boston’s Older Adults in Many Ways*

**Boston's Age Strong Commission offers three different volunteer programs to help older residents live their best lives, while aging in place. Whether you have 3 or 30 hours a week, we have an opportunity for you!**

**AmeriCorps Seniors RSVP**

We will match volunteers age 55+ with one of dozens of partner sites including hospitals, museums, & food pantries, or train you to help older adults learn English as a second language, tax preparation, and scam prevention.



**AmeriCorps Senior Companion Program**

Senior companion volunteers age 55+ help older adults with everyday tasks like getting to appointments & shopping, as well as providing respite care to caregivers. A tax-free \$4.00 per hour stipend is offered to those who qualify.

**Property Tax Work-Off Program**

Boston homeowners age 60+ may "work off" up to \$2,000 off their property taxes by volunteering their skills and knowledge to one of the City's offices, community centers, or public schools.



**For more information & to apply call 617-635-4366 or visit [boston.gov/departments/age-strong-commission/volunteer-opportunities-older-people](https://boston.gov/departments/age-strong-commission/volunteer-opportunities-older-people)**



AGE+ City of Boston  
Age Strong Commission



## ▶ Volunteering

### LEARN ABOUT OUR RSVP PROGRAM, MAYBE IT'S FOR YOU!

By Dillon Tedesco, Age Strong Staff



**Another of Age Strong's volunteer programs** is the Retired and Senior Volunteer Program (RSVP). RSVP is an Americorp Seniors program that connects those age 55 and older with volunteer opportunities in their community.

RSVP is Age Strong's largest volunteer program, with dozens of different community sites where volunteers serve. RSVP volunteers serve at hospitals, libraries, museums, parks, community centers, schools, and many other locations. RSVP volunteers share that their own lives improve by volunteering and giving back. For example, 84% of volunteers report improving health after their first year of service; and 88% of volunteers experiencing loneliness before joining the RSVP program reported feeling less isolated after joining.

RSVP is Age Strong's most flexible volunteer program, with volunteers serving as much or as little as they want to and are able to. The only requirement to serve as an RSVP volunteer is you must be 55 years old or older at the start of your service. To learn more about the RSVP program or to get involved, please contact Jose Ramirez at [jose.ramirez@boston.gov](mailto:jose.ramirez@boston.gov), call **617-635-4374**, or visit [boston.gov/departments/age-strong-commission/volunteer-opportunities-older-people](https://boston.gov/departments/age-strong-commission/volunteer-opportunities-older-people).

## ▶ Volunteering

### CONSIDER BECOMING A SENIOR COMPANION

By Dillon Tedesco, Age Strong Staff

**The Age Strong Commission's Volunteer Unit** works in partnership with the renowned national volunteer organization Americorp Seniors. One such program is the Senior Companion Program.

Senior Companions serve as a friend and companion to older adults (age 60+ and those with disabilities), helping them to be more self-confident and self-sufficient, to live independently, in their own homes for as long as possible. The Senior Companion Program (SCP) trains volunteers to assist older adults with daily living tasks, such as shopping and paying bills. Through SCP, volunteers may also provide the gift of respite to family caregivers who need a break or need to tend to their own lives, too.

There are multiple benefits for SCP volunteers. Volunteers are eligible for transportation reimbursement and a portion of meal reimbursement while volunteering. Volunteers are also given a \$4 per hour tax-free stipend when income eligible. Free supplemental and accidental insurance is also provided while serving in the SCP program.

In order to serve in the SCP program, you must be 55+ years of age, meet certain income qualifications, pass a background check, and have a MA valid form of ID. If you are interested in getting involved with the SCP program, you can contact Quanda Smith at **617-635-4366** or email [seniorcompanionprogram@boston.gov](mailto:seniorcompanionprogram@boston.gov). To learn more about SCP, visit [boston.gov/civic-engagement/senior-companions](https://boston.gov/civic-engagement/senior-companions).





# AGE STRONG VOLUNTEER ACTIVITY BY THE NUMBERS



**367**  
total Age+ volunteers  
currently serving

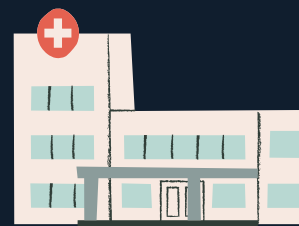
Age Strong volunteers serve anywhere from 5 to 40 hours per week, based on their availability. Last year, Age+ volunteers served a combined **107,000** hours!



Age+ volunteers serve at **43**  
Boston locations, including...



**Museum of Fine Arts**



**Tufts Medical Center**



**Community Centers**



**Boston City Hall**

... and more!

## ► Benefits

**IF YOU'RE A BOSTON HOMEOWNER, YOU COULD SAVE UP TO \$2000 AS A PROPERTY TAX WORK-OFF VOLUNTEER**

By Dillon Tedesco, Age Strong Staff

**Through the City of Boston's Property Tax Work-Off Program**, qualified older adult homeowners can work-off up to \$2,000 from their property tax bill annually, by volunteering with various city departments. Property Tax Work-Off volunteers can serve in a number of ways, including:

- Assisting the Archives department with data entry, organization of records, and scanning projects.
- Assisting with registration, directed traffic, gave out t-shirts, information, and other souvenirs at the yearly ADA event.
- Conducting research work for the Boston Public Library.
- Selling taxi coupons to older adults at the Veronica B. Smith Senior Center in Brighton and other helpful tasks...

Barbara Wojakowski, an Age Strong Property Tax Work-Off Volunteer, shared her thoughts on the program. "I highly recommend this program to any older adult who wants a break on their property taxes. The people at City Hall are very welcoming. Age Strong does a great job matching volunteers' skills to city projects. I hope this program continues, as it benefits both residents and the city."

Eligible candidates for the Property Tax Work-Off Program must:

- Meet the income requirements (\$62,340 as single; \$71,280 if married.)
- Be 60 years or older by January 1st, 2025.
- Have owned and occupied a residential property in Boston for at least three years as a primary residence.

The application for the Property Tax Work-Off program for 2025 will be available in January. For more information or to get involved, you can contact Libby Federici at **617-635-5741** or **elizabeth.federici@boston.gov**. To learn more, visit [boston.gov/departments/age-strong-commission/senior-property-tax-work](https://boston.gov/departments/age-strong-commission/senior-property-tax-work).



► Awareness

## WALK TO END ALZHEIMER'S: OCTOBER 27, 2024

By Ami Bennett, Age Strong Staff

**Each year the Alzheimer's Association** hosts their Walk to End Alzheimer's in various cities across the U.S. This year, it will be Sunday, October 17 at North Point Park in Cambridge. There are 2 route lengths: a one-mile and a three-mile walk.

The Walk is the world's largest event to raise awareness and funds for Alzheimer's care, support, and research. Held annually in more than 600 communities nationwide, this inspiring event calls on participants of all ages and abilities to join the fight against the disease.

According to the Association, "we're fighting for a different future. For families facing the disease today. For more time. For treatments. We're closer than ever to stopping Alzheimer's. But to get there, we need you. Join us for the world's largest fundraiser to fight the disease."

The Walkers Welcome begins at 8:30am.  
The Ceremony begins at 10am.  
The Walk begins at 10:30am.

Everyone who walks needs to register, including children. The walk takes place rain or shine. To learn more contact Melissa Shirtcliff at **617-393-2094** or visit [act.alz.org/site/SPageServer?pagename=walk\\_homepage](https://act.alz.org/site/SPageServer?pagename=walk_homepage).



► Awareness

## OCTOBER 15 IS BLIND AMERICANS EQUALITY DAY!

By Sophia Wang, Age Strong Staff

**October 15 is Blind Americans Equality Day.** On this day, we recognize the contributions of those who are blind or experience low vision, as well as recommit to doing our part to ensure equality in all areas of life, for our blind and visually-impaired friends, neighbors, and colleagues.

In 1964, President Lyndon B. Johnson and the U.S. Congress proclaimed October 15 as White Cane Safety Day, and in 2011, President Obama renamed the day to Blind Americans Equality Day. It's a day to celebrate the independence and resilience of those without sight, and to advocate for more opportunities for this community to equally participate in the workforce and in civic life.

The Massachusetts Commission for the Blind (MCB) is the state agency dedicated to supporting those who are legally blind. MCB provides individualized training, vocational and social rehabilitation, and other programs for the blind. In fact, the cafe on the first floor of City Hall is sponsored by MCB, where City Hall employees are able to get delicious breakfast and lunch from a place run by someone with low vision. MCB also offers an Older Independent Blind (OIB) Program for those who are 55+, providing direct services to help folks live independently.

As part of Age Strong's stewarding of Older Americans Act funds, we provide grants to proven community organizations like Massachusetts Association for the Blind and Visually Impaired (MABVI), the oldest organization in the country serving adults who are blind or have low vision. Age Strong helps fund its Access Technology Training program, teaching participants to use assistive technology to read printed and digital texts, access navigation and transportation services, be connected and entertained using apps, and more. MABVI hosts Access Technology training centers in Jamaica Plain, Mattapan, and West Roxbury, as well as online training sessions. To learn more about MABVI's Access Technology Training, please visit [www.mabvi.org/services/assistive-technology/](http://www.mabvi.org/services/assistive-technology/). For more information on MCB, please visit [mass.gov/orgs/massachusetts-commission-for-the-blind](http://mass.gov/orgs/massachusetts-commission-for-the-blind).



## ▶ 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 Advocacy and Benefit Specialists connect older adults to a comprehensive array of resources, benefits, and information.

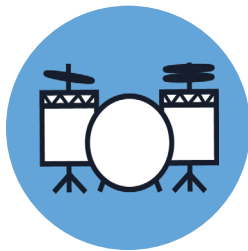
We can:

- 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.
- Older Adult Property Tax Work-Off Program: Qualified senior homeowners may work-off up to \$2,000 on their property tax bill by volunteering for a City department.



### Housing:

The Age Strong Commission helps older adults 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.





► Awareness

## CELEBRATING INTERNATIONAL DAY OF NON-VIOLENCE THROUGH MENTAL HEALTH AWARENESS

By Libby Arsenault, Age Strong Staff

**This October, the full moon is called a supermoon**, occurring when a full moon is closest to Earth in orbit. It appears larger and brighter than all other moons in 2024. October also shines light on the International Day of Non-Violence (October 2) and World Mental Health Day (October 10).

International Day of Non-violence celebrates Mahatma Gandhi's birthday in India in 1869. Gandhi developed non-violent resistance as a political strategy to gain India's independence from British colonialism in 1947. Non-violent resistance requires action, such as peaceful protests and occupations, marches, vigils, and non-cooperation. Gandhi inspired Dr. Martin Luther King, Jr. to espouse non-violent strategies during the American Civil Rights Movement. Gandhi and Martin Luther King, Jr. were both profoundly spiritual leaders whose work demonstrated that love and kindness prevails over violence.

Just as non-violence can change social and political relationships globally, we can support our mental well-being and relationships with others through non-violent thoughts. On October 10, we celebrate World Mental Health Day, which the World Health Organization started in 1992 to "raise awareness of mental health issues around the world and to mobilize efforts in support of mental health."

In the spirit of World Mental Health Day, one skill we can utilize to maintain mental wellness is practicing "non judgment" towards ourselves and others. Non Judgment involves practicing loving kindness, or thinking loving and kind thoughts about ourselves, and sending these same thoughts toward others. Loving kindness can change our relationship with the situation and release us from the mental strain of self-regret or resentment toward others. Practicing non judgement is a non-violent action. You may notice a release of negative emotions (sadness, grief, anger), producing a healing effect with mental calm and inner peace.

As we usher in the light of the October supermoon, we can also practice loving kindness towards ourselves and others to support our mental well-being. As Dr. Martin Luther King, Jr. wrote, "Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate: only love can do that."







## SIGN-UP TODAY!

Check out the latest news from Age Strong! We include events for older adults, volunteer opportunities, and much more. Sign-up for updates at:

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



## FILL OUT OUR NEEDS ASSESSMENT

We want to hear your ideas about how we can make Boston a better place to age. Your stories and experiences will help shape Age Strong's work in the years to come.

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



## CHECK OUT AGE STRONG'S NEW BLOG

We can't possibly fit everything into our Boston Seniority Magazine each month, so we started a blog! Learn about what Age Strong is up to here:

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

## CITY HALL ON-THE-GO TRUCK

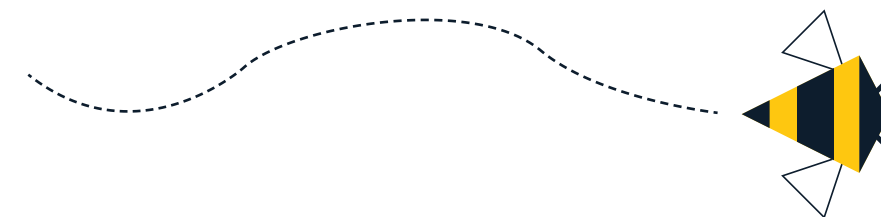
The City Hall On The Go Truck will be out in Boston neighborhoods this fall. Upcoming dates include Dorchester, Mattapan, Roslindale & Hyde Park. Residents can register to vote, request an absentee ballot, pay/appeal a parking ticket, pay real estate/excise tax, and more. Visit here for details:

[boston.gov/departments/civic-organizing/city-hall-go-truck](https://boston.gov/departments/civic-organizing/city-hall-go-truck).



## FOLLOW OUR SOCIALS

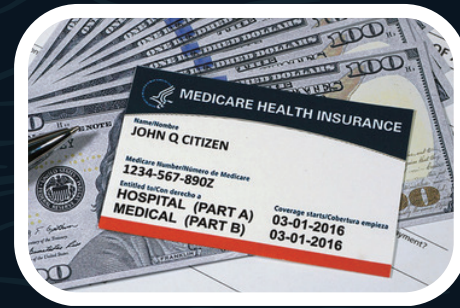
Be sure to follow Age Strong on Facebook and Twitter at [@AgeStrongBos!](https://twitter.com/AgeStrongBos)





# 2024 ANNUAL MEDICARE OPEN ENROLLMENT

**Get the Best Coverage for the Lowest Cost!**  
**Assess your health insurance & prescription plan annually**



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 best coverage for the lowest cost.

**Call Age Strong at [617-635-4366](tel:617-635-4366) to sign up for an in-person 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.

## 2024 ANNUAL MEDICARE OPEN ENROLLMENT

**In-Person Assessments Across Boston Neighborhoods**  
**(plus screenings for SNAP, fuel assistance & other benefits)**

**Wednesday, October 16**

Veronica B. Smith Senior Ctr.  
20 Chestnut Hill Ave., Brighton

**Friday, October 18**

BCYF Hyde Park  
1179 River St., Hyde Park

**Tuesday, October 22**

East Boston Senior Center  
7 Bayswater St., East Boston

**Wednesday, October 23**

Julia Martin House  
90 Bickford St., Jamaica Plain

**Tuesday, October 29**

Central Boston Elder Services  
2315 Washington St., Roxbury

**Thursday, October 31**

Boston Public Lib., Mattapan  
1350 Blue Hill Ave., Mattapan

**Tuesday, November 5**

La Alianza Hispana  
1000 Mass Ave., South End

**Thursday, November 7**

Inquilinos Boricuas en Acción  
2 San Juan St., South End

**Wednesday, November 13**

BCYF Curley Community Ctr.  
1663 Columbia Rd., S. Boston

**Friday, November 15**

Boston Public Library, W Roxbury  
1961 Centre St., West Roxbury

**Tuesday, November 19**

Upham's Community Care  
415 Columbia Rd., Dorchester

**Thursday, November 21**

Boston Public Library, Codman Sq  
690 Washington St., Dorchester

**Saturday, November 23**

Bruce C. Bolling Municipal Bldg.  
2300 Washington St., Roxbury

**Tuesday, December 3**

Boston Public Library, Grove Hall  
41 Geneva Ave., Dorchester

**Friday, December 6**

Elks Lodge  
1 Morrell St., West Roxbury

**10:30am-3:30pm, in-person, WITH APPOINTMENT**  
**Call 617-635-4366 to schedule your appointment**





# VOTING DATES *and* DEADLINES

## ELECTION DAY TUESDAY NOVEMBER 5

### OCTOBER 19- NOVEMBER 1

Early voting period.

### SATURDAY OCTOBER 26

Voter registration deadline.  
Registration must be:

- Postmarked October 26th or earlier.
- Submitted online by 11:59 P.M.
- Submitted in person at Election Department by 5 P.M.

### TUESDAY OCTOBER 29, 5 P.M.

Deadline for vote-by-mail, absentee, and accessible voting application.

### MONDAY NOVEMBER 4, 12 P.M.

Deadline for in-person absentee voting at Election Department.

### TUESDAY NOVEMBER 5, 7 A.M. - 8 P.M.

#### ELECTION DAY

Vote-by mail & absentee ballots must be in a drop box or the election department by 8 P.M.

or

by mail, postmarked by November 5 and received by the Election Department by 5 P.M. on November 8.

### Democracy runs on poll workers.

Sign up to be a poll worker with the City of Boston and you can earn up to **\$200**. Sign up at:

**BOSTON.GOV/POLL-WORKER**



#### IS YOUR VOTER REGISTRATION UP TO DATE?

Have you changed your address? Do you want to know if your polling location has changed? Want to view your sample ballot? Scan the QR code or visit **VOTEINMA.COM**

For more information, call **311** or visit **BOSTON.GOV/ELECTION**

BOSTON ELECTION DEPARTMENT | 1 CITY HALL SQUARE, ROOM 241

CITY of **BOSTON**



Election