

# BOSTON SENIORITY

Age Strong Commission

City of Boston

Mayor Michelle Wu

November 2024

Issue 10

Vol. 48

## HONORING OUR VETERANS!

MAYOR'S LETTER:  
P. 4

COMMUNITY CARING  
CLINIC: P. 13

UPCOMING EVENTS:  
P. 14



CITY of BOSTON

FREE PUBLICATION

AGE+ | Age Strong

# CONTENTS

4  
**MAYOR'S LETTER**

5  
**BPL'S NATIVE AMERICAN HERITAGE MONTH'S BOOK PICKS**

Check out this month's *Native Lives*, *Native Stories* booklist.

6  
**NATIVE AMERICAN HERITAGE MONTH**

This month is dedicated to the traditions of Native Americans.

9  
**CARING FOR CAREGIVERS**

Learn about Boston Senior Home Care's Family Caregiver Solutions Program.

14-15  
**EVENTS & ACTIVITIES**

Here are some fun ways to fill your calendar this month.

16  
**VETERANS DAY**

On November 11, we honor those who serve in our military.

18  
**THANK YOU FOR YOUR SERVICE**

We thank a Boston veteran for his service.

19  
**SCAM PREVENTION**

A new website prevents scams targeting veterans.

24-25  
**COMMISSION INFORMATION**

Programs & services for older adults.

30-31  
**SEEN AROUND TOWN**

See if we saw you!

## In This Issue...

In this issue we'll honor the contributions of our veterans, Native Americans, and caregivers.



# Boston Seniority

Published by the City of Boston's Age Strong Commission

Michelle Wu  
Mayor

Emily K. Shea  
Commissioner

Ami Bennitt  
Director of Communications

Sarah Smith  
Communications Coordinator

Edzani Kelapile  
Communications Coordinator

Dillon Tedesco  
Marketing Coordinator

Jordan Rich  
Partnership and Sponsorship Manager

Sophia Wang  
Partnership Coordinator

1 City Hall Square - Room 271  
Boston, MA 02201

Printed by Flagship Press, Inc.

Boston Seniority is supported in part by The Executive Office of Elder Affairs.

Although all material accepted is expected to conform to professional standards, acceptance does not imply endorsement by the City of Boston.

Stay Connected  
with Boston's  
Age Strong  
Commission!

 Main number: (617) 635-4366

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

 Email: [agestrong@boston.gov](mailto: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](mailto:BostonSeniority@boston.gov)



## MAYOR'S LETTER

### Hello Boston!

In November, Boston honors our military with our annual Veterans Day Parade on November 9, starting in Copley Square. We thank those who serve and their families.

November also marks National Family Caregivers Month, a time to honor caregivers nationally, raise awareness around caregiving issues, and work to increase support for our nation's caregivers.

Through December 12, older adults can connect with trained SHINE counselors during the annual Medicare Open Enrollment period. It's important to assess healthcare coverage each year, because our health needs and insurance plans change. Call Age Strong at **617-635-4366** to make an appointment and see if you could save money.

Please stay up to date on vaccines, including Flu, Covid, and RSV. Call the Mayor's Health line at **617-534-5050** for vaccination locations.

Looking forward to seeing you in community,

*Michelle Wu*

Mayor Michelle Wu

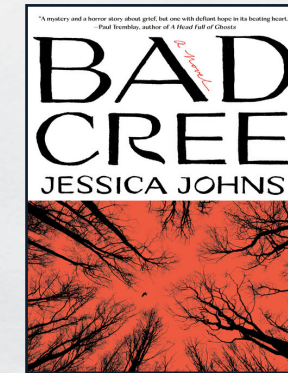


## Books

### BPL BOOK PICKS

Source: Boston Public Library

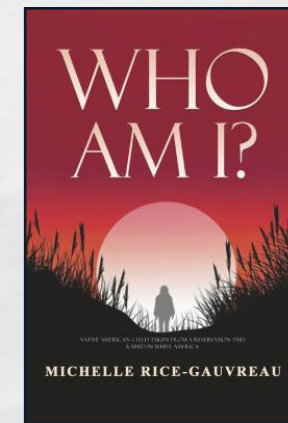
*Native Lives, Native Stories* is a list of books which is printed as part of the Boston Public Library's observance of Native American Heritage Month each year.



**Bad Cree**  
by Jessica Johns

After having nightmares, being stalked by crows, and receiving threatening texts,

a young Cree woman returns to her hometown to uncover the truth about her sister's death.



**Who Am I?**  
by Michelle Rice-Gauvreau

Born in Canada as a native Mohawk, Michelle Rice-Gauvreau's life took a sharp turn

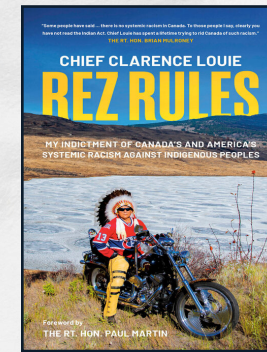
when she was illegally adopted and raised in Connecticut. These experiences have honed her into a fierce advocate for adoptees seeking their own truths and origins.



**And Then She Fell**  
by Alicia Elliott

A mind-bending, razor-sharp look at motherhood and mental health that follows a

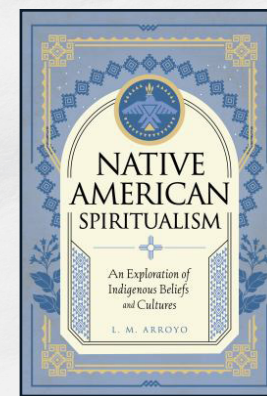
young Indigenous woman who discovers that the picture-perfect life she always hoped for may have horrifying consequences.



**Rez Rules**  
by Chief Clarence Louie

A common-sense blueprint for the future of First


Nations, as told through the fascinating life and legacy of a remarkable leader.



**Native American Spiritualism**  
by L. M. Arroyo

Arroyo explores the spiritual practices, legends, and traditions of various

Indigenous tribes throughout the North American continent.

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

## NOVEMBER IS NATIONAL NATIVE AMERICAN HERITAGE MONTH

By Sarah Smith, Age Strong Staff



**Each year, we commemorate the traditions, languages, and stories of Native Americans, Alaskan Natives, Native Hawaiians, and affiliated island communities.**

Having a nationally recognized month to acknowledge the contributions Native Americans have made to the fabric of the United States ensures that their rich histories are preserved and able to be recounted with each generation.

For almost 100 years, U.S. citizens, both native and non-native, fought for a permanent day to honor Native Americans' heritage, their achievements, and their sacrifices. In 1916, New York Governor Charles Seymour Whitman formally recognized the

second Saturday in May for the state to observe.

In 1990 President George H.W. Bush named November “Native American Heritage Month” and in 2009 Congress designated the day after Thanksgiving as Native American Heritage Day.

Observing Native American Heritage Month not only allows us to celebrate indigenous culture and accomplishments, but also provides an opportunity to reckon with our past and reflect on the unjust treatment of indigenous peoples throughout history. Native traditions have been lost over centuries, due to colonization, forced assimilation, loss of ancestral lands, and war; resulting



in the unfortunate loss of culture, spiritual beliefs, oral histories, and even languages. Recognizing Native Americans and their heritage helps ensure that culture is uplifted and preserved.

Many foods we eat and medicines we use were introduced by Native Americans. Some of our country's major highways follow trails initially created by indigenous peoples.

We at Age Strong recognize that Boston lies on the ancestral homeland of the Massachusetts Tribe, from whom we derived our state's name, and stewarded this land for years before us. As of 2024, there are 574 federally recognized Native American tribes in the US, and many more that are still advocating for recognition.

In Massachusetts alone, there are two tribes federally recognized: the Wampanoag Tribe of Gay Head (Aquinnah) and the Mashpee

Wampanoag; despite other tribes (such as the Nipmuc, Pawtucket, Pokanoket, Pocumtuck), with active communities and cultures.

To learn more about Native American Heritage month, find events, and workshops, please visit [bia.gov](http://bia.gov) or [nativeamericanheritagemonth.gov](http://nativeamericanheritagemonth.gov).



► Benefits

## TRANSPORTATION RESOURCES FOR BOSTON'S OLDER ADULTS

By Sarah Smith, Age Strong Staff

**Boston's Age Strong Commission wants to make sure older adults know about transportation resources.**

### Age Strong Shuttle

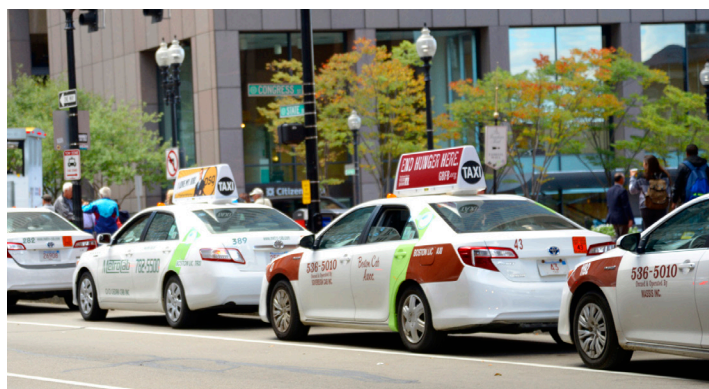
The Age Strong Shuttle provides free transportation (including wheelchair-accessible vehicles) to Boston residents aged 60+ to any non-emergency medical appointment within the city, Monday through Friday. Simply call in advance to set up a ride at **617-635-3000**.



### Taxi Coupons

Age Strong offers discounted taxi coupons for Boston residents aged 65+ and those with disabilities. Each coupon booklet costs \$5, but is worth \$10. Coupons may be purchased in-person at Age Strong, room 271, City Hall, 9 am - 5pm, Monday - Friday,

in cash with ID proving Boston residency. Call Age Strong at **617-635-4366** for more information or visit [boston.gov/departments/age-strong-commission/how-buy-taxi-coupons](https://boston.gov/departments/age-strong-commission/how-buy-taxi-coupons).



### MBTA Senior Charlie Card

The Massachusetts Bay Transportation Authority offers a "Senior Charlie Card" for those age 65+ for discounted rides on the subway, bus, commuter rail, ferry, and express bus. For more information, visit [mbta.com/fares/reduced/senior-charliecard](https://mbta.com/fares/reduced/senior-charliecard).



► Program

## CARING FOR CAREGIVERS

By Jordan Rich, Age Strong Staff



**A caregiver is someone who regularly looks after a child or individual who is sick, elderly, or disabled.** Caregiving is complex and varies person to person.

Through the Older Americans Act funding, Age Strong helps support the Boston Senior Home Care (BSHC) Family Caregiver Solutions Program (FCSP), providing support navigating challenges of caregiving while ensuring loved ones stay safe and healthy.

FCSP offers assistance for caregivers in Boston, designed to support those providing full-time care for grandchildren, an older adult, or both, which can be overwhelming.

Caregiver Solutions offers resources including access to respite care, support groups, mental health counseling, estate

planning referrals, and in-home services.

The program is open to adult family members and those caring for individuals aged 60+, those diagnosed with Alzheimer's Disease, and grandparents 55+ caring for children under 18.

To connect with FCSP, visit [elderinfo.org](https://elderinfo.org).

Those raising grandchildren are supported through KINnections, under BSHC's FCSP, connecting caregivers with support groups and resources. Call **857-317-3060** for more information.



# AGE STRONG COMMISSION'S FREE VIRTUAL WELLNESS CLASSES

Join the classes listed below directly with the Zoom link:

[bit.ly/ZoomAgeStrongVirtual](https://bit.ly/ZoomAgeStrongVirtual)



**MON.** **CHAIR YOGA**  
9AM-10AM

<b>LATIN DANCE</b> 11:30AM-12:30PM	<b>YOGA</b> 6PM-7PM	<b>TUES.</b>
<b>ZUMBA</b> 11:30AM-12:30PM		

**WED.** **YOGA & MEDITATION**  
11:30AM-12:30PM

**THURS.**

**FRI.** **YOGA**  
11:30AM-12:30PM

CALL:

VISIT:

**617-635-3979**

OR

[BOSTON.GOV/AGE-STRONG-EVENTS](https://BOSTON.GOV/AGE-STRONG-EVENTS)

## ► Awareness

### NOVEMBER IS NATIONAL DIABETES MONTH

By Sarah Smith, Age Strong Staff

**Diabetes affects millions of Americans each year.** National Diabetes Month, each November, aims to raise awareness and offer support to those impacted.

Diabetes is a widespread chronic illness caused by the body not producing enough insulin, or using insulin properly. Insulin is a natural hormone that helps blood sugar enter your body's cells, transforming into energy. When insulin is not stored properly, it creates a build up of glucose (sugar) in your bloodstream, called "hyperglycemia," which can lead to diabetes.

Diabetes occurs as either Type 1 or Type 2. Type 1 is a genetic, autoimmune disease, only affecting 5-10% of those living

with diabetes. The body mistakes the beta cells in your pancreas as foreign invaders, and destroys them.

Type 2 is caused by heredity, inactivity, diet, and medications. With type 2, the body does not use insulin properly, called insulin resistance.

Often, if diabetes is caught at the "prediabetes" stage, early treatment and intervention can help return blood glucose levels to normal. Prevention can include maintaining a healthy diet and engaging in regular physical activity.

Living with diabetes can cause cardiovascular disease, chronic kidney disease, hearing loss, and even stroke. Diabetes symptoms include extreme fatigue, blurry vision, and tingling, pain, or numbness in hands and/or feet. It can also be a financial burden. In 2022, the annual cost of diabetes care in the U.S. was \$412.9 billion.

During National Diabetes Month, through research, education, and advocacy, we hope to lessen its impact. For more information, visit the American Diabetes Association at [diabetes.org](https://diabetes.org).



# City of Boston Winter Farmers Market Schedule

## Back Bay

### Copley Square Farmers Market

227 Dartmouth Street  
Tuesdays and Fridays through November 26, 11am-6pm

## Dorchester

### Ashmont Special Holiday Market

All Saint Parish, 209 Ashmont Street  
Saturday November 30, 3-8pm

### Codman Square Farmers Market

The Great Hall, 6 Norfolk Street  
Saturdays January 25th - March 15th, 11am-2pm

## East Boston

### East Boston Farmers Market

Community Resource and Wellness Center, 282 Meridian Street  
1st and 3rd Wednesdays November - June, 2:30-6pm

## Hyde Park

### We Grow Microgreens Farmstand

21 Norton Street  
Wednesdays through November 22 2:30-6pm

*Please Note:* These dates and times are subject to change. Please check our website for the most recent updates. **Updated October 2024.**

## Mattapan

### Urban Farming Institute Farmstand

487 Norfolk Street  
Fridays through November 22, 1-5pm

## Mission Hill

### Mission Hill Farmers Market

Hanlon Square, 725 Huntington Avenue  
Thursdays through December 19, 11am-6pm

## Roslindale

### Roslindale Farmers Market

ABCD Parking Lot, 32 Birch Street  
Sundays January - March, 11am-2pm

## Roxbury

### Dudley Town Common

Dudley Greenhouse, 11 Brook Street  
Thursdays November - February 2:30-6pm

### Roxbury Crossing Farmers Market

Roxbury Crossing T Station, 1400 Tremont St  
Tuesdays and Fridays through December 19, 11am-6pm

## Community

# NEED TO TALK? CALL THE COMMUNITY CARING CLINIC

By Jordan Rich, Age Strong Staff



**Behavioral health is part of overall human health.** Addressing and treating behavioral health issues is as important as treating our physical health issues.

The Age Strong Commission provides connections to organizations and licensed professionals that provide older adults with behavioral health services. Age Strong funds select providers through the Enhancing Behavioral Health Care Access for Older Adults grant, including the Community Caring Clinic at 55 Warren Street in Roxbury.

The Community Caring Clinic (CCC) was founded in 2017 by a coalition of local and refugee community leaders, professionals, and activists—united by a vision to

better serve their communities, offering comprehensive behavioral health, substance abuse, and psychiatric services.

The CCC aims to empower disadvantaged and disenfranchised residents to take control of their destiny and function productively through counseling, education, social skills training, motivation, and treatment plans.

CCC provides workshops for older adults, assesses behavioral health and psychosocial needs, and offers supports—from diagnostic and treatment options to older adult peer support services.

Their Older Adult Peer Services (OAPS) provides essential support to those 55+, promoting wellness and independence. Their Certified Older Peer Specialists undergo specialized training to offer compassionate, non-judgmental listening and problem-solving support. This support is valuable for adults facing social isolation and loneliness.

For more information about the Community Caring Clinic or to schedule a workshop, call **617-541-1893**.

▶ Events + Activities

# NOVEMBER HAPPENINGS: GET OUT & ABOUT IN BOSTON!

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



## Drop-In Gaming Time (All Ages)

**Time:** 12:30 PM- 4:30 PM

**Location:** BPL Chinatown,  
2 Bolyston St, Chinatown

**Contact Info:**

Yan, 617-807-8176



## Harvesting Culture & Community

**Time:** 1:00 PM – 2:00 PM

**Location:** BPL - Codman  
Square, 690 Washington  
St, Dorchester

**Contact Info:**

Janice, 617-436-8214



## Trellis Lighting at Christopher Columbus Park

**Time:** 5:00 APM - 6:00 PM

**Location:** Christopher  
Columbus Park, 110  
Atlantic Avenue,  
North End

**Contact Info:**

617-635-4505



## Abolition in the City: John Brown's Boston with the

**National Park Service**

**Time:** 11:00 AM – 12:00 PM

**Location:** BPL Hyde Park,  
35 Harvard Ave,  
Hyde Park

**Contact Info:**

Mary, 617-361-2524



## Games for Seniors

**Time:** 1:00 PM – 2:30 PM

**Location:** BPL Faneuil,  
419 Faneuil St, Brighton

**Contact Info:**

Amy, 617-782-6705



## 2024 Boston's Official Holiday Tree Arrival

**Time:** 11:00 AM

**Location:** Boston  
Common, 139 Tremont St,  
Downtown

**Contact Info:**

617-635-4505

"No act of kindness, no matter  
how small, is ever wasted."

-Aesop

## Age Strong Commission Events/Programs

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://boston.gov/age-strong-events)





## VETERANS DAY - NOVEMBER 11, 2024

In Boston, our Veterans Services Department provides resources for those having served in the military, including job training access, family support, reintegration, and housing. It also oversees the city's Hero's Squares and hosts Boston's annual Veterans Day Parade.

-Boston Seniority Team

## THANK YOU FOR YOUR SERVICE

By Jordan Rich, Age Strong Staff



**Combat veteran Ted Kennedy was on hiatus from college**, caring for his ailing mother, when he was drafted to the United States Army in 1967. He trained briefly in South Carolina before reporting to Vietnam to join the infantry. Ted was a machine gun operator, a responsibility that once almost got him thrown through an open door of a moving helicopter.

Ted recalls living in a constant state of uncertainty, never knowing when fighting would erupt. “There would be long periods of nothing happening, then all heck would break loose. It wasn’t like the movies. Everyone looked like an enemy,” he shared.

Ted’s fondest memories

of his time in service are of the camaraderie he shared with the men he served beside. The men knew there was little support for the war coming from home, so they relied on each other.

Ted was awarded a purple heart and returned to U.S. soil on February 14, 1969. Eager to put the war behind him, he went from the airport right to work at his brother Bob’s art business, building frames and shipping artwork.

“Today, I’m proud to have served,” Ted says about his service. “There was a time I wouldn’t have worn my purple heart or acknowledged my time in the army. Now I wear the hat my wife gave me that shows the dates I served, with pride.”

Retired with two daughters, Ted, 79, lives in Boston’s West End with his wife, Janet. He enjoys playing cards, watching football, and being an Age Strong property tax work-off volunteer. Volunteering with Age Strong since 2014, Ted returns annually, staying connected with the community and helping others.

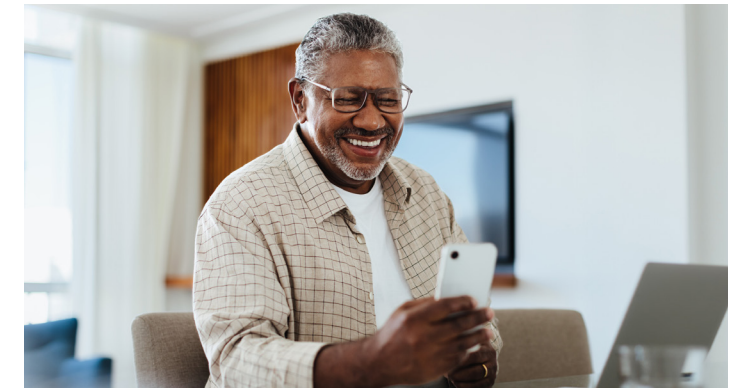
To Ted and those he served with, we thank you for your service.

## DON’T GET SCAMMED! NEW RESOURCES TO PROTECT VETERANS

Source: AARP & the U.S. Department of Veterans Affairs

**There are many scams targeting veterans and their families**, and according to the Federal Trade Commission, veterans and military families reported \$477 million in losses due to scams last year. With the passage of the PACT Act, expanding benefits for veterans exposed to toxic substances during their service, even more veterans may be targeted by scammers.

To address this, the U.S. Department of Veterans Affairs (VA) and the White House announced the launch of VSAFE.gov and the **833-38V-SAFE** to act as a one-stop shop for veterans to prevent potential scams and report fraud.



VSAFE (Veterans, Service members and Families Fraud Evasion) is a federal interagency effort to protect veterans and families from fraud, including a new website and call center. VSAFE intersects with the Consumer Financial Protection Bureau, Department of Defense, Internal Revenue Service, Social Security Administration and other federal agencies as one central location for resources and to report fraud.

The VSAFE.gov website includes prevention resources about scams targeting veterans and their families, including toolkits on pension benefit scams, romance scams, memorialization scams, and other fraud.

**833-38V-SAFE** is the toll-free hotline to report suspected fraud.



**Elsa Rojas, 77, from Brighton and others  
at Boston City Hall for early voting.**

# Creative Aging Program

Self-paced, online video series



Ballroom  
Dancing



Drawing  
(in Spanish)



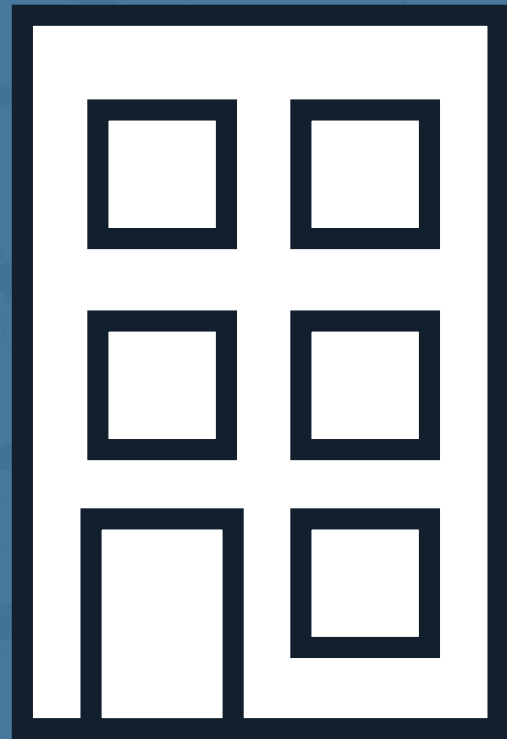
Making Your Own  
Memory Book

**3 New On-Demand  
Learning Video Series  
on YouTube:**

[youtube.com/@aginginboston](https://youtube.com/@aginginboston)



For more information, contact Age Strong  
at 617-635-4366



# AGE STRONG HOUSING WORKSHOP

*learn about tenants rights, preventing eviction, and the housing search process.*

**Tuesday, December 10**

- 11AM-12PM: Workshop
- Housing Search Appointments: 12-3:30PM  
*(by appointment: first-come, first-served)*



**Vine Street Community Center**

339 Dudley Street, Roxbury, MA 02119



**RSVP NECESSARY AT 617-635-4366**



▶ Caregivers

## NOVEMBER IS CAREGIVER MONTH

By Corinne White, Age Strong Staff

According to a national poll on healthy aging, 1 in 4 people age 50+ help take care of at least one family member or friend who has a health issue or disability.

Caregiving is both rewarding and challenging, and can affect your physical, mental, and financial well-being. Taking care of yourself as a caregiver is very important. Here are some tips:

- Take responsibility for your well-being and needs; maintain activities and relationships meaningful to you.
- Have realistic expectations of what your loved one can and can't do. How you can support them practically? Expectations can set up feelings of stress, failure, resentment or guilt.
- Focus on what you CAN do; seek solutions for what you can change; try to let go of the things you cannot.
- Set goals and work toward them; keep your appointments, exercise regularly, lean on friends/family, eat nutritious food, and get enough rest.
- There will be emotional ups and downs in the caregiving journey; express your emotions and try



not to bottle them up.

- As caregiving can be isolating, be sure to communicate with others like family, friends, neighbors; healthcare professionals and local organizations may offer support.
- Get help when needed; an important part of self-care is knowing when you need help and how to find it.

In partnership with the Alzheimer's Association, Boston's Age Strong Commission hosts a support group for care partners of those living with dementia. The group meets at the Roslindale Community Center (6 Cummins Highway) on the fourth Friday of each month from 12pm to 1pm. Please join us!

For more information about the support group and other caregiver resources, contact Corinne White at [corinne.white@boston.gov](mailto:corinne.white@boston.gov) or **617-635-3745**.

## ▶ 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 an 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.
- Assist older adults in accessing several tax relief exemptions 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 help older adults continue leading independently by connecting them to transportation resources:

- Free wheelchair-accessible shuttles that provide door-to-door service for non-emergency medical visits. Call **617-635-3000** in advance for more information.
- Taxi Coupons at discounted rates.

### Volunteer Opportunities:

Our volunteer programs impact our work across the city:

- RSVP matches seniors with various volunteer opportunities.
- The Senior Companion Program matches seniors with homebound residents needing assistance and companionship.
- Senior Greeters greet guests at City Hall.
- Property Tax Work-Off volunteers work off up to \$2,000 on their property tax bill.

### Housing:

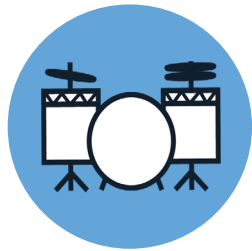
Age Strong helps older adults find and maintain housing:

- Assist with housing applications.
- Connect older residents with resources for home repair and other challenging situations like hoarding.
- Provide mediation and advocacy at housing court.

### Alzheimer's and Caregiver Support:

You are not alone; Age Strong offers support:

- Memory Cafes: places for those experiencing memory loss and their care partners to meet in a safe, social environment.
- Provide referrals, workshops, and support groups for care partners.



# 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 (age 65+) 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 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, November 13**  
BCYF Curley Community Ctr.  
1663 Columbia Rd., S. Boston

**Friday, November 15**  
Boston Public Library,  
West Roxbury  
1961 Centre St.,  
West Roxbury

**Tuesday, November 19**  
Upham's Community Care  
415 Columbia Rd.,  
Dorchester

**Thursday, November 21**  
Boston Public Library,  
Codman Square  
690 Washington St.,  
Dorchester

**Friday, November 22\***  
Nazzaro Community Center  
30 N Bennet St, North End

**Saturday, November 23**  
Bruce C. Bolling Building  
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

\* = Nazzaro Community Center event runs from 12pm - 3pm.

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

# INDIGENOUS AMERICAN ORGANIZATIONS

*The Age Strong Commission acknowledges that Boston lies on the ancestral homeland of the Massachusett Tribe, who have lived on and cared for this land for thousands of years and who continue to live here and care for this place today.*

## NORTH AMERICAN INDIAN CENTER OF BOSTON

NAICOB was originally established in 1969 as the Boston Indian Council when it served as the hub of social and civil rights activities for the American Indian/Alaska Native and First Nations urban Indian community in Boston. As the oldest urban Indian center in Massachusetts, their mission is to empower the Native American community with the goal of improving the quality of life of Indigenous peoples. 617-232-0343

## MASSACHUSETTS CENTER FOR NATIVE AMERICAN AWARENESS

The MSCNAA provides opportunities for the expression and preservation of Native American cultural traditions; to assist Native American residents with essential basic needs and educational expenses; to advance public knowledge and understanding that helps dispel inaccurate information about Native Americans; and to work towards racial equality across the region. [www.mcnaa.org](http://www.mcnaa.org)

## UNITED AMERICAN INDIANS OF NEW ENGLAND

UAINE is a Native-led organization of Native people and supporters fighting against racism and for the freedom of political prisoners. UAINE supports Indigenous struggles in New England and throughout the Americas. [www.uaine.org](http://www.uaine.org)



## 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](http://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 has been up to here:

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

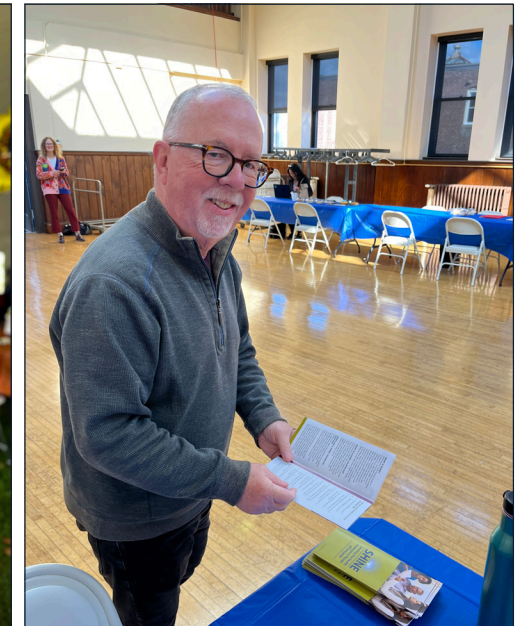


## FOLLOW OUR SOCIALS

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



# ▶ SEEN AROUND TOWN





ARE YOU A BOSTON RESIDENT AGED 50+?

# LET YOUR VOICE BE HEARD!

*Tell us how we can make Boston a better  
place to live and age well.*

## FILL OUT OUR SURVEY:

Scan the QR code below with your cell phone camera, or visit  
[boston.gov/departments/age-strong-commission](https://boston.gov/departments/age-strong-commission)



## SCAN ME

Questions? Age Strong at (617) 635-1953

AGE+



City of Boston  
Age Strong Commission