

Boston Seniority

Age Strong Commission

City of Boston

Mayor Michelle Wu



GRATITUDE

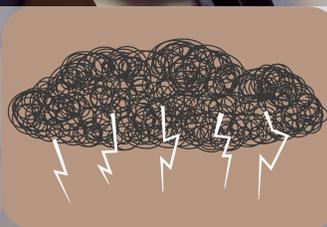
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November 2022
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Free Publication



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Stay Connected
with the Age Strong
Commission:



Main number: (617) 635-4366



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

In This Issue...

November is National Gratitude Month, a time to celebrate and give thanks. Gratitude can enhance our moods, decrease stress and drastically improve our overall level of health and well being. Check out pages 16-23 to read about gratitude tips and more.



Boston Seniority

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

Email us at
Bostonseniority@boston.gov



From the Mayor's Desk

Hello, Boston!

Welcome to the November 2022 issue of Boston Seniority Magazine.

Fall is here. The leaves are changing, temperatures are dropping, and trees are heavy with apples ready to eat—or be turned into cider! Being able to step outside and take in the season's vibrant colors is one of my favorite things about living in Boston.

The theme of this month's issue is "gratitude." Inside, you'll find reflections and stories from some of our older residents on all that they're thankful for this season.

November hosts Thanksgiving and Veterans Day and is also National Native American Heritage Month—an opportunity for all of us to reflect on our city's complicated history and celebrate the culture and contributions of our Indigenous communities.

It's also National Alzheimer's Disease Awareness Month, National Diabetes Month, and National Family Caregivers Month. In this issue, you'll learn more about all of these holidays and observations.

Medicare Open Enrollment is available now through December 7. Make an appointment with your Age Strong Advocate to learn more about the program, review your current plan, and find out if there is a plan that can lower your costs and better fit your needs. Call 617-635-4366 to schedule an appointment.

In Service,

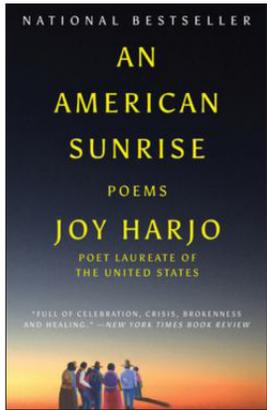
Michelle Wu
Mayor of Boston



BPL Staff Picks

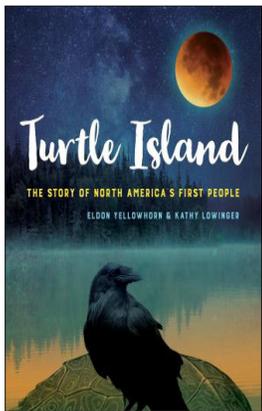
Source: Boston Public Library

November is Native American Heritage Month. Learn more about Native American history and culture by checking out one, or more, of the recommendations listed.



An American Sunrise by Joy Harjo

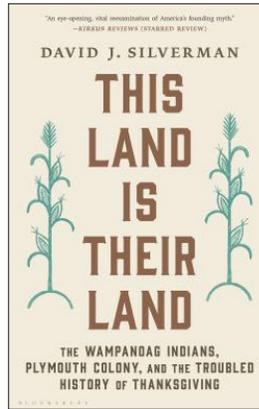
A nationally best-selling volume of wise, powerful poetry from the first Native American poet laureate of the United States.



Turtle Island by Eldon Yellowhorn & Kathy Lowinger

Discover the amazing story of the Indigenous peoples of the Americas from the end of the Ice Age to the arrival of the Europeans. You'll learn what people ate,

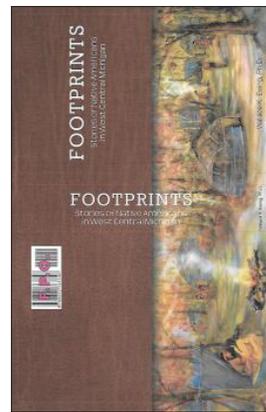
how they expressed themselves through art, and how they adapted to the land. Archaeologists have been able to piece together what life may have been like pre-contact-- and how life changed with the arrival of the Europeans.



This Land Is Their Land by David J. Silverman

A new look at the Plymouth colony's founding events, told for the first time with Wampanoag people at the heart of the story. This Land is Their Land shows that it is time to rethink

how we, as a pluralistic nation, tell the history of Thanksgiving.



Footprints by Wallace K. Ewing

The Indians whose presence shaped the history of West Central Michigan typically are marginally represented in books and articles about the past. Footprints attempts to correct that omission by telling the stories of individual Native Americans who once walked the Grand River Valley, Lake Michigan's wooded dunes and the land between.



We Shall Remain DVD - 2009

These five documentaries, originally produced for the PBS television program, American Experience, tell the story of pivotal moments in U.S. history from the Native American

perspective. Episodes include: After the Mayflower, Tecumseh's Vision, Trail of Tears, Geronimo, and Wounded Knee.



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



Medicare Open Enrollment is Now through December 7!

Age Strong's trained SHINE (Serving the Health Insurance Needs for Everyone) counselors can review your current health insurance & prescription drug plans to find you the best coverage at the least cost.

Make an appointment with your Age Strong Advocate by calling 617-635-4366.

Bring your current Medicare & other insurance cards & your Medicare.gov login & password (if you have an online account).

Bring a list of your current medications & dosages.

It's worth assessing each year, as your prescriptions may change as do plans.

New plans take effect January 1, 2023.

You can also Attend an In-person Community Open Enrollment Event!

November 14, 10:30am-3pm

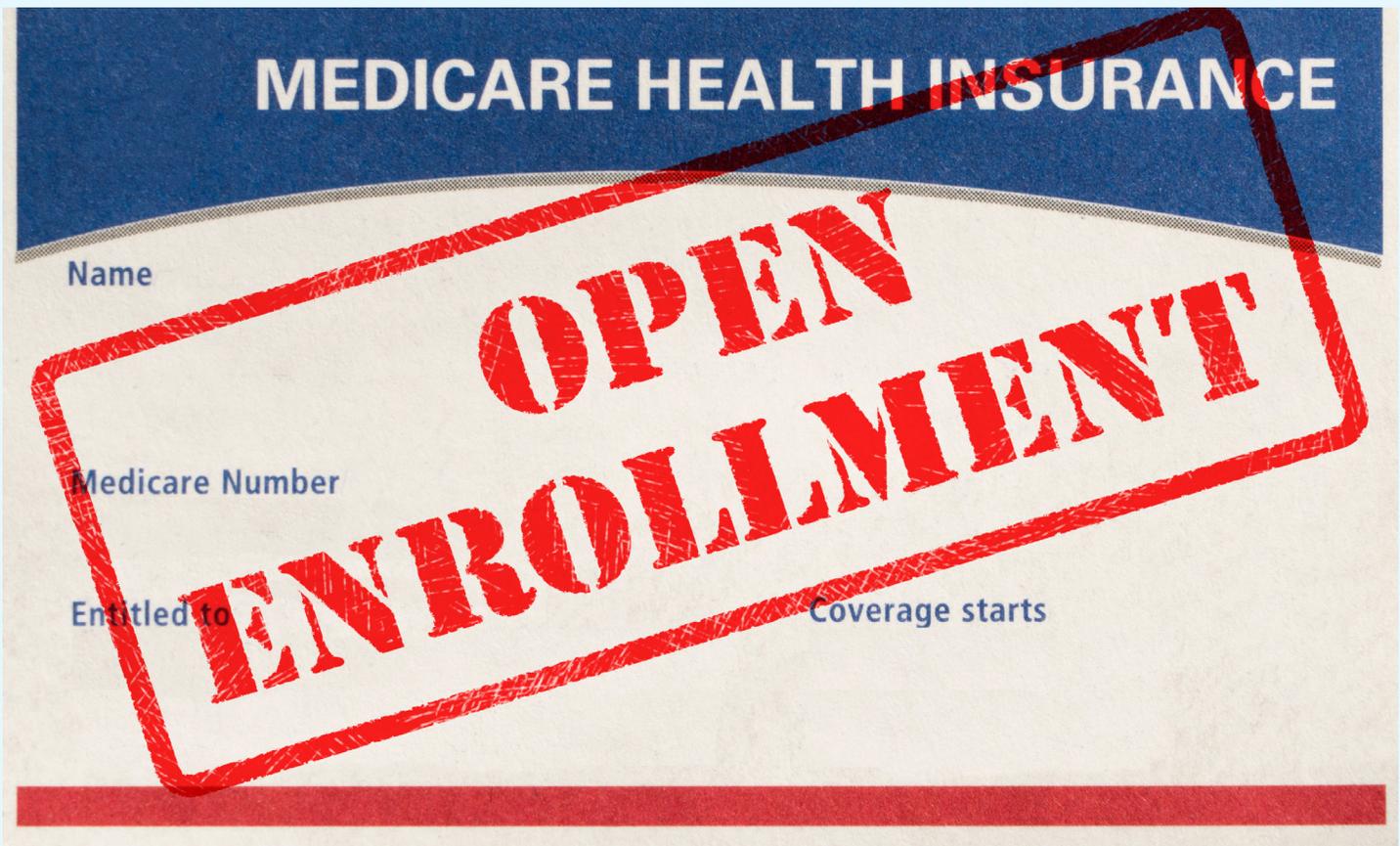
Boston Public Library, Mattapan Branch
1350 Blue Hill Avenue

November 30, 10am-3pm

BCYF Vine Street Community Center
339 Dudley Street, Roxbury

December 5, 10:30am-3pm

Veronica B. Smith Senior Center
20 Chestnut Hill Avenue, Brighton



What You Can Learn from Your Age Strong Advocate During Medicare Open Enrollment

- The difference between “Original” Medicare & Medicare “Advantage” Plans
- Learn what Medicare Parts A, B, C & D cover (& what they DON’T)
- Learn about co-payments & deductibles
- Learn about Medical Savings Account (MSA), Medicare Cost plans, PACE, MTM

- Learn about Medigap coverage

For more information call your Age Strong Advocate at 617-635-4366 to make an appointment.

Age Strong Advocates speak many languages & have access to language lines for translation.

How to Avoid A Sweepstakes Scam

Source: Federal Trade Commission

You get a call, email, text message or letter saying you won a sweepstakes, lottery, or prize — like an iPad, a new car, or something else. But you can tell it's a scam because of what they do next: they ask you to pay money or give them your account information to get the prize. If you pay, you'll lose your money and find out there is no prize.

Signs of a Sweepstakes Scam

Who doesn't dream of winning a lot of money or a big prize? That's why scammers still use the promise of a prize to get your money or personal information. The good news is that there are ways to tell you're dealing with a scam.

Here are signs of a sweepstakes scam:

1. You have to pay to get your prize. But real prizes are free. So if someone tells you to pay a fee for "taxes," "shipping and handling charges," or "processing fees" to get your prize, you're dealing with a scammer. And if they ask you to pay by wiring money, sending cash, or paying with gift cards or cryptocurrency to get your prize, don't do it. Scammers use these payments because it's hard to track who the money went to. And it's almost impossible to get your money back.

2. You have to give your financial information. There's absolutely no reason to ever give your bank account, credit card

or Social Security number to claim any prize or sweepstakes. If they ask for this information, don't give it. It's a scam.

How Scammers Try To Trick You

- Scammers will say anything to get your money. Here are ways they try to trick you into thinking you really won a prize.

Scammers say they're from the government when they're not. Scammers try to look official. They want you to think you've won a government-supervised lottery or sweepstakes. They make up fake names like the "National Sweepstakes Bureau," or pretend they're from a real agency like the Federal Trade Commission. The truth is, the government won't ever call you to demand money so you can collect a prize.

- Scammers use names of organizations you might recognize. Scammers might pretend to be from well-known companies that run real sweepstakes. But no real sweepstakes company will contact you to ask for money so you can claim a prize. If you're unsure, contact the real company directly to find out the truth. And look up the real company's contact information yourself. Don't rely on the person who reached out to you to provide you with the real contact information.

If you think you've been targeted by a prize scam, report it to the FTC at ReportFraud. ftc.gov or call 877-382-4357.

How to Avoid the Holiday Blues

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

The way that some TV shows and the media portray the American holidays as picture perfect may differ greatly from our real life experiences. For some of us, the holidays evoke sadness, worry, and frustration, leading to symptoms of the “holiday blues.” While not a clinical diagnosis, the holiday blues share many of the same symptoms of depression or anxiety—tiredness, lack of energy or motivation, loneliness, sadness, tension, and a sense of loss. What is the difference? Holiday blues are short term; depression and anxiety are long-term. The holiday blues can turn into clinical depression or anxiety, so they should be taken seriously.

The holiday blues may arise from unrealistic expectations we create for ourselves. We may feel obligated to host parties or attend social gatherings. Shopping for gifts and groceries may induce stress. Painful feelings may come up if we are grieving for loved ones or separated from family members. Worries about becoming sick may lead to social isolation. We may think we “should” put up decorations in our home, buy gifts, bake treats, and feel happy.



There are steps we can take to help manage the holiday blues. It is key to be realistic, and try not to worry about what we “should” do or feel. Taking time to reflect on our values can lead to having more realistic expectations. Would we rather be shopping for the “perfect” gift, or sharing coffee with a friend? Volunteering in our community may help ward off holiday blues. If we need alone time, setting boundaries may be necessary. It is okay to decline invitations. Financial stress may be minimized by sticking to a budget. It is important to be gentle with ourselves. If sadness arises, we can remind ourselves that feelings are temporary. Finally, continuing to eat healthy, exercise regularly, and aim for 7-9 hours of sleep a night will strengthen our defenses.

Create your own holiday wellness plan using the interactive on-line workbook *Coping with Holiday Stress: 10 Keys to Creating Healthy Holidays*: cigna.com/assets/docs/newsroom/834350-holiday-wellness-form2.pdf.

Jan Gadson Louissaint Finds Gratitude Through Sharing Workshops

By Age Strong Staff

Jan Gadson Louissaint is a member of the Mayor’s Senior Advisory Council, a breast cancer survivor, and a floral artisan. Through her journey fighting and surviving cancer, she realized she could also help others, and offers artful meditation workshops to older adults in Boston.

“To help heal,” Jan shares, “I created the Artful Meditation Workshop Series. Each flower arrangement I created at my kitchen table brought me immense joy and inspired healing.”

Previously, Jan worked as a family case manager and resident services coordinator, serving older adults. She started sharing her floral workshops through Boston Public Libraries and then community centers. “I have met many wonderful older adults in support groups, senior fitness centers, and over 55 housing co-ops and developments.”

It brings Jan joy to share her healing with others. “I am grateful and blessed for each day of life. I’m inspired to share my time, my gifts, and my healing with others. The

workshops help folks learn new skills, decrease social isolation, and experience the joy of creativity.”



Jan Gadson Louissaint

Find out more about Jan’s workshops at silkblooms.org.



Creations from Jan's workshops

Appreciating Family Caregivers

By Pat Kelleher

Mary Lou Greene may walk with a walker, and her eyesight may be failing, but she still likes a good party. She is able to get out of her Victoria Heights apartment in Hyde Park for parties and other events because her daughter Donna Greene Devin has moved, with her husband, to an apartment right across the street. Mary Lou especially likes being taken to political events having spent 25 years as an operator at Boston City Hall.

While Donna might not describe herself as a family caregiver, she certainly fits the definition. A caregiver, as defined in Caring for Caregivers legislation now before Congress is “an adult family member who provides a broad range of assistance to an individual with a chronic or other health condition.” That legislation would direct federal agencies to better coordinate existing programs to recognize and support family caregivers.

Such actions are well overdue given that the Greene family situation is far from unique. According to a state proclamation signed by Governor Charlie Baker declaring November as Family Caregiver Month, there are more than one million family caregivers in MA assisting a family member in maintaining independence and well being. “The joys



Mary Lou Greene (right) and Donna Greene Devin at Castle Island

and rewards of family caregiving can be many,” says the proclamation “but the challenges can impact the caregiver’s physical and mental health.”

For the Greene family, they are fortunate that Donna was able to retire in her early 60’s so that she has the time to take mom to regular medical appointments, as well as to see friends. Many caregivers are left juggling a job with caregiving duties at home, at times jeopardizing a needed job and their own health.

The Greene mother and daughter both value the time they have. “My days of using an oven are past,” says Mary Lou. “I can sort of manage the microwave, but I know I wouldn’t be here, where I have lived for 36 years without Donna’s help.” Donna worries about her own future. “I am happy to care for my mom, but I wonder, who will care for me as I get older,” she asks.

Those in caregiving roles, may find help and resources on the AARP’s website: aarp.org or the Caregiver Solutions program at Boston Senior Home Care bshcinfo.org/caregiving-program/ or 617-292-6211.

November Awareness

November is National Diabetes Awareness Month

By Pat Kelleher

Given how widespread Diabetes is in America, it is important for everyone to know the seriousness of the disease and to understand the risk factors.

The Federal Institute of Health estimates that about 11% of the U.S. population has Diabetes, but as many as 1 in 5 people don't know they have it. This is why it is so important to take steps to prevent or to actively manage diabetes. The best way to prevent Type 2 Diabetes is lifestyle changes such as exercising and eating less

calories. Consider replacing sweetened soda with water. Don't worry if you can't get to your ideal weight, even losing 10 to 15 pounds can make a difference in risk level. If you are at risk because of weight or family history, make sure to have regular doctor appointments that include testing blood glucose levels.

To learn more about Diabetes, risk factors & prevention, visit the National Diabetes Association at diabetes.org.

November is National Alzheimer's Disease Awareness Month

November is Alzheimer's Awareness Month, a time to raise awareness about Alzheimer's disease and show support for the more than 6.2 million Americans living with it. The Alzheimer's Foundation of America (AFA) invites folks to wear teal to show support and to get a free virtual memory screening.

Screenings are simple, quick and noninvasive--a series of questions to test memory, language, thinking skills and other cognitive functions. They take 10-15

minutes and are completely confidential. Once the screening is complete, the screener will review the results with you.

Memory screenings are not a diagnosis of any particular condition but can indicate whether someone should see their doctor for more extensive assessment. To schedule a screening, visit alzfdn.org/memory-screening-2/virtual-memory-screenings/ or call. 866-232-8484.

November 11 is Veterans Day

By Pat Kelleher

It seems that Veterans Day has been November 11 for as long as anyone can remember. But that's not the case. November 11 became an official holiday in 1938, originally set aside as a day to honor the veterans of World War I. In 1969, Veterans Day was moved to a Monday holiday per the "Uniform Holiday Bill." The public was unhappy about it, and in 1979, it was moved back to the November 11 date, and expanded as a day to recognize the patriotism, citizenship, and a commitment of all who donned a military uniform.

The theme for Veterans Day 2022 is "Honor," recognizing the distinct honor in answering the call to duty to protect the United States and the Constitution. The notion of "honor" in service is one that resonates with Edmund Powers. In the mid 1960's he was a Southie neighborhood kid, with a burning desire to serve our nation. It is important to him to point out that "no one was making me go. In fact, I was rejected the first two times I tried to sign up," Powers said, "But they took me on the third try." Veterans Day, he said, is an opportunity to remember his own Vietnam-era service, and that of his fellow Marines, with pride



for having served his country.

According to the Mayor's Office of Veterans Services, there are about 20,000 veterans in Boston, 60% who are over 60 years of age. Veterans Services Commissioner Robert Santiago plans to spend his Veterans Day celebrating with fellow Veterans and their families throughout the city. "Veterans have given us freedom, security, pride, and the greatest nation on earth," said Santiago. "It's important to me that all our neighbors in the City of Boston recognize that, and honor their service, not only on Veterans Day but everyday."

The Veterans Commission offers lots of help for veterans. Among the most used services are help with filing claims with the Veterans Administration (VA). They also provide financial assistance for eligible Veterans. Veterans who have questions or need help navigating services, can reach the Office of Veterans Services at 617-635-3026 or by emailing veterans@boston.gov.

November Happenings: Get Out and About in Boston!

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



Breathe With Bach
Time: 9:30 am - 10:30 am
Location: BPL - Adams Street,
690 Adams St., Dorchester
Contact Info: Elisa,
617-436-6900



**Growing Together Garden
& Plant Club**
Time: 4:00 pm - 5:00 pm
Location: BPL - Roslindale,
4246 Washington St., Roslindale
Contact Info: 617-323-2343



Weekly Chess Club for Adults
Time: 2:30 pm - 3:30 pm
Location: BPL - North End,
25 Parmenter St., North End
Contact Info: 617-227-8135



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



**November Films:
Celebrating Burt Lancaster
The Rainmaker**
Time: 1:00 pm - 3:15 pm
Location: BPL - South Boston,
646 East Broadway, South
Boston **Contact Info:**
J. Bickford, 617-268-0180



Friday Films: Smoke Signals
Time: 1:00 pm - 3:00 pm
Location: BPL - West End,
151 Cambridge St., West End
Contact Info: Casey,
617-523-3957



*"Be like the sun;
shine your love on everyone."*

- Aine Belton



A Gathering of Friends
Time: 11:00 am - 1:00 pm
Location: BPL - Mattapan,
1350 Blue Hill Ave., Mattapan
Contact Info: Maurice,
617-298-9218



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



**2022 Copley Square
Tree Lighting**
Time: 5:00 pm - 6:00 pm
Location: Copley Square,
560 Boylston St., Back Bay
Contact Info: Parks and
Recreation, 617-635-4505

Meet your Age Strong Advocate

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

- ▶ **November 22nd / 9am-5pm**
BCYF Nazzaro Community Center
30 North Bennett St., North End
Contact: Lorna Heron, 617-635-4335
lorna.heron@boston.gov
- ▶ **November 30th / 10am-2pm**
BCYF Hyde Park Community Center
1179 River St., Hyde Park
Contact: Yves Mary Jean, 617-635-0021
yvesmary.jean@boston.gov
- ▶ **December 6th / 10am-12pm**
BPL - Lower Mills Branch
27 Richmond St., Dorchester
Contact: Nhung "Ivy" Pham,
617-635-4646
nhung.pham@boston.gov

For more information about advocacy hours, call 617-635-4366



Grati

November invites both celebration and thankfulness. This month, we encourage you to embrace the power of gratitude. Increasing what we're grateful for allows us to better appreciate the positive, rather than focus on the negative. Learning to and choosing to be grateful helps us appreciate the little things in life that we tend to take for granted. We, at Boston Seniority Magazine, are grateful for you, our readers. Thank you for spending time with us and inspiring us every day.

-Boston Seniority Team

itude



On Gratitude...

By Age Strong Commission Staff

As the holiday season, colder weather, and shorter days approach, it's not uncommon to stay inside more, engage with people less, and have feelings of sadness, loss, and sometimes even depression. One way to combat this is to focus on what we're grateful for – to acknowledge what we DO HAVE. It actually makes us happier.

According to Harvard Medical School, “gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.”

Boston Seniority magazine staff spoke with older Bostonians about what they're grateful for and looking forward to this season.

Lillian O'Neal, Jamaica Plain, 83



I am thankful for each day! I'm thankful for my church, my 10 children, my great-grandchildren, my great-great grandchildren. Life is what you make of it. I'm blessed to help others. I've

helped people all my life. It's a blessing I don't normally talk about, but I know the blessing is returned.

I am a writer and I recently learned that if I write about those who gave their lives to save others, then they will not be forgotten. I look forward to my poems being in a book.

Rita Pagliuca, North End, 75

I could give the answer of health or family—but further, I am thankful for all the wonderful people I meet and befriend by opening myself up to new adventures. I am a fixer, so when someone needs me I am there. It's a win/win situation because I am blessed knowing I made a small difference.

I've learned not to have expectations; to only confront someone known to be mature and humble; and that God always sends me someone when I need help. I look forward to sharing advice and ideas with young adults—to serve as a mentor, and offer wisdom.

Juan C. Rodríguez M., Jamaica Plain, 84

I'm thankful for my family, friends, and good health. It gives me satisfaction to help people. I'm grateful to continue making progress in learning to play guitar. I look forward to visiting my family and friends overseas.

David Reedy, South End, 59



I'm thankful for so much in my life. My health, my husband Tony, my friends, my family. I too often ruminate about my age, but I am thankful to age. My position as an Age Strong Advocate allows me to help people almost daily, and I get so much satisfaction both professionally and personally. Hearing someone's appreciation makes me feel worthwhile.

I'm not a fan of working out, and I often lament that I "have" to go to the gym. Recently, I've changed my mindset to gratitude, and I realize that I am fortunate to be able to work out, that I "get" to go to the gym. I'm looking forward to new travel adventures. . . and seeing friends in my hometown of Pittsburgh during the holidays.

Mary Hirsch, Beacon Hill, 76

I am most grateful for my health—spiritual, mental, and certainly physical. I habitually attempt to help someone every day—in some way; it's the thing to do. I've recently learned to listen more and talk less. I look forward to all things positive and good.

Mary, Brighton

I'm one of the luckiest people in the world, which I know sounds cheesy. I'm thankful for all the good things that have happened to me. I'm so grateful for my friends and family. There's people who come to my house all the time to be with me and I'm so grateful for that. Nothing is perfect, but I am comfortable, I have support and love all around me, and there's not much more I would ask for. I love to help people, I love when I can donate things and give back to people. You can give monetarily, but you can also give of yourself and I think working at the senior center helps me feel I'm giving back. I am constantly learning about and within my religion. I find it important and it helps. I look forward to staying healthy, and being with my friends and family.

Richard

I'm grateful for good health and that I live in Boston. It's a nice place to live. There's lots of places for me to bike and walk, and lots of libraries to visit. I grew up here. When I go to the senior center, we all help each other. It makes me feel really good and happy. Recently I've been trying to improve my health because I've learned how connected it is to my happiness. I cut back on saturated fats, and I feel a lot better. I am looking forward to next summer—my favorite time of year! I love to spend my time outside.

Carmen Storms



I'm thankful for this beautiful day, the people around me, and for peace in this world. I am especially thankful for Boston and to Mayor Wu, for all you've given us. Today I helped get a raincoat for a family in need. I'm doing God's work. It's the main reason I'm on this earth, to serve the people of this world. It makes me happy to fulfill that purpose. Recently I've learned to pace myself and my body—and that if you need help, it's available if you ask.

Daniel Roman, Dorchester



I'm thankful to work with other people in the city and to learn more about diversity. The best thing about my job is helping my clients in many different ways. Recently I've learned how to connect with and value my family. I look forward to learning more about people's needs, so I can be there for them.

Emperatriz Fernandez, Roslindale



I'm thankful for friends, my kids, and my husband. I have a beautiful family. I like to help people by talking to them if they're depressed. I like to go to the Day By Day program in Jamaica Plain and thank God for my health.

Ana Reyes, Dorchester



I am Christian and every morning I thank God that I am here. I started working with seniors 30 years ago and I've learned a lot. Now I'm a senior. I've learned to be more patient. I look forward to hearing more seniors' stories. It's really special and makes me happy.



Tips for cultivating more gratitude...

Write a thank-you note. You can make yourself happier and nurture your relationship with another person by writing a thank-you letter or email expressing your enjoyment and appreciation of that person's impact on your life.

Thank someone mentally. No time to write? It may help just to think about someone who has done something nice for you, and mentally thank the individual.

Keep a gratitude journal. Make it a habit to write down thoughts about the gifts you've received each day.

Count your blessings. Pick a time every week to sit down and write about your blessings — reflecting on what went right or what you are grateful for. Sometimes it helps to pick a number — such as three to five things — that you will identify each week. As you write, be specific and think about the sensations you felt when something good happened to you.

Pray. People who are religious can use prayer to cultivate gratitude.

Meditate. Mindfulness meditation involves focusing on the present moment without judgment. Although people often focus on a word or phrase, it's also possible to focus on what you're grateful for (the warmth of the sun, a pleasant sound, etc.).

*“There's always
something
to be thankful for.”*

Start your own gratitude journal
with this template! →

My Gratitude Journal



I am grateful for...

Date:

1. _____
2. _____
3. _____
4. _____
5. _____

Date:

1. _____
2. _____
3. _____
4. _____
5. _____

Date:

1. _____
2. _____
3. _____
4. _____
5. _____

Date:

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Date:

1. _____
2. _____
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4. _____
5. _____

"If you want to find happiness, find gratitude."

► 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.

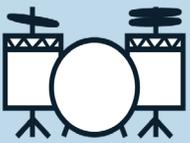
We can help with:



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.



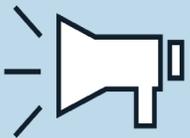
Transportation:

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.



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



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.

Domestic Abuse in Later Life

Provided by the Mayor's Office of Women's Advancement

Abuse in Later Life (ALL), describes abuse at the intersection of domestic violence, sexual assault, and elder abuse. ALL refers to abuse by someone in an ongoing relationship with the victim, in which tactics of power and control, such as those used in domestic and sexual violence, are used in later-life situations.

Any person can be a victim of abuse, regardless of sex or gender identity, but the majority of those who are victims of abuse later in life are women. ALL can impact individuals in all communities, regardless of race, ethnicity, socio-economic status, religion, or other factors.

Those who cause abuse use power and control over a victim to benefit themselves-- for money, housing, or access to medication. Abusive behavior takes many forms in addition to physical violence, such as:

- denial of food or medication
- isolation from family and friends
- restricting access to items of daily living, like hearing aids, walkers or eyeglasses
- refusing transportation to medical appointments
- financial exploitation such as theft of money or other resources; abuse of



Power of Attorney or Guardianship designation

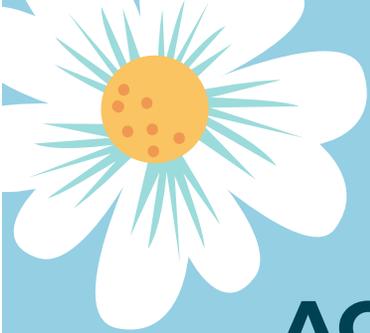
- threatening of institutionalization

Someone experiencing ALL may have a wide range of emotions including fear, anger, confusion, and shame. They may also feel concern and love for the person causing harm. All of these feelings are valid.

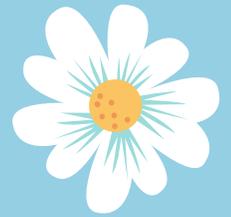
If you or someone you know is being abused in this way, there are community advocates available to help 24/7:

► **Safelink**
877-785-2020

► **Elder Protective Services**
800-922-2275



**For Ages
55+**



AGE STRONG COMMISSION'S FREE VIRTUAL PROGRAMS AND CLASSES

DAY OF WEEK	TIME	PROGRAM
MONDAY	9AM - 10AM	CHAIR YOGA
MONDAY	11:30AM - 12:30PM	MEDITATION
TUESDAY	11:30AM - 12:30PM	LATIN DANCE
WEDNESDAY	11:30AM - 12:30PM	YOGA
THURSDAY	11:30AM - 12:30PM	LATIN FIESTA
FRIDAY	11:30AM - 12:30PM	ZUMBA

Join by zoom link here: bit.ly/ZoomAgeStrongVirtual.
For more information on our events call 617-635-3979
or visit boston.gov/age-strong-events



Sign-Up Today

Check out the latest Age Strong *Weekly Digest*! We include events for older adults, volunteer opportunities, and much more. Sign-up for the weekly newsletter and read more at boston.gov/departments/age-strong-commission/age-strong-commission-weekly-digest.



KEEP BOSTON SENIORS WARM THIS WINTER



The **Seniors Save** program can provide up to \$8,000 to eligible seniors to replace faulty heating systems.

Visit boston.gov/seniors-save to apply today.

CITY of BOSTON



Your years of experience are valuable.

If you are 55+, the City of Boston needs your skills and talents as a volunteer.

Find more at www.boston.gov/agestrong or call 617-635-4366

CITY of BOSTON



Age Strong

AMERICORPS SENIORS OFFERS TWO NEW ENGAGING WORKSHOPS

Let's Connect Virtually!!

Schedule a Group Workshop with Boston RSVP Today!



MONEY SMART

- Learn best practices on managing your money
- Recognize/reduce the risk of financial exploitation
- Guard against identity theft

OPIOID PREVENTION & EDUCATION

- Learn more about opioids & the effects they have on the body/mind
- Learn how to prevent an overdose
- Learn how to communicate with/support loved ones who are living with addiction



To learn more or to schedule a workshop contact:

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

CITY of BOSTON

AGE+

Age Strong

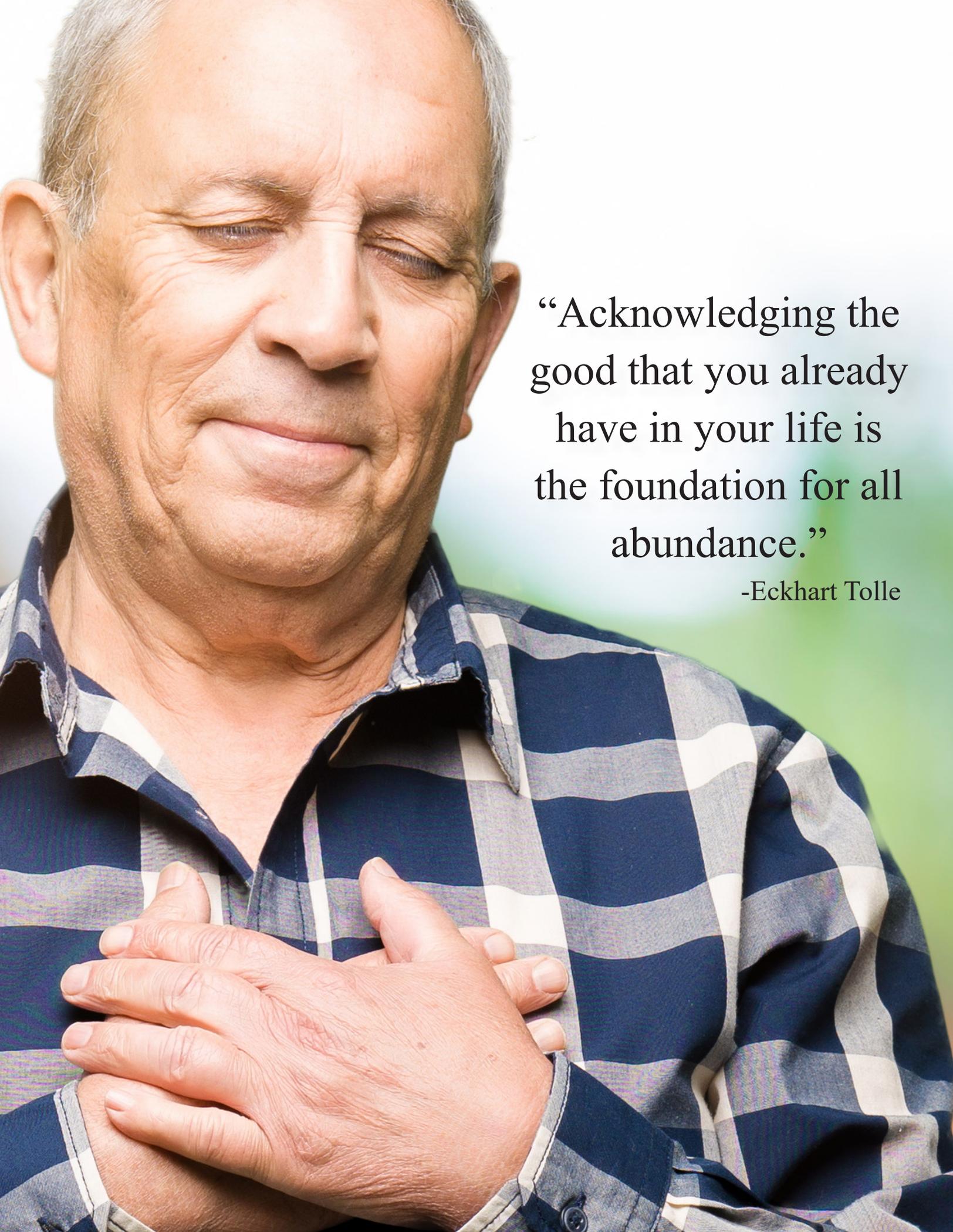

**AmeriCorps
Seniors**

▶ Seen Around Town



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“Acknowledging the good that you already have in your life is the foundation for all abundance.”

-Eckhart Tolle