

Boston Seniority

Age Strong Commission

City of Boston

Mayor Michelle Wu



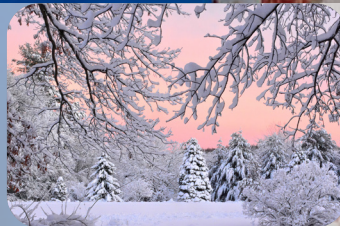
**Start the New Year Strong
with Age Strong p.16-21**

**December 2023
Issue 10
Vol. 47**

FREE PUBLICATION



**MAYOR'S LETTER
P. 4**



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In This Issue...

Welcome to a special December issue where we start thinking about the New Year to come.



Boston Seniority

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Stay Connected with the Age Strong Commission:



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Facebook: @AgeStrongBos



Twitter: @AgeStrongBos

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

Email us at Bostonseniority@boston.gov



From the Mayor's Desk

Hello Boston!

As we wind down in 2023 and head into the New Year, we want all of our older residents to start off 2024 strong!

Inside you'll learn about Boston's Age Strong Commission, and all the programs and services they offer Boston's older residents. These include health insurance assessments by trained SHINE counselors and help applying for food resources, fuel assistance, and other government programs. Age Strong also offers free rides to medical appointments in Boston on the Age Strong Shuttle, discounted taxi coupons, and lots of free activities (in-person and online) to stay socially engaged, especially during the winter months, when we tend to stay inside more.

This December issue also features information on becoming an Age Strong property tax work-off volunteer, winter safety tips, and information on how to avoid scams.

I hope you enjoy the holiday season with family, friends, and loved ones,

Michelle Wu

Michelle Wu
Mayor of Boston

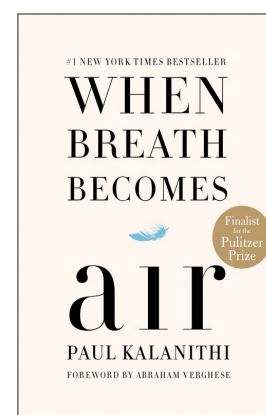


Books

BPL Book Picks

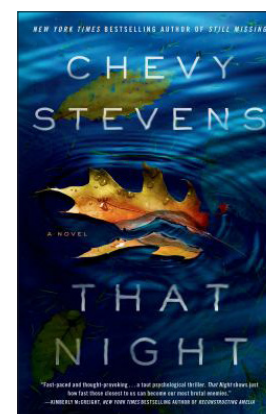
Source: Boston Public Library

Every month staff from across the Boston Public Library system recommend their favorite books. We hope this list inspires you to keep reading!

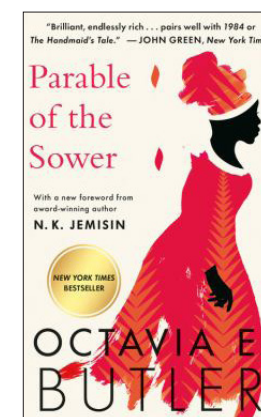


When Breath Becomes Air
by Paul Kalanithi
Memoir. Not a typical holiday heart-warmer, but this book will provoke readers to hold loved-ones close and to be grateful for them like never

before.



That Night
by Chevy Stevens
Fiction. Returning home after serving time for the wrongful conviction of her sister's murder, Toni struggles to reacclimate and avoid parole violations while her boyfriend, who was also wrongly convicted, resolves to clear their names.



Parable of the Sower
by Octavia Estelle Butler
Science Fiction. Parable of the Sower is an eerily realistic exploration of social breakdown and human behavior in the face of planetary crisis and

collapse.



Bad Vibes Only
by Nora McInerny
Nonfiction. These hilarious and relatable essays from Nora McInerny remind us that a life worth living is about more than just "good vibes."



Go Gently
by Bonnie Wright
Nonfiction. Bonnie Wright (who you may know as Ginny Weasley) offers actionable ideas on the many ways in which we can take steps in our own individual lives to collectively address the climate crisis.

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

If You Own a Home in Boston, Why Not Become A Property Tax Work-Off Volunteer?

Boston's Age Strong Commission offers many different resources to older residents. Have you heard of the Senior Property Tax Work-Off Program? Qualified Boston homeowners can work off up to \$1,500 (100 hours at \$15/hr) of their property tax bill by volunteering.

Property Tax Work-Off Volunteers, through Age Strong, work with city departments on various projects throughout the year, like conducting research for the Boston Public Library and assisting departments with administrative and outreach work.

"I highly recommend this volunteer program to any senior wanting a break on their property taxes," shares volunteer Barbara Wojakowski. The people at City Hall are very welcoming and do a great job matching seniors' work skills with city projects.

Requirements:

- You must be 60 or older by January 1, 2024
- You must own and occupy your property as a primary residence. If the property is subject to a trust, you must have legal title (be one of the trustees and a beneficiary).

- You need to have owned and occupied a residential property in Boston for at least three years.

- You must meet certain income requirements.

Applications for the 2024-2025 property tax work-off volunteer program will be available in January. For more information, contact the Age Strong Commission at 617-635-4366 or visit boston.gov/departments/age-strong-commission/volunteer-opportunities-older-people.



Dorchester Welcomes a New Food Co-Op

By Dillon Tedesco,
Age Strong Communications Team

Eating nutritious, tasty, healthy food is an important part of overall wellness. But, sometimes, healthy food is hard to access, or it can be unaffordable. The newly-opened Dorchester Food Co-Op (DFC) is working to change that. Jenny Silverman, a customer of the Harvest Co-op in Jamaica Plain, thought that Dorchester needed a Co-Op, too. This past month, the Bowdoin/Geneva area welcomed the opening of the new community and worker-owned Co-Op at 195 Bowdoin Street.

"In a conventional supermarket," says General Manager John Santos, "there's either a sole proprietor or a corporation that owns it. The products offered and their business practices are driven by the interests of that group of people. In a co-op, the community owns it."

The DFC currently has over 1800 household memberships, or about 4-5,000 member-owners. "As owners, they set the expectations and standards, they run for the board, they direct me."

Membership costs \$100 and may be paid in installments and folks may apply for a discounted rate. "If you're a member not paying with SNAP, one grocery trip per month gets you a 5% discount. A member



paying with SNAP/EBT, you'll get 10% off every time."

John also explains a particularly unique benefit of DFC membership: bulk products. "We're one of the only places you bring an empty container and we'll fill it with laundry soap or dish soap, and you pay only for the soap. These things save people a lot of money." Along with being more affordable, bulk programs are good for the environment. If you bring your own container, there is no new plastic waste created. The Co-op will furthering their environmental goals by installing solar panels on the roof.

The co-op is not just a food store, but also an important part of the community. "We engage in activities outside of food," said John. "We're working closely with the Jewish Vocational Services and their intern program. We work with the Family Nurturing Center and a lot of service organizations."

For more information visit dorchesterfoodcoop.com or call 617-297-5913. For information regarding food access eligibility, call the Age Strong Commission at 617-635-4366.

“Wrong Number” Scam Alert!

With more of us using modern technology, scammers now have access to more potential victims than ever before. One of the newer ways that criminals target someone is through a wrong number text scam. The wrong number scam can happen in a variety of ways: here’s some tips to help you avoid it.

You might get a text from a number you don’t recognize that says “Hello, what have you been up to?”, or “Hi, is this Carol?” or sometimes, just an image. When you get a wrong number text, you probably reply with something like “Who is this?” or “You have the wrong number.”

Now, sometimes wrong number messages happen. That’s why this scam can be hard to spot. One way to spot a wrong number scam is after you tell them they have the wrong number, they try to continue the conversation. Someone who has genuinely messaged the wrong number is likely to apologize or not respond at all. But, scammers will keep the texts going. They will say things like “what a coincidence that we met” or “let’s continue talking on WhatsApp,” and then send you a link. NEVER click a link from a phone number that you do not recognize. They may be trying to

steal your credit card information, your address, or worse, your social security number. You should ignore and delete these text messages when you receive them.

If you think you have been scammed over text, call your bank and credit card company and notify them to look out for any unusual activity. You can also call the National Elder Fraud Hotline at 833-372-8311 to report the incident.



A Stroll Down Charter Street in Boston's North End

By Ruth Blackman, 87, North End

In a small park in the North End you will often find an older gentleman feeding peanuts to the squirrels or giving treats to dogs. This is Carmen DeLuca born on Prince Street in 1938, a true North-End.

At age 15 he moved with his family to nearby Medford, but eventually found his way back to the North End. At an early age he learned he had to "pull his share." He often was up at 4am and off to the Market Produce where he worked helping to distribute fruits and vegetables to local markets. All his friends knew Carmen would help their families and it was never questioned.

In 1960 he married Frannie and they are a warm and compassionate couple, to this day. He talks about how at first, she wasn't interested in him, but he never gave up. Together, they have raised two children and often will tell you about them.

Carmen worked at Massport for 32 years, still keeping in touch with his friends and colleagues. He shares that life is better in the North End now-a-days, with less crime and drugs. Neighbors know each other, each block is its own trusting



community. Church was an important part of their lives and on Sundays all the families got together for dinner.

In retirement, Carmen spends time at the “club” playing cards and talking about the “good old days” of playing stickball in the streets and hanging out in the playground or the gym. He has coffee every morning at Theo's Corner where he and other old-timers reminisce about the North End.

He cooks many mean pasta dishes—so consider yourself lucky to get a taste. Retiring to Florida is not on his bucket list. He will never leave his beloved North End.

Thank You & Farewell to Age Strong Shuttle Drivers



The Age Strong Shuttle is a helpful resource for Boston’s older residents, offering free transportation to non-emergency medical appointments with advance notice. Most shuttles are wheelchair-accessible, and pick you up right at your home.

This month, we celebrate three Age Strong Shuttle drivers: Eddie Hartnett, Michael Kelly, and Tom Mulligan.

Prior to retirement, Eddie drove the shuttle for 29 years. “I don’t know how it went so fast. I loved helping Boston residents,” he shares. When sharing about his favorite part of the job, he said “it was the people. Every time, the riders exceeded my expectations. How lucky was I?”

Michael, 71, from West Roxbury, drove the Age Strong Shuttle for 13 years. “I

like talking to people, helping them out,” he said. “I love to joke around with them. Boston residents are great to talk to. They’re glad for the ride, they’re friendly, they’re outgoing.”

Tom, 85, is from Hyde Park. Before retiring, he worked at the shuttle for almost 24 years. “My favorite part of the job was the people. My wife was a nurse, and she told me that with this job, I could make a difference in people’s lives. Sometimes I’d send a birthday card to a rider I’d known for a long time. They’d say ‘Oh my gosh, that’s from Tom, my shuttle driver!’”

The entire Age Strong Commission thanks Eddie, Michael, and Tom for their many years of service and wishes them a wonderful retirement. To schedule a ride, please call the Age Strong Shuttle at 617-635-3000.

STOP THE SPREAD



Prevention for respiratory illnesses are similar. To help prevent infections:

STAY UP TO DATE WITH COVID-19 AND FLU VACCINES.



STAY HOME WHEN YOU'RE FEELING SICK.

ASK YOUR HEALTHCARE PROVIDER ABOUT TESTING & TREATMENT OPTIONS.



PRACTICE PROPER HAND HYGIENE.

WASH HANDS OFTEN WITH SOAP AND WATER FOR AT LEAST 20 SECONDS.



CLEAN AND DISINFECT HIGH-TOUCH SURFACES OFTEN.

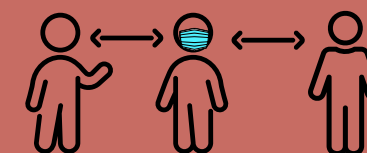


COVER YOUR NOSE AND MOUTH.

USE A TISSUE WHEN COUGHING OR SNEEZING.



CONSIDER WEARING A WELL-FITTING MASK IN CROWDED INDOOR SPACES.



► Tips

Winter Safety Tips

Shorter days and colder weather are sure signs that winter is approaching. To enjoy winter, we need to stay safe. Here are some important tips for a safe winter.

► Indoors:

Always keep your electronics fully-charged. In the event of a power outage, it is important to have a charged phone, tablet, or computer to contact 911 in the case of an emergency. If possible, keep at least one portable charger fully charged during the winter. This will help extend the battery on your phone or other device.

Put together a disaster supply kit. In a waterproof bag, keep a flashlight, batteries, first-aid supplies, copies of your ID and list of medications, and a few days worth of non-perishable food. During winter months, you should also include a hat, gloves, blanket, and other warming supplies. Keep this bag near a door or window you plan to use in case of emergency.

If you rely on electricity for any medical equipment (ventilators, chair lifts, refrigerated medication, etc), reach out to your electricity provider in advance and discuss preparation for outages with them.

Make sure your carbon monoxide alarm has fresh batteries. Winter devices such as space heaters can cause an increased risk of carbon monoxide, so it is important to

test your alarm regularly.

► Outdoors:

Bundle up! Try to stay indoors during a weather emergency, but if you have to go outside, make sure you wear a hat, mittens, a scarf, and a jacket. Try to wear several loose layers instead of one bulky layer - that way you can adjust.

Clear snow from the sidewalk on your property. If you are the owner of your home, you are required to clear snow on walkways within 3 hours of snow ending. If you aren't able to shovel, make a plan in advance to have a friend, family member, or neighbor help out.

Watch out for symptoms of hypothermia and frostbite. Frostbite feels like a prickly feeling followed by numbness. Skin will turn red, white, ashen, gray, or blue depending on your skin tone. Hypothermia can look like uncontrollable shivering, unusual memory loss, disorientation, and drowsiness. If you experience any of these symptoms, get out of the cold and contact a medical professional immediately.

► Resources from the City of Boston:

Sign up for Emergency Alerts to get notified in the case of a weather emergency.
boston.gov/emergency-alerts

If you lose power, the City of Boston has many warming centers

throughout the city at various BCYF and BPL locations. Please call 3-1-1 to find the closest warming center to you.

The Age Strong Shuttle operates during the winter - you can contact the shuttle at 617-635-3000 to set up a free ride to medical appointments.



December Happenings: Get Out and About in Boston!

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

DECEMBER

11

Gentle Yoga at Charlestown Branch
Time: 11:00 am - 12:00 pm
Location: BPL Charlestown, 179 Main St., Charlestown
Contact Info: 617-242-1248

DECEMBER

14

New England Conservatory Holiday Concert
Time: 2:00 pm - 3:00 pm
Location: Central Library in Copley Square, 700 Boylston St., Boston **Contact Info:** Adult Programs Department, 617-859-2129

DECEMBER

12

The Scoop: Book Club
Time: 2:00 pm - 3:00 pm
Location: BPL South End, 685 Tremont St., South End
Contact Info: Christina, southend@bpl.org

DECEMBER

15

Friday Films: Best Sellers
Time: 2:00 pm - 4:00 pm
Location: BPL Parker Hill, 1497 Tremont St., Roxbury
Contact Info: Amy, alayton@bpl.org

DECEMBER

16

December Booksale
Time: 9:30 am - 3:00 pm
Location: BPL South Boston, 646 East Broadway, South Boston **Contact Info:** J. Bickford, 617-268-0180

DECEMBER

22

Holiday Movie Marathon
Time: 10:00 am - 4:00 pm
Location: BPL Mattapan, 1350 Blue Hill Ave, Mattapan **Contact Info:** Kathleen, 617-298-9281

"Kindness is like snow — it beautifies everything it covers." -Kahlil Gibran

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



A photograph of four people standing together outdoors under a white tent. From left to right: a man in a blue suit and striped tie, a woman in a red floral dress, an older woman in a yellow scarf and a blue and green jacket with 'Line Dance Riders 05' on it, and a woman in a dark blue dress with green trim. They are all smiling. In the background, other people are seated at tables, and a man in a white shirt and orange cap is walking away. A blue shopping bag is on the grass in the foreground.

Start the New Year Strong with Age Strong

Hello December! In this issue, learn about the many different programs and services Age Strong offers to support Bostonians age 60+. Find out about special discounts, benefits and ways to save money!

-Boston Seniority Team

Go into the New Year Strong, with Boston's Age Strong Commission!

Learn about how we can help older adults get the benefits they qualify for.

Boston's Age Strong Commission's mission is to serve older residents, age 60+ with information, services, benefits and programs to help them live enriched, robust lives in our city. We are part of the city's Human Services cabinet and serve as Boston's Council on Aging.

We are located at Boston's City Hall, 1 City Square, Room 271. There is wheelchair access from the new 2nd floor entrance as well as elevator access through the Congress Street and City Hall Plaza entrances. Many of our staff speak languages in addition to English, and can access any language via our language (translation) line. Feel free to visit or call us Monday through Friday, 9am to 5pm at 617-635-4366 or visit our website at boston.gov/agestrong.

You can learn more about the services we offer as you read on, but please make sure you're signed up to get *Boston Seniority* magazine, our Monthly Updates newsletter, and the Monthly To-Do Calendar of free activities here: boston.gov/departments/age-strong-commission#sign-up-for-updates.

Age Strong Advocates by Neighborhood/Specialty

Our Age Strong Advocates directly serve Boston's older adults by neighborhood. Some Advocates specialize in serving the Latinx, Vietnamese, Cape Verdean, Haitian, and LGBTQ+ communities. Each Advocate holds in-person hours out in the community, which you can view here: boston.gov/departments/age-strong-commission/how-age-strong-can-help-you#meet-your-advocate. You can also call Age Strong to connect with your advocate at 617-635-4366.

Health Insurance Counseling

Age Strong Advocates are trained to help older residents assess health insurance programs throughout the year, as well as specifically during Medicare's annual Open Enrollment Period, October 15 through December 7. Advocates can help residents with eligibility, applications, prescription plans, Medicare Savings Programs, and more. It's important to re-assess coverage each year as health and plans change as we age.



Transportation

The Age Strong Shuttle offers free transportation to Boston residents age 60+ to medical appointments within Boston, Monday through Friday, 8am to 4pm. Please schedule in advance by calling 617-635-3000. Age Strong also sells discounted taxi coupons to older adults both on site at City Hall and at many locations throughout Boston.

Food Resources

Age Strong Advocates can help eligible older adults get access to food including applications for SNAP (supplemental nutrition assistance program), Meals on Wheels, group dining sites, and more. Age Strong can also help residents make the most of their food dollars with the use of the Healthy Incentives Program (HIP).

Fuel Resources

Age Strong Advocates can help folks apply for LiHEAP, Low Income Home Energy Assistance Program, otherwise known as fuel assistance, which can help pay for heating and help weatherize your home. Through Boston's Seniors Save program, eligible older adults may receive financial assistance when upgrading heating systems.

Housing Assistance

Age Strong helps older adults find, apply for, and maintain safe housing. Housing specialists can assist with housing applications, connect seniors with city departments and community organizations that provide home repair assistance, and provide mediation and court advocacy.

Tax Exemptions

Age Strong can assist residents in accessing several tax relief exemptions and credits including the Elderly Exemption 41C, the Senior Circuit Breaker Tax Credit, and others.

Alzheimer’s & Care Partner Support

Many older residents and/or their spouses or family members experience Alzheimer’s Disease and other Dementias. Age Strong’s Age & Dementia-Friendly team can help find information and resources to better navigate memory loss and other symptoms. We also offer Memory Cafes, specialized events for those with memory loss and their care partners – and can connect folks to Care Partner help such as support groups and respite services.

Behavioral Health

Age Strong now has staff on-site, dedicated to helping older residents with mental health challenges including depression, anxiety, hoarding, and mindfulness. They can connect seniors with the direct services they need, as well as support groups in the community.

Volunteer Programs

Age Strong partners with AmeriCorps Seniors on a variety of volunteer opportunities for residents age 55+. Our Senior Companion Program trains folks to help other older adults with activities like grocery shopping, housework, and

getting to appointments. Our RSVP Program trains seniors to help out at our partner sites including hospitals, museums, community centers, and even City Hall– as well as to give workshops on financial health, protection from opioid abuse, and how to safely use public transportation. Our Property Tax Work-Off volunteers are able to work-off up to \$1500 off their property tax bill each year by assisting various city departments with administration and outreach support. (Some volunteer positions qualify for a stipend. Some also require background checks.)

Events, Programs & Activities

Age Strong offers older Bostonians many opportunities to socialize, have fun, and connect with others throughout the year. These include larger annual events held in neighborhoods, as well as smaller classes, workshops and activities held directly in the neighborhoods, and even virtual programs online. We also fund dozens of community agencies to host senior programs at no cost. To find free activities in your neighborhood, sign up to receive the Monthly To-Do in your email box!

Boston Water and Sewer Discount

Eligible Boston residents age 65+ may qualify for up to 30% off water/sewer bills.

Publications & Connecting

Age Strong publishes *Boston Seniority* magazine ten times annually, with a special Age Strong printed calendar each January. We distribute to over 350 individual sites across the city including library branches, community centers and grocery stores. The magazine is also available online at boston.gov/agestrong, including select articles translated into Spanish. Age Strong also publishes a Monthly Updates

e-newsletter each month, distributed by email as well as the Monthly “To-Do” calendar of free activities for older adults organized by neighborhood. Sign up to get these publications by email here: boston.gov/departments/age-strong-commission#sign-up-for-updates.

***Note:** some benefits require eligibility. Please connect with your Age Strong Advocate to see what you qualify for by calling 617-635-4366.



BOSTON 311

Frequently Asked Questions

What is 311?

311 is an easy-to-remember telephone number that connects you with highly-trained constituent service center representatives. They are ready to help you with requests for non-emergency City services and information.

When can I call 311?

The 311 constituent service center is open 24 hours a day, seven days a week, 365 days a year.

What's the difference between 911 and 311?

311 is the number to call to get information and access to all non-emergency City services.

911 is the number to call in case of emergency (burning house, robbery, crime in progress).

Can I call 311 from my cell phone?

Yes. If you cannot connect to 311 on your cell phone, you can access Boston 311 services by dialing 617-635-4500.

Is calling 311 from my cell free?

Cellular air time charges will apply.

Can you call 311 from a VOIP phone?

If you are a VOIP customer and having difficulty calling 311, it is best to contact your VOIP provider and let them know you cannot connect. It is up to individual

VOIP providers to make 311 services available to their customers. Once configured, VOIP service should work properly as long as you are registered as located within the boundaries of the City of Boston. Alternatively, you can access Boston 311 services by dialing 617-635-4500.

Why Can't I get through when I dial 311?

Many offices and institutions have complex routing and telephone systems that may need to be configured to allow users to dial 311. You can contact the telecomm office for your company or institution and request they reconfigure the system to allow calls to 311. Alternatively, you can access Boston 311 services by dialing 617-635-4500.

Can I request City services and information?

There are several ways Residents can request City services other than calling 311. Residents are encouraged to download the BOS:311 mobile app, Tweet @BOS311, or visit City Hall on the Go, Boston's mobile City services truck. To speak with someone from the Mayor's Office of Constituent Service in person, please come to the Mayor's Office on the 5th Floor of City Hall weekdays between 9 a.m. and 5 p.m.

How can I track my request?

Once you have successfully submitted your request, you will receive an email with a tracking number that you can use to monitor your request.

Even after summer markets end, fresh fruits and vegetables are still available in Boston!



Visit [boston.gov/food](https://www.boston.gov/food) for updated market schedules and other food resources to continue enjoying produce throughout the winter.

SNAP Resources

Use HIP at Winter Farmers Markets



Save when you shop with your EBT card at participating HIP farm vendors. Visit [boston.gov/farmersmarkets](https://www.boston.gov/farmersmarkets) for updated hours and locations of markets all year long.

Visit Boston Public Market's HIP Vendors



The Boston Public Market hosts HIP-certified vendors year-round. Visit Siena Farms, Stillman Family Farm, and Red Apple Farm during business hours.

Shop at Double Up Stores



Shop with SNAP to get 50% off your fresh fruits and vegetables. Save up to \$10 each day. Visit [boston.gov/doubleup](https://www.boston.gov/doubleup) for a list of participating stores.

Delivery Options

Daily Table Grocery Delivery



Use your SNAP/EBT to order groceries online. Visit [dailytable.org](https://www.dailytable.org) for store locations.

SNAP/HIP Farm Boxes



Visit [massfooddelivery.com](https://www.massfooddelivery.com) to find farm box deliveries in your area. Delivery rates apply.

Non-SNAP Resources

VitalCxBs Food Resource Guide



Up-to-date food resources across Boston, including ABCD pop-ups and Fresh Truck locations: www.vitalcxns.org/food

Food Pantries



Food pantries provide groceries to those in need. Visit [gbfb.org/need-food](https://www.gbfb.org/need-food) to find your nearest pantry. Call ahead to confirm hours.

Fair Foods Sites



Fair Foods sites offer bags of fresh produce for only \$2. Visit www.bit.ly/fairfoods20

Visit Haymarket on Blackstone St Downtown



Vendors sell highly discounted seafood and produce. Market runs year-round, every Friday and Saturday from 4am-7pm. Bring cash! Visit [haymarketboston.org](https://www.haymarketboston.org)





Recipe

Basmati Rice with Pecans, Cranberries, Apples, and Feta

By Melissa Carlson, MS, RD

Age Strong Commission Senior Director of Partnerships & Programs

Ingredients:

- 2 tbsp. olive oil
- 1 medium sweet onion, chopped (about 1 cup)
- Kosher salt and freshly ground black pepper
- 2 cups basmati rice, rinsed
- 3 1/2 cups chicken stock
- 1 1/2 cups dried cranberries
- 1 Granny Smith apple, chopped
- 1 cup chopped toasted pecans
- 1 (8-ounce) block Feta, crumbled
- 1/4 cup chopped fresh flat-leaf parsley

Directions:

1. Heat oil in a medium pot or Dutch oven over medium heat. Add onion and season with salt and pepper. Cook, stirring occasionally, until soft, 5 to 7 minutes. Add rice and cook, stirring, until fragrant, 4 to 5 minutes.

2. Add stock and cranberries. Bring to a boil; reduce heat and simmer, covered, until rice is cooked through, 18 to 20 minutes. Remove from heat and stir in apples, pecans, Feta, and parsley. Season with salt and pepper. Serve warm.

Serves: 8-10



Source and photo: countryliving.com



Introducing the Age Strong Commission's **MEMORY CAFE**

In collaboration with BU Alzheimer's Disease
Research Center's Student Ambassadors

The last Monday of every month | 10:30 AM-12 PM
Jamaica Plain Library | 30 South Street, JP

A Memory Café is for those living with memory loss, their loved ones and care partners. Connect with community and engage in a wide range of interesting activities each month! For more information & to RSVP, contact Corinne White:
617-635-3745 or corinne.white@boston.gov

Light refreshments served | Free

2024 Dates: January 29, February 26, March 25, April, 29, ~~May~~, June 24, July 29,
August 26, September 30, October 28, November 25, December 30



City of Boston
Age Strong Commission



Boston University Alzheimer's Disease Research Center



Boston's Age Strong Commission Offers Discount

TAXI Coupons

- For Boston residents age 65+ & persons with disabilities
- Valid for taxis licensed by City of Boston
- Please show ID proving Boston residency
- Each coupon book costs \$5 (worth \$10)
- Please pay with cash
- Coupons don't expire (for a limited time each resident may buy 4 books/month)

Coupons may be purchased in person
at the Age Strong Commission, Rm 271
City Hall, 1 City Hall Square in
Boston, 9am-5pm.

Visit boston.gov/agestrong for a list
of sites where taxi coupons may be
purchased.

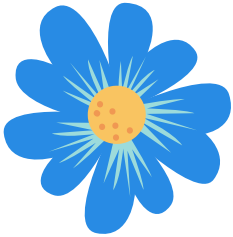


CITY of **BOSTON**

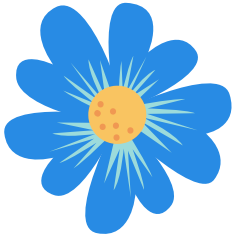


Age Strong Commission

AGE STRONG COMMISSION'S FREE VIRTUAL PROGRAMS AND CLASSES



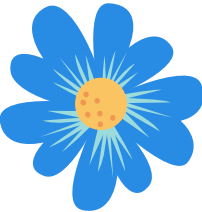
For Ages
55+



DAY OF WEEK	TIME	PROGRAM
MONDAY	9:00AM - 10:00AM	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 the classes listed above by zoom link here:

bit.ly/ZoomAgeStrongVirtual



For more information on our events call 617-635-3979
or visit boston.gov/age-strong-events

CITY of **BOSTON**



Age Strong



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



COFFEE HOURS

Each Friday, liaisons from Neighborhood Services hold coffee hours across the city.

Visit boston.gov/events to find details on your neighborhood.



THE PRYDE INCOME-RESTRICTED RENTAL HOUSING LOTTERY

The Pryde's application period will open soon, for more information, contact LGBTQ Senior Housing at 857-342-3292 or by email at info@lgbtqseniorhousing.org.

Join Boston's Age Strong Commission & the Bowdoin Street Health Center for a free 7-week series on
MINDFULNESS & RELAXATION FOR OLDER ADULTS

Bowdoin Street Health Center
230 Bowdoin St., Dorchester

BENEFITS OF MINDFULNESS INCLUDE:

- Reduced Stress & Anxiety
- Improved Mood & Sleep
- Enhanced Memory & Attention
- An Overall Sense of Wellbeing

EACH WEEK WILL FOCUS ON A NEW TOPIC:

Dec 20 - Preview Session: Come & learn about the series. Refreshments provided.

Jan 3 - Session 1: Introduction to Mindfulness & Relaxation

Jan 17 - Session 2: Stopping, Calming & Resting

Feb 7 - Session 3: Mindfulness & Stress Reduction

Feb 21 - Session 4: Creating Healthy Sleep Habits

Mar 6 - Session 5: Loving Kindness and Gratitude

Mar 20 - Session 6: Yoga Breathing for Relaxation

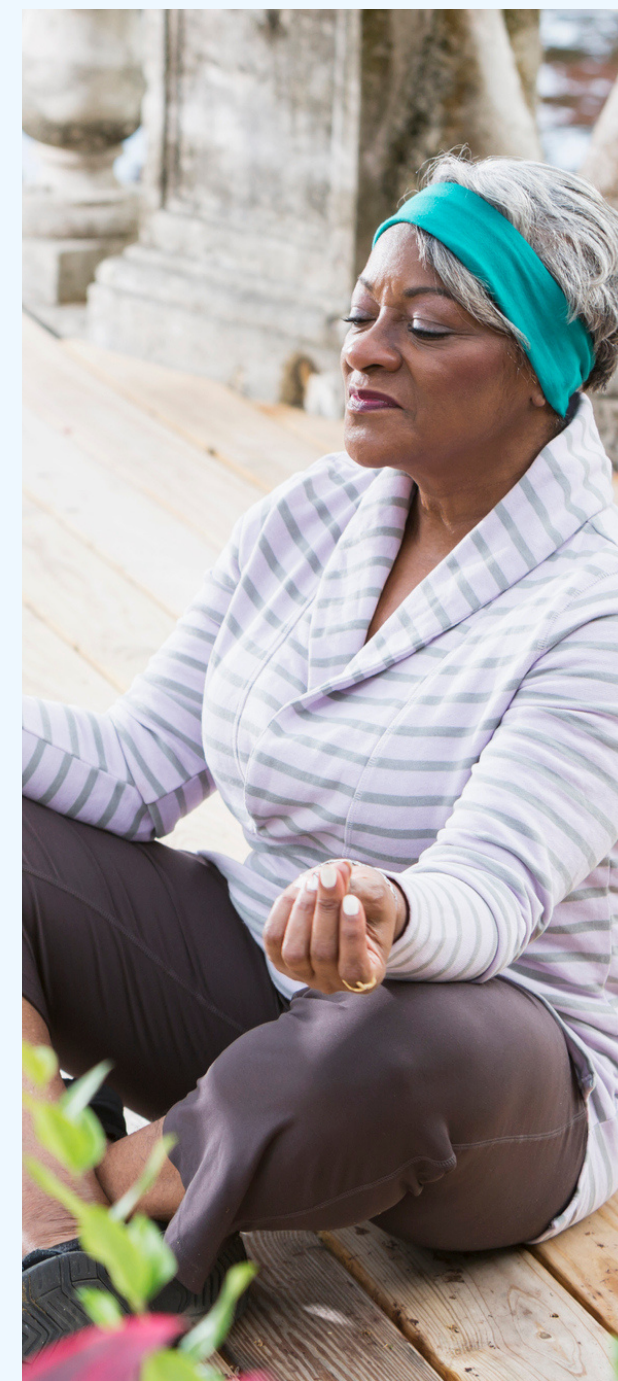
Apr 3 - Session 7: Resources and Supports to Practice at Home

Come to one or all of the weekly sessions!

Sessions are 2pm to 3:15pm.

Instructor: Bob Linscott, MTS, Certified Mindfulness Based Stress Reduction (MBSR) Teacher
Wellness Manager, Age Strong

For information, call Bowdoin Street Health Center at 617-754-0180



▶ SEEN AROUND TOWN





MAYOR MICHELLE WU, THE AGE STRONG
COMMISSION, AND AT&T PRESENT:

Holiday Connections

Friday, December 8, 2023

7:00am-2:00pm

**Boston City Hall, 5th Floor, Piemonte Room
1 City Hall Square, Boston, 02201**

EVENT FEATURES:

- Free calls to anywhere in the world
- Presentation on using smart phones
- Games, prizes, and tech support
- Complimentary breakfast/lunch
- Fun photos and a surprise visitor

TO RSVP, CONTACT:

Marybeth Kelly / 617-635-3959 / marybeth.kelly@boston.gov

AGE+

City of Boston
Age Strong Commission

