

BOSTON SENIORITY

City of Boston
Issue 9

Age Strong Commission
November, 2025

Mayor Michelle Wu
Vol. 49



MAYOR'S LETTER
P. 3

POLICE
COMMISSIONER
MICHAEL COX
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UPCOMING EVENTS
P. 31



CITY of BOSTON



FREE PUBLICATION



AGE+ | Age Strong
Commission

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BOSTON SENIORITY MAGAZINE

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WITH THE AGE
STRONG COMMISSION!**

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MAYOR'S LETTER NOVEMBER 2025 Hello Boston!

The cool air, falling leaves, and shorter days can only mean one thing: it's pumpkin season!

This fall, older adults across our neighborhoods can access free fitness, wellness, arts, social, and educational programming at senior centers citywide. And in this edition, we'll share details on virtual and video-on-demand programs so you can enjoy these opportunities from wherever.

November is a time to celebrate and raise awareness for many different communities in our city. In this issue, you'll find a list of books recommended by the Boston Public Library in honor of Native American Heritage Month, suggested nutrition tips for those living with Diabetes in recognition of Diabetes Awareness Month, and an interview with Veteran Jeannette Chianca for Veterans Awareness Month.

We'll also introduce you to the best police commissioner in the country, Boston Police Department Commissioner Cox, and our BPD Community Service Officers. Serving their respective precincts, these officers build relationships with residents and help build community across our city. BPD's dedication and selflessness has made Boston the safest major city in the country, and I'm excited for you to get the chance to know them better.

Finally, through December 6, our Age Strong staff will travel across the city to host more than twenty in-person Medicare Open Enrollment clinics. You can book a free appointment with a certified counselor who can help you review your healthcare coverage, explore options to lower prescription costs, and apply for additional benefits like fuel assistance. Call Age Strong at 617-635-4366 to schedule your clinic appointment.

Whether you're taking in the crisp outdoors or cozying up under a blanket with some apple cider and donuts, I hope you have a joyful and vibrant November.

See you in the community,

Mayor Michelle Wu

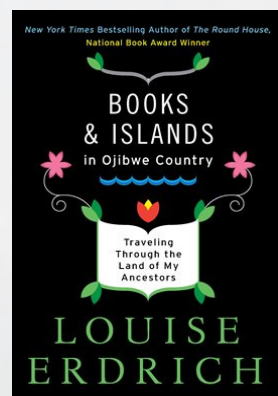


Michelle Wu 

BPL BOOK PICKS

Source: Boston Public Library

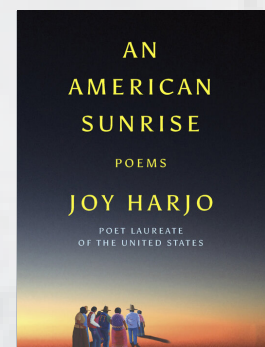
Check out books by these contemporary indigenous authors.



Books & Islands In Ojibwe Country by Louise Erdrich

Erdrich describes her evocative odyssey back to the islands of her ancestors

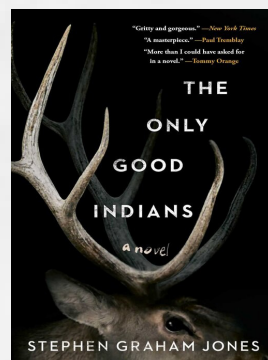
in southern Ontario, offering a compelling portrait of Ojibwe language, culture, spirits, traditions, and art.



An American Sunrise by Joy Harjo

Poet laureate and Ruth Lilly prize-winner Joy Harjo intertwines verse

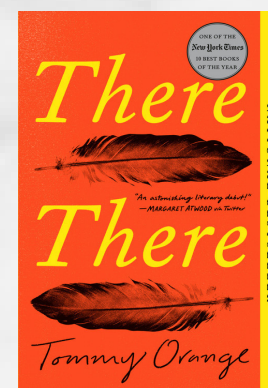
with prose vignettes, oral histories, and flash memoirs in her latest collection.



The Only Good Indians by Stephen Graham Jones

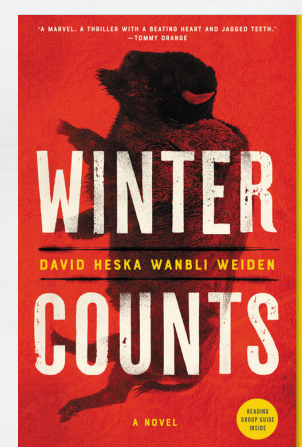
A novel that blends classic horror and a dramatic narrative

with sharp social commentary follows four American Indian men after a disturbing event from their youth puts them in a desperate struggle for their lives.



There There by Tommy Orange

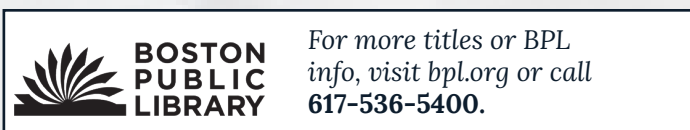
Orange follows 12 characters, each of whom has private reasons for traveling to the Big Oakland Powwow.



Winter Counts by David Heska Wanbli Weiden

A vigilante enforcer on South Dakota's Rosebud Indian Reservation enlists the help of an ex to investigate the activities of

an expanding drug cartel, while a new tribal council initiative raises controversial questions.



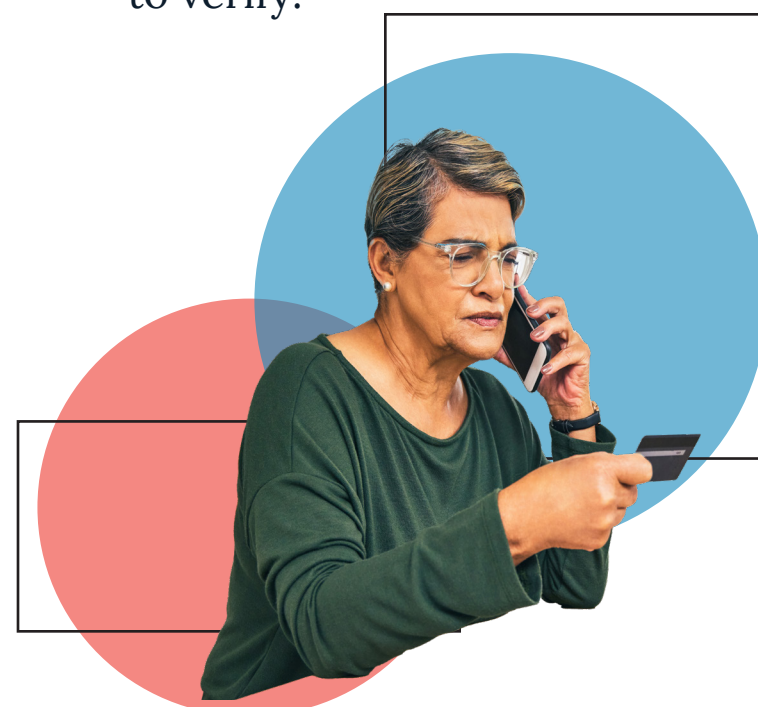
SCAM CORNER

By Sophia Wang, Age Strong Staff

While it's important to review and compare Medicare plans during the annual open enrollment period, it's equally important to stay alert about potential fraud/scams related to these services. Scammers often target older adults during this time, trying to steal personal information in order to access bank accounts or file fraudulent claims.

What to know:

- **Medicare will not call, email, or text you unexpectedly.** Even if the caller ID says it's from Medicare, the ID can be faked. You can call 1-800-MEDICARE to verify.



- **Never share personal information, social security number, or bank details to anyone who calls you unexpectedly.**
- **If you receive a letter, call, email, or text urging you to immediately switch to another plan to save on premiums, it might be a scam.**
- **Medicare sends its card automatically to you for free.** If someone asks for your information to pay for a "new" Medicare card, it is a scam.
- **Compare your health plan options with reputable organizations.** Age Strong will host Open Enrollment clinics to help you get the best coverage for the least cost.
- **If you are a victim of a Medicare scam, report it to 1-800-MEDICARE.**

Source:

Federal Trade Commission

BOSTON'S COMMUNITY SERVICE OFFICERS:
BUILDING TRUST AND CONNECTION ACROSS
BOSTON NEIGHBORHOODS

By Ami Bennitt, Age Strong Staff



Boston is committed to community policing, an approach where relationships between residents and police officers are built on consistent presence, back and forth communication, and trust. This commitment is brought to life by the Boston Police Department's (BPD) Community Service Officers (CSOs).

Each of Boston's eleven BPD districts has its own Community Service Officer (CSO), who may be either civilian staff or a sworn officer. They focus on building relationships with local businesses and community organizations, and run neighborhood programs for youth and older adults.

CSOs also work closely with BPD's Bureau of Community Engagement, led by Superintendent James Chin, to strengthen existing partnership, develop new initiatives with the community, and promote inclusion and diversity among marginalized and disenfranchised populations.

BPD CSO programs include:
Walk the Beat: Neighborhood walking groups for residents 55+. Originally designed to promote better health through physical activity, Walk the Beat has evolved to include arts and craft classes, movie days, and field trips to cultural programs. To learn more

about Walk the Beat, email Officer Mercedes Parker at mercedes.parker@pd.boston.gov.

Age Strong's Discount Taxi Coupon program: In partnership with BPD's Hackney Division, Boston residents age 60+ and those with disabilities may purchase half-price taxi vouchers which are accepted by all Boston licensed taxi companies. For more information call **(617) 635-4366**.

Safety Net Tracking: Provides tracking bracelets to older adults with dementia or Alzheimer's who are at risk of wandering. Through Safety Net, BPD grants can help cover the cost of bracelets. For more information call Safety Net at **(877) 434-6384**.

Older residents will often see BPD Community Service Officers at Age Strong events, block parties, senior and community centers, and other city gatherings. To connect with your neighborhood's CSO, go to your district's website, or call your local district and ask to be connected to your Community Service Officer. BPD main phone number is **(617) 343-4633** or visit the website: police.boston.gov.



AGE STRONG PARTNER HIGHLIGHT: DOTHOUSE HEALTH - SERVING MANY IN FIELDS CORNER

By Jordan Rich, Age Strong Staff

DotHouse Health has been a cornerstone of wellness in the Dorchester's Fields Corner neighborhood for over forty years. They believe health is interconnected between individuals, families, and communities.

In partnership with Boston Medical Center, the site offers primary care, geriatrics, dental, behavioral health, eye care, x-ray, mammography, physical therapy, social service case management, urgent care, nutrition counseling, and pharmacy services.

Serving people of all ages, DotHouse expanded their services in 2024 to include dedicated space for older adults. Every week, from Tuesday through Friday, DotHouse Health hosts free in-person programming for older adults at 1353 Dorchester Avenue.

Supported by Age Strong's Expanding Engagement Grant, DotHouse Health hosts activities for older adults including a daily coffee hour at 9:30am followed by a variety of social and wellness programs like chair

yoga and bingo, until 1:30pm. Popular programs include fitness, sound therapy, games, crafts, educational workshops, and field trips.

While programs are offered in English, participants reflect Dorchester's vibrant diversity. Every month, members celebrate their cultures by sharing their traditions, and their cuisine, creating a welcoming environment.

DotHouse Health also provides a seniors-only food pantry every Tuesday 8:30-10:30am. Older adults may participate in the food pantry once a month.

DotHouse Health senior programs are free and open to the public. Older adults interested in attending can simply drop in, fill out an enrollment form, and become a member of this thriving community.

For more information call (617) 288-3230 or visit dorchesterhouse.org,

AGE STRONG VOLUNTEER OPPORTUNITIES

The Age Strong Commission offers four different volunteer programs to help older residents live their best lives, while aging in place.

AMERICORPS SENIORS RSVP

We match volunteers age 55+ with partner sites, including senior centers & food pantries, or train you to help residents learn English as a second language, prepare tax returns or facilitate opioid & scam prevention workshops.



BOSTON CITY HALL GREETERS

City Hall Greeters provide friendly assistance to residents visiting City Hall. Each volunteer has access to an iPad equipped with maps and other information to assist visitors.



PROPERTY TAX WORK-OFF PROGRAM

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



AMERICORPS SENIOR COMPANION PROGRAM

Senior Companion volunteers age 55+ help older adults with everyday tasks like getting to appointments & shopping, as well as providing respite care to care partners. Some volunteers may qualify for a tax-free stipend.



FOR MORE INFORMATION

CALL 617-635-4366 OR VISIT BOSTON.GOV/AGE-STRONG

KEEPING BOSTON SAFE: MEET BOSTON POLICE COMMISSIONER, MICHAEL COX

By Ami Bennitt, Age Strong Staff



Continuing our deep dive into understanding how Boston is investing in community safety, and how our first responders are working tirelessly to keep Boston the safest major city in the United States, we introduce you to Boston Police Commissioner Michael Cox.

Michael Cox, Boston's 44th Police Commissioner, grew up in the city and joined the Boston Police Department (BPD) as a sworn police officer in 1989. "In high school, I met and got to know a neighborhood police officer who told me I'd make a great officer," Cox recalls. "While I was in college, he convinced me to take the exam. As a young

person, this officer made me feel good about myself. He shared himself, and built trust with me and my family. This was my first experience with what we now call community policing."

Over more than 30 years with the BPD, Commissioner Cox held numerous roles, including at various districts and bureaus. After retiring from the BPD, Cox served as Chief of Police in Ann Arbor, Michigan for 3 years, before returning home when Mayor Michelle Wu appointed him Commissioner in 2022.

Boston is considered a "major city" with over 500,000 residents, and the BPD has 3,000 employees, both sworn and civilian, who work at headquarters and across its 11 districts. "Having a larger department," Cox says, "allows us to have more specialized units like homicide, forensics, SWAT, drug control, drone operations, gang and intelligence units, a harbor unit, and a K-9 unit which includes a new support dog — a labrador named Copper."

At the heart of Commissioner Cox and the BPD's work is

community policing, "building trust in the community for the purpose of making the community safer," he says. "Officers need to understand the neighborhood, the cultures and traditions of the people who live there, and what the residents need in order to keep them safe. When we're connected, residents feel safer, knowing we can best help when we're in it together."

"We don't solve any crimes without public support," Cox further explains. "We need residents' participation, information, and trust, in order to hold criminals accountable. Without trust we can't do the job correctly or prioritize what matters most for that community."

"Our officers are more than a badge and a uniform," he adds. "We're people too. By building relationships with residents, businesses, faith communities, and local organizations, we are more invested and better able to help. We show up 24/7. We are the community, and the community is us. We hire from within our own community to serve those around us. Community policing allows officers to see the good in people and for residents to see the good in us, reinforcing trust in the police. This reciprocal relationship makes Boston stronger."

Each district has a Community Service Officer (CSO) who serves as a liaison between the district and the community. They are assigned to help the district captain coordinate meetings with residents, share concerns with city departments, and connect with community organizations and local businesses. "If it's not a traditional policing issue, we connect folks with City/State partners on any topic or need— whether it's food insecurity, hoarding, or mental health needs."

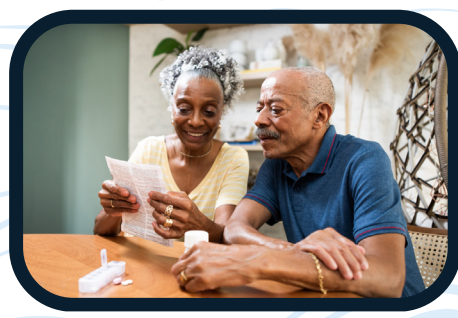
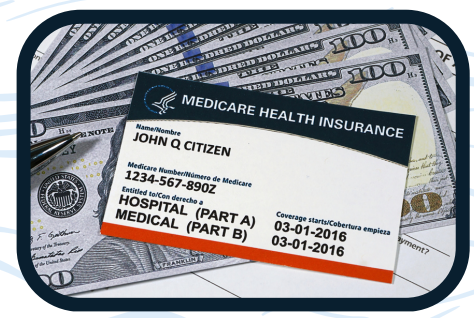
The BPD often partners with Age Strong, attending events, and through the BPD's Community Service Officers. "Our older residents are active, they're out there, engaged. When I attend Age Strong events, I always leave feeling joyful."

BPD offers special programs for older residents, like Walk the Beat walking groups, workshops on scam/fraud prevention, gatherings among faith communities, and other safety tips. "We help teach folks how to stay informed and recognize scams," he says. Cox encourages older residents to "find out what's out there, get involved, give new things a try. Share your wisdom with others — it makes us a stronger community and a safer city."

2025 ANNUAL MEDICARE OPEN ENROLLMENT

Get the Most Coverage at the Lowest Cost!
assess your health insurance & prescription plan annually

The annual Medicare Open Enrollment period runs October 15 through December 7. As our health needs, insurance plans & medicine costs change, older adults on Medicare should speak with a certified SHINE (Serving Health Insurance Needs for Everyone) counselor each year **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.

All Events are 10:30-3:30 WITH APPOINTMENT
Call 617-635-4366 to schedule your appointment
In-Person Assessments Across Boston Neighborhoods
(plus screenings for SNAP, fuel assistance & other benefits)

View all open enrollment events: bit.ly/agestrong2025medicare

- Wednesday, October 15**
Veronica B. Smith Senior Center
20 Chestnut Hill Ave., Brighton
- Friday, October 17**
East Boston Senior Center
7 Baywater St., East Boston
- Tuesday, October 21**
Central Boston Elder Services
2315 Washington St., Roxbury
- Wednesday, October 22**
Boston Public Library
Faneuil Branch
419 Faneuil St., Brighton
- Thursday, October 23**
Boston Public Library
Adams Street Branch
690 Adams St., Dorchester
- Monday, October 27**
Boston Public Library
Roslindale Branch
4246 Washington St., Roslindale
- Thursday, October 30**
ABCD - North End/West End
1 Michelangelo St., North End
- Tuesday, November 4**
Boston Public Library
Charlestown Library
179 Main St., Charlestown
- Thursday, November 6**
Tent City Apartments
130 Dartmouth St., Back Bay
- Friday, November 7**
BCYF Hyde Park
1179 River St., Hyde Park
- Wednesday, November 12**
Fenway Community Center
1282 Boylston St., Boston
- Thursday, November 13**
Boston Public Library
West Roxbury Branch
1961 Centre St., W. Roxbury

- Friday, November 14**
Roxbury Tenants of Harvard
20A Vining St, Boston, Mission Hill
- Monday, November 17**
Boston Public Library
Mattapan Branch
1350 Blue Hill Ave., Mattapan
- Tuesday, November 18**
West End Neighborhood Center
75 Blossom Ct., West End
- Wednesday, November 19**
Boston Public Library
South Boston Branch
646 E. Broadway, S. Boston
- Thursday, November 20**
Franklin Field Elderly
Community Center
100 Ames Street, Dorchester
- Friday, November 21**
Curtis Hall Community Center
20 South St, Jamaica Plain
- Monday, December 1**
Boston Public Library - Copley
Branch Kirstein Business Library &
Innovation Center
700 Boylston Street, Back Bay
- Tuesday, December 2**
Greater Boston Chinese Golden Age
Center - Hong Lok House
15 Essex St, Chinatown
- Wednesday, December 3**
Boston City Hall
1 City Hall Plaza, Downtown
- Thursday, December 4**
Boston Public Library
Grove Hall Branch
41 Geneva Ave, Dorchester
- Friday, December 5**
Ethos
555 Amory St, Jamaica Plain



**29 Germania Street,
Jamaica Plain**



New

Age-Friendly Businesses

JP CLAY

JP Clay is a pottery studios located in Jamaica Plain. This studio is a space for the community to explore new avenues of expression & fulfill the inner need to play, create, and grow. Their mission is to create a space for all ages, backgrounds, and identities that accommodates all skill levels. They offer classes, private parties, a membership, and even a \$5000 scholarship every year to help everyone access programs. For more information, visit jpclay.com.

JUST BOOK-ISH

1463 Dorchester Avenue, Dorchester



JustBook-ish is a literary gathering space open to all ages that provides programming and events for creative communities in Dorchester. They describe themselves as “Culturally curated, radically influenced, and locally inspired,” housing books that challenge “political paradigms” and collaborating with local organizations and artists. For more information visit justbook-ish.com

EVENTS + ACTIVITIES

NOVEMBER HAPPENINGS

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



Fiber Arts Club
10:00 AM – 12:00 PM
BPL Jamaica Plain
30 South St.,
Jamaica Plain
(617) 524-2053



Tai Chi for Rehabilitation
12:00 PM – 1:00 PM
BPL Uphams Corner
500 Columbia Rd.,
Dorchester
(617) 265-0139



Open Enrollment
10:30 AM – 3:30 PM
BPL Mattapan
1350 Blue Hill Ave.,
Mattapan
(617) 298-9218



Meet your Age Strong Advocate, Yves
1:30 PM – 3:30 PM
BPL Roslindale
4246 Washington St.,
Roslindale
(617) 635-0021



Movement Workshop
11:00 AM – 12:30 PM
BPL Central
700 Boylston St.,
Back Bay
(617) 859-2129



Tech Help
3:00 PM – 5:00 PM
BPL Charlestown
179 Main St.,
Charlestown
(617) 242-1248 ext. 1056



Drop-In Knitting
11:00 AM – 12:00 PM
BPL Faneuil
419 Faneuil St.,
Brighton
(617) 782-6705

AGE STRONG COMMISSION'S FREE VIRTUAL WELLNESS CLASSES

Join the classes listed below directly
with the Zoom link:

bit.ly/ZoomAgeStrongVirtual



 MON.	CHAIR YOGA 9AM-10AM		
	LATIN DANCE 11:30AM-12:30PM	YOGA 6PM-7PM	 TUES.
 WED.	YOGA & MEDITATION 11:30AM-12:30PM		
	ZUMBA 11:30AM-12:30PM		 THURS.
 FRI.	YOGA 11:30AM-12:30PM		

CALL:

VISIT:

617-635-4366

OR

**BOSTON.GOV/
AGE-STRONG-EVENTS**

CITY of BOSTON

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Age Strong's Neighborhood PROGRAMMING

BCYF Holland Community Center

Wed & Fri | 10am-1pm
85 Olney Street, Dorchester
(617) 635-5144

The Elks Lodge #10

In partnership with Ethos
Tues, Wed, Thurs | 9am-3pm
1 Morrell Street, West Roxbury
(617) 323-1125

East Boston Senior Center

Monday-Friday | 8:30am-4pm
7 Bayswater Street, East Boston
(617) 961-3131

Dewitt Center

Mon & Wed | 10:30am-3pm
122 Dewitt Drive, Roxbury
(617) 275-7080

Veronica B. Smith Senior Center

Monday-Friday | 8:30am-4pm
20 Chestnut Hill Avenue, Brighton
(617) 635-6120

Union Church

Tues & Thurs | 9am-1pm
485 Columbus Avenue,
South End
(617) 536-0872

Spontaneous Celebrations

Tuesdays | 9am-12:15pm | Thursdays | 10am-12:15pm
45 Danforth St, Jamaica Plain
(617) 635-4250



AGE+ | City of Boston
Age Strong Commission
Mayor Michelle Wu

INTERVIEW WITH ROBERT PETERS, INDIGENOUS-AMERICAN OLDER ADULT

By Edzani Kelapile, Age Strong Staff



November marks National Native American Heritage Month a time to honor the traditions, languages, and stories of Indigenous peoples across the United States.

For Robert Peters, a member of the Mashpee Wampanoag tribe who has lived in Boston for more than 40 years, this month holds deep personal meaning. “It’s critical that we honor our heritage to nurture and invest in a sense of community and belonging,” Robert says.

The Mashpee Wampanoag tribe is one of two federally recognized Indigenous tribes in Massachusetts. Robert’s family

comes from Cape Cod and Martha’s Vineyard, and he was raised in Mashpee before moving to Boston. Today, the Tribe includes 3,200 members and is a self-governing body with 320 acres of reservation land in Mashpee and Taunton. They are a sovereign Tribe that oversees its own health services, police force, court system, and education departments.

Over his years in Boston, Robert has lived in several neighborhoods, including Dorchester and Fenway, and now resides in Mattapan. During his long career as an MBTA train operator, he ran trains from

Forest Hills to Chinatown along the then-elevated orange line rail. During the 1990s, he joined an MBTA employee group called the “Concerned Minority Employees,” advocating for systemic change of the MBTA’s workplace culture and treatment of its minority employees.

Identifying as both a member of the Mashpee Wampanoag Tribe and as an American, Robert reflects on the tension many indigenous people experience. “It creates conflict for all indigenous people, how we fit into this space or exist in two separate spaces. It’s complicated.”

Maintaining cultural ties remains important to Robert. One way the Mashpee Wampanoag Tribe preserves its heritage is by teaching its indigenous language to English-speaking neighbors. “Natives approach language differently than English-speakers,” he explains. “Our original tongue is more than language or communication. It also expresses how we think and what we value.”

Robert’s advice to younger generations of indigenous Americans rings true regardless of

cultural background: “take every opportunity as a time to learn. Take advantage of what people present to you. Every person is a teacher.”

To learn more about the Mashpee Wampanoag Tribe, visit mashpeewampanoagtribe-nsn.gov.



MEET EAST BOSTON VETERAN JEANNETTE CHIANCA

By Sarah Smith, Age Strong Staff



On November 11, 1919, President Woodrow Wilson proclaimed the first commemoration of World War I's ceasefire, what we now know as Veterans Day. Observing this day preserves its historical significance and reminds us to honor the Veterans who have served our country with courage and dedication.

Jeannette Chianca, 72, is one of them, and she has called East Boston home since 1987. Coming from an Air Force family, Jeannette recalls her childhood as that of a “military brat”, always on the move but never far from a military base. Her family

eventually settled on Cape Cod, near Otis Air Force base, where her own military career began.

“I was in the Air National Guard, part of the Airforce for 20 years,” Jeannette says. “I had been out of high school about three years and didn’t know what I wanted to do. I worked at the base exchange at Otis running the stationery department.”

That’s where curiosity led to her own life in the military. “I noticed so many picture frames kept disappearing, and one day, I finally met the gentleman who was buying all of them.” I struck up a

conversation and learned he was the base recruiter, buying all the frames to give new recruits their swearing-in photos.”

That conversation sparked an interest. “He asked what I wanted to do. In highschool, every aptitude test said I should go into administrative work. I told him, and he said, no, pick something you never thought you’d pick. And since I had never before considered the medical field, I chose that.”

That conversation led to a 20-year career as a medical technician in the Air National Guard, working in the immunization section. After leaving the Guard, Jeannette continued her path in healthcare, becoming a nurse, a profession she still practices to this day. “We were lucky,” she says. “My unit was deployed only once here in the States, right after Desert Storm. We went to New Mexico to cover for the troops who were sent to Saudi Arabia.”

“Military service gave me so much,” she reflects. “It shaped my early career and guided my next one. I even met my husband there.

He started in the Air Force, later joined the National Guard, and transferred to Otis, where we met. He eventually moved into the medical field too, working in the Flight Surgeon’s office taking care of pilots.”

Veterans Day holds deep meaning for Jeannette. “I’m very proud of my service; I’d do it all over again. I come from a long line of veterans – my dad, my husband, all three of my brothers, nearly all of my uncles, cousins, and even my nephew. We all served, and I’m proud of that. We must honor our Veterans, all of them. We should do everything we can to uplift those who serve our country. There shouldn’t be any homeless Veterans. None should suffer or go unremembered.”

Boston’s Veterans Services will host the annual Veterans Parade on November 8, starting at noon at Boston Public Library, 700 Boylston Street and ending at City Hall Plaza.

To learn more about Boston’s Veteran’s Services, visit boston.gov/departments/veterans-services.

WHAT BRINGS YOU JOY? AN INTERVIEW WITH AGE STRONG'S BECCA MAYFIELD

By Edzani Kelapile, Age Strong Staff



As the holiday season approaches, a time that can feel as stressful as it is joyful, it is especially important to slow down, stay centered, and reconnect with the things that truly bring happiness and peace. Since May 2024, Age Strong has brought older adults together across Boston to explore a simple yet powerful question: “What Brings Your Joy?” Through these workshops, participants have found laughter, connection and new friendships while sharing how they nurture happiness in their everyday lives.

“We heard from older adults that they wanted to gather in

community through something fun and positive,” explains Becca Mayfield, Age Strong’s Director of Behavioral Health. “So we gathered folks in their residential communities and senior centers, sparking conversations around three questions: What brings you joy? What do you like about getting older? What makes a good neighbor?”

The connections made at these workshops are powerful, often bridging language and cultural barriers. “Our East Boston Senior Center now has a bilingual knitting group,” Mayfield shares, “which actually grew out of one of these workshops.”

According to Becca, joy isn’t just a nice feeling, it’s essential to well-being. “Happiness has a significant impact on our mental and physical health. Research shows that using our brains, being social and connected, having a sense of purpose, and finding joy all contribute to overall wellness.”

“It was always a priority to make sure our workshops were welcoming to everyone,” Becca adds. “To remove any cultural and language barriers, we always brought in interpreters, which allowed participants from different backgrounds to connect on a deeper level. At one of the workshops, two cultural groups who thought they had little in common, ended up singing and dancing together.”

At every workshop, participants shared countless ways they cultivate joy: visiting with friends and family, walking outdoors in nature, cooking for and eating with loved ones, celebrating family and cultural traditions, or helping others. Many also noted having hobbies like gardening, knitting, writing poetry, listening to audiobooks, or playing poker and chess.”

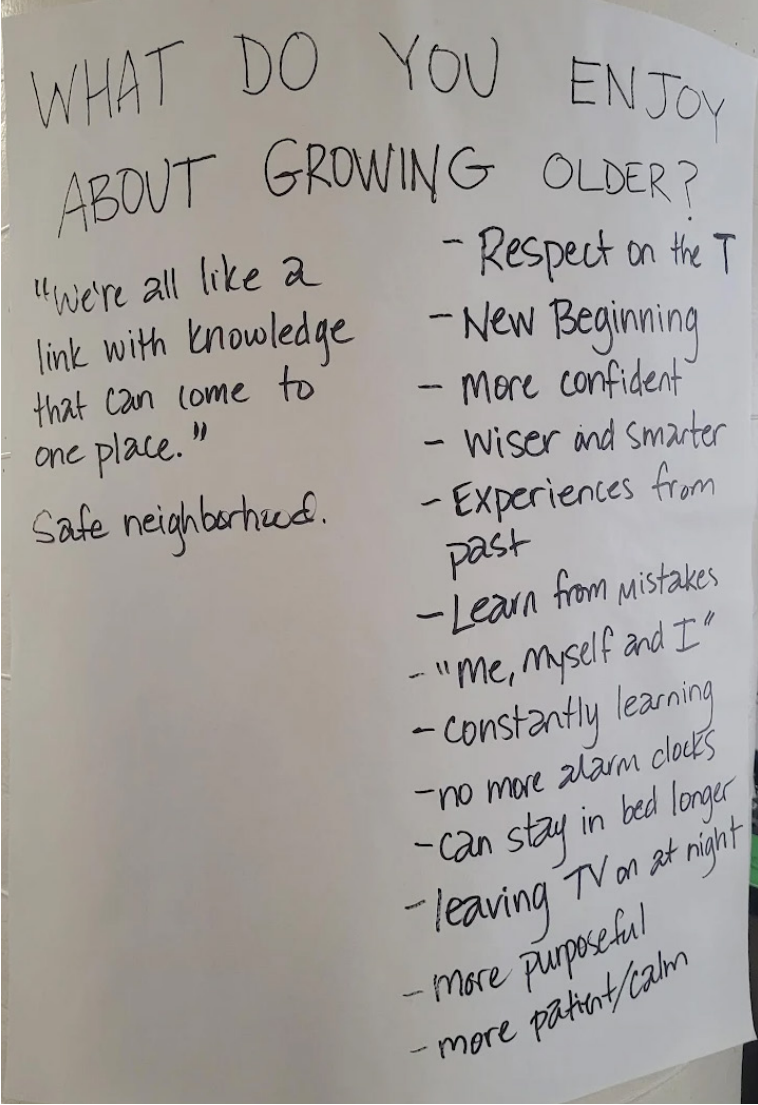
How can you bring joy into your life?

Becca offers this advice: “Start small and bring your community together. Invite neighbors to gather. It can be as simple as a coffee hour, a brown bag lunch, watching a movie, a book club,

craft circle, or bake sale. Whatever brings you joy might also spark joy in those around you.”

And remember, joy is most powerful when it’s shared.

To learn more community events and activities hosted by Age Strong near you, visit boston.gov/departments/age-strong-commission/events-and-engagement-older-adults.



► **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.

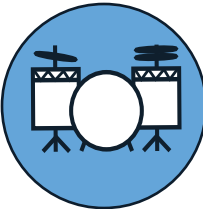


We can help with: *Call us for more details at (617) 635-4366*



AGE STRONG ADVOCATES

Our Advocacy and Benefit Specialists connect older adults to resources, benefits & information including health insurance counseling, food access applications, referrals to fuel assistance, tax relief exemptions, protective services & more.



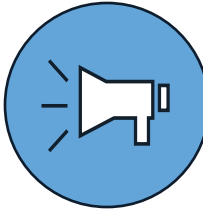
EVENTS & PROGRAMMING

Age Strong produces a variety of events & programs specifically for older residents, including celebrations for Black Heritage, Hispanic Heritage & LGBTQ+ Pride. We host our programming in community spaces around Boston with various focuses such as fall prevention, mindfulness, arts, cooking & more.



TRANSPORTATION

We are committed to helping connect older adults to all of the transportation options available, such as our Age Strong Shuttle, Taxi Coupons, and more.



VOLUNTEER OPPORTUNITIES

We can connect you to a variety of volunteer opportunities based on your interests, location, and preferred time commitment.



AGE & DEMENTIA FRIENDLY BOSTON

Our Age & Dementia Friendly work helps create a Boston where people can age and live well in community. We hold Memory Cafes for those experiencing memory loss and thier care partners to meet in a safe, social environment, as well as support groups for care partners to learn about resources and share experiences.



HOUSING SUPPORT

Our housing advocates can help older residents learn about tenants rights, eviction prevention, navigate housing eligibility, and assist with housing applications.



LIVING WITH DIABETES: MAINTENANCE AND MANAGEMENT

By Maeve Forbes, Age Strong Staff

Diabetes is one of the most common diseases in the U.S. It can develop at any age, but aging increases the risk of developing diabetes. As of 2020, 25% of older adults age 65+ were diagnosed with diabetes, with an additional 5% estimated to be living with it undiagnosed (Center for Disease Control).

Being diagnosed with diabetes can be life-changing, but with medical care, exercise, and healthy eating habits, it is possible to manage the condition. Since each body is different, it's important to consult your doctor before making major changes, to ensure they are safe and beneficial for your individual needs.

Develop Your Eating Routine

Eating to fuel your body can help manage blood sugar levels, reduce the risk of other issues, and allow you to live the life you want. Try to eat around the same times daily. Skipping meals can cause blood sugar and energy levels to drop, often causing cravings for sugars,

causing blood sugar spikes. A regular eating routine helps prevent these dips and spikes. For some, eating three meals a day with snacks in between works well; for others, five smaller meals throughout the day may keep blood sugar more level. The key is to find a routine that fits your lifestyle and supports your health goals. Work with your doctor on a plan that fits your schedule and nutritional needs.

Focus on Whole Foods

Different sources of proteins (lean meats, eggs, cheese), vegetables, and sugars can slow digestion, keeping you full longer, maintaining stable blood sugar levels over time. Processed sugars and starches like pastries, sugary cereals, sweetened drinks, and potato chips, lack the fiber, vitamins, and minerals your body needs to function well and also spike blood sugar quickly. If you're used to eating cereal or pastry for breakfast, try eggs with spinach and cheese or a whole wheat bagel instead. It will take longer to



digest, keeping blood sugar steady and giving you energy. Try whole foods like brown rice, oats, or whole wheat bread.

Protein and Sugars

Protein contributes to better blood sugar control by slowing sugar absorption and causing a feeling of fullness, which helps prevent overeating and manage weight. Protein also supports our immune system, helping wound healing—which is important—as those with diabetes get more infections and heal slower. Adding high-quality protein like lean meats, non-fat dairy, nuts, and eggs can support healthy aging and diabetes management.

Aim for Progress, Not Perfection

Changing eating habits can be hard. Many struggle with “all-or-nothing” thinking. For example, if you enjoy ice cream every night, quitting “cold turkey” may not be realistic. It may make more sense to enjoy a smaller portion size and add a protein topping like peanut butter to slow digestion. Managing diabetes isn't about perfection, it is about accepting workable, healthy habits that work for your lifestyle.

Have Healthy Snacks on Hand

To avoid getting so hungry between meals that your body begins to crave sugars, have healthy snacks like apples and peanut butter, greek yogurt, baby carrots, or nuts on hand.

Eating well to fuel your body is one of the best ways to manage diabetes. With a few simple changes you can improve your health and feel more energetic!

To learn more about managing diabetes, visit diabetes.org.



AGE STRONG'S DEMENTIA-FRIENDLY COMMUNITY PROGRAMS

MEMORY CAFES

Memory Cafes are for those living with memory loss, along with their loved ones & care partners, to socialize & participate in meaningful & joyful programming.



**Boston Public Library
Codman Square Branch**
690 Washington St., Dorchester
**2nd Wednesday each month,
10am-12pm**

**Boston Public Library
Jamaica Plain Branch**
30 South St., Jamaica Plain
**Last Monday each month,
10:30am-12pm**
Bilingual in Spanish

SUPPORT GROUP FOR DEMENTIA CARE PARTNERS

Join our support group to connect with others & share experiences.

Boston Centers for Youth and Families (BCYF) Roslindale
6 Cummins Highway, Roslindale
4th Friday each month, 12pm-1pm

RSVP AT 617-635-3745 OR CORINNE.WHITE@BOSTON.GOV



Congratulations

to the Awardees of Age Strong's new Rolling Grant Program!

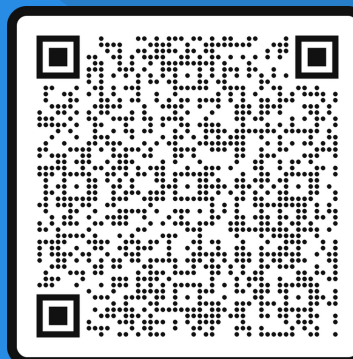
- Abia American Association
- Deutsches Altenheim
- Greater Boston Nazarene Compassionate Center
- Inquilinos Boricuas en Acción
- Irish Pastoral Centre
- Janice Gadson Louissaint
- Karina Liendo
- Mabazza Foundation
- Mission Main Tenant Task Force
- Mitchell Cohen
- Neighborhood Network Center
- New England Hong Kong Festival
- North Suffolk Community Services
- Shalupe Community Alliance
- The Community Builders
- Upham's Corner Health Committee
- Waldo Immigration and Refugee Services
- Wally's Cafe Student to Student Music Project
- Young Men's Christian Association (YMCA) of Greater Boston
- Yvonne Quinama

APPLICATIONS ARE NOW OPEN FOR THE NEXT ROUND OF AGE STRONG ROLLING GRANTS!

Organizations & individuals seeking to support programming for Boston's older adults (age 55+) may apply for one-time grants up to \$2500.

APPLY BY NOVEMBER 13, 2025 AT 11:59 P.M.

(Grant awarded in December)



SCAN HERE TO APPLY OR VISIT
bit.ly/rollinggrant

▶ SEEN AROUND TOWN



THE BUZZ: FREE ACTIVITIES FOR BOSTON OLDER ADULTS FROM AGE STRONG PARTNERS

Check out a sampling of activities from our community partners across Boston's neighborhoods. You can also view our Monthly "To-Do" calendar via email, listing dozens of free activities across Boston for older residents: bit.ly/age-strong-monthly-to-do

Free Immigration Consultations by Phone

November 5 & 19, 12-3pm
-Mayor's Office of Immigrant Advancement -

Registration required:
(617) 635-2980 or
immigrantadvancement
@boston.gov

Immigration advice from lawyers;
consultations are 15 minutes

Knitting Drop-In

Tuesdays, 5-7pm
67 Poplar Street, Roslindale
-Tight Knit Roslindale -
(857) 273-4940 or
tightknitros@gmail.com

Drop in for help with knitting, or
for company while knitting

Senior Moves

Thursdays, 10-11am
-Urbanity Dance -
(617) 572-3727,

ask@urbanitydance.org

Free dance classes for all levels of
experience to increase mobility and
strength

Fit Around the Farm

Tuesdays, 10-11am

-The Urban Farming Institute
of Boston-

(617) 989-9920 or lpalmer

@urbanfarminginstitute.org

Virtual: line dancing & yoga for
women age 55+

Boston City Hall Walking Tours

November 5, 12, 19, 12-1pm

-City of Boston Property
Management & Boston By Foot-

Registration required:

(617) 367-2345 or

info@bostonbyfoot.org

Learn about the history and
design of Boston City Hall with
this free walking tour

Fenway Free Market

2nd Tuesday of each month,
2-4:30pm

1282 Boylston Street, Fenway

-Fenway Community Center -

scarbone@fenwaycdc.org

Clear out unwanted items,
help neighbors, connect with
community

ABCD FUEL ASSISTANCE

PROGRAM RUNS NOVEMBER 2025 – APRIL 2026

FOR HOMEOWNERS AND RENTERS

We can help you and your family stay safe and warm by covering a portion of your heating bills — oil, gas, electric and others.

- If you qualify, we may pay up to **\$600** of your fuel bill this winter.
- If you are **NOT** living in state or federally subsidized housing, you may be eligible for assistance not only with heating bills but also with rent if heat is included.
- Check the chart to see if your yearly income falls at or below the level indicated.
- If you qualify for ABCD fuel assistance, we help pay your winter heating bill by working directly with vendors, and you can take advantage of many other services that are absolutely free.
- **IMPORTANT:** If you applied for Fuel Assistance last winter, you must return the application mailed to you to receive assistance this year.

This federally funded program serves income eligible, elderly and disabled residents in thousands of households every year.

ELIGIBILITY GUIDELINES: 2025-2026 FUEL ASSISTANCE

HOUSEHOLD SIZE	TOTAL GROSS YEARLY INCOME
1	\$51,777
2	\$67,709
3	\$83,641
4	\$99,573
5	\$115,504
6	\$131,436
7	\$134,423
8	\$137,410
Over 8*	*SEE ABCD FUEL ASSISTANCE STAFF

APPLY TODAY!

Residents of Boston, Brookline, and Newton
can reach ABCD Fuel Assistance at:
178 Tremont Street, Boston, MA.
Call us at 617.357.6012
TTY: 617.423.9215

**Residents of Everett, Malden, Medford,
Melrose, Stoneham, Winchester, and Woburn**
can reach ABCD Fuel Assistance at:
18 Dartmouth Street, Malden MA.
Call us at 781.322.6284

**Or make an appointment at your nearest
ABCD intake site listed on the back**