

# AGE STRONG COMMISSION'S VOLUNTEER PROGRAM MONTHLY NEWSLETTER

**Michelle Wu**, Mayor of Boston | **Emily Shea**, Age Strong Commissioner  
**Joseph Goncalves**, Director of Volunteer Programs

617-635-4366 ● [boston.gov/age-strong](https://boston.gov/age-strong) ● 1 City Hall Plaza, Room 271, Boston, MA 02201

## Welcome to Age Strong's New Volunteer Newsletter!

There's so much volunteer activity going on at Boston's Age Strong Commission, so we've launched a monthly newsletter to keep you informed.



Age Strong's Senior Companion Volunteers  
at Boston City Hall

Inside, you'll learn more about our AmeriCorps Seniors Senior Companion Program, meet our Senior Companion Volunteer Rosamond Howard, and learn about our Volunteer Station Site FriendshipWorks.

Are you interested in creating meaningful memories and connections and helping other older neighbors stay independent for as long as possible? Join the AmeriCorps Seniors Senior Companion Program to uplift, inspire, and lend a hand in your community.

Thanks for reading,

**Joseph Goncalves**

Director of Volunteer Programs  
Boston's Age Strong Commission

# LEARN ABOUT OUR AMERICORPS SENIORS SENIOR COMPANION PROGRAM ●●●●●●●●



Boston's Age Strong Commission runs a variety of volunteer programs where older adults age 55+ can share their time and skills to help fellow older adults in the community.

We currently seek volunteers for our AmeriCorps Seniors Senior Companion Program, matching residents 55+ with other older adults (one-on-one) to provide friendship and assistance with daily living tasks like shopping or escorting folks to medical appointments.

AmeriCorps Seniors Senior Companion volunteers provide in-person companionship to older adults and those with disabilities and also provide the gift of respite to caregivers with hours ranging from 5 to 20 hours a week.

Why become a Senior Companion volunteer? Volunteering keeps you active and engaged within your community and allows you to use your skills and interests to help support older residents of Boston.

In return, Senior Companion volunteers receive the training and support they need to make a difference. Volunteers may receive reimbursement for some out-of-pocket expenses, a tax-free stipend for income-eligible volunteers, an invitation to our annual Volunteer Recognition Luncheon, and connection to free City of Boston events.

Who is eligible? Senior Companion Volunteers must be 55+, income qualify, pass a background check, and live in the City of Boston.

Interested? Reach out to Quanda Smith, Volunteer Program Coordinator, by calling 617-635-1794 or emailing [seniorcompanionprogam@boston.gov](mailto:seniorcompanionprogam@boston.gov).



*Age Strong's Senior Companion Volunteer Sapher Meyers and her client*

# MEET SENIOR COMPANION VOLUNTEER ROSAMOND HOWARD!



*Age Strong's Senior Companion Volunteer Rosamond Howard*

Rosamond Howard, a resident of Boston's Dorchester neighborhood, is 72 and has lived in Boston for sixty years. She attended Jamaica Plain High School and earned an Associates Degree from Roxbury Community College.

She's been an Age Strong Senior Companion Volunteer for seven years, currently serving at FriendshipWorks. She serves as a medical escort, accompanying older adults to and from medical appointments.

Rosamond enjoys “meeting new people, helping people, and helping the community,” she says. When asked what she’d suggest to folks considering volunteering, she said, “I would encourage them to get out, meet new people, and help keep folks in their homes longer.

“People need help every now and then. It’s good to help them. Volunteering also keeps you busy and satisfied.”

Aside from volunteering, Rosamond enjoys reading, knitting and sewing. “I keep busy and enjoy my own solitude,” she shares.

## LEARN ABOUT AGE STRONG’S VOLUNTEER PARTNER SITE: FRIENDSHIPWORKS



FriendshipWorks’ mission is to reduce social isolation, enhance quality of life, and preserve the dignity of older adults across Greater Boston. For over 40 years, they’ve created meaningful, one-to-one connections that help older adults remain engaged, supported, and connected to their communities as they age.

At the heart of this work is our Friendly Visiting program, pairing older adults with volunteers for weekly visits rooted in companionship and mutual connection. These relationships are built on shared life experience; people meeting as peers, sharing their stories, perspectives, and presence to one another.

Visits are simple but powerful: sharing stories over coffee, going for a walk, attending a local event, or just enjoying conversation. Each match is made thoughtfully, based on shared interests, personality, language, and lived experience, allowing relationships to grow naturally over time.

For those already engaged in supporting others—like Senior Companions—Friendly Visiting offers an opportunity to experience connection in a slightly different way: not as a provider of services, but as friends building a mutually meaningful relationship.

While the focus is on companionship, many volunteers find that the connection becomes a two-way exchange of stories, support, and perspective.

As one volunteer shared, “after retiring I was looking for something to do and found that volunteering helped me stay connected to the world. I have become a better listener and have made new friendships because of it.”

Another reflected, “volunteering has opened my world and my heart. We connect on a deeper level—on things that are important to both of us.” And for many, the experience brings a renewed sense of purpose.

“It makes me very happy and satisfied to have a connection that is real and mutual. It makes me feel I have a purpose in life after retiring.”

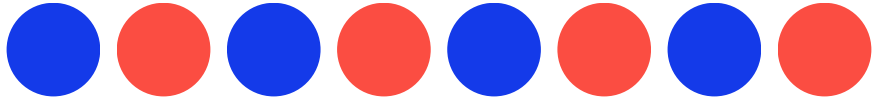
Friendly Visiting creates space for something different: consistent, meaningful one-to-one connections and friendships that can truly transform lives—on both sides.

FriendshipWorks has been an Age Strong AmeriCorps Seniors volunteer site partner since 2011. FriendshipWorks Inc. is located at 105 Chauncy Street, 8th floor in Boston and can be reached at 617-482-1510 x141 or [www.fw4elders.org](http://www.fw4elders.org).



Miss Kay and Brenda

# NATIONAL VOLUNTEER MONTH



April is National Volunteer Month and Age Strong is celebrating our many incredible volunteers! Thank you to all of our Age Strong volunteers for your generosity, time, commitment to service, and for making the City of Boston better. We appreciate you! We couldn't fulfill our mission without you!



*Age Strong Senior Companion Volunteers at Boston City Hall*

# AGE STRONG SEEKS NEW VOLUNTEERS!

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

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## **AMERICORPS SENIORS RSVP PROGRAM**

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](https://www.boston.gov/age-strong)**

# Age Strong's Neighborhood PROGRAMMING

## **BCYF Holland Community Center**

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

## **East Boston Senior Center**

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

## **Veronica B. Smith Senior Center**

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

## **Codman Square Library**

Tuesdays/Thursdays | 10am-1pm  
690 Washington St, Dorchester  
(617) 436-8214

## **The Elks Lodge #10**

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

## **Dewitt Center**

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

## **Union Church**

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

## **Spontaneous Celebration**

Tuesdays/Thursdays | 10am-1pm  
45 Danforth St, Jamaica Plain  
(617) 635-4250

