

BOSTON SENIORITY

City of Boston
Issue 9

Age Strong Commission
October 2026

Mayor Michelle Wu
Vol. 50



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CITY of BOSTON

FREE PUBLICATION

AGE+ Age Strong Commission

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BOSTON SENIORITY MAGAZINE

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**STAY CONNECTED
WITH THE
AGE STRONG
COMMISSION!**



Main number: (617) 635-4366



Age Strong Shuttle: (617) 635-3000



Website: boston.gov/age-strong



Email: agestrong@boston.gov



MAYOR'S LETTER OCTOBER 2026

Hello Boston!

Fall is here! As the leaves change, we hope you take advantage of our opportunities to connect and celebrate with your community.

Here in Boston, we're proud to celebrate our diverse communities every day. And this October, there are many ways to do just that. As Hispanic Heritage Month continues, we keep lifting up the traditions and contributions of our Hispanic neighbors. And as Indigenous People's Day approaches on October 12th, check out Boston Public Library's recommended booklist to learn more about the stories of our Native communities.

If you're hoping to enjoy the cooler weather, Open Streets will be wrapping up this month, with our final events in Allston/Brighton on October 4th and Roslindale on October 18th. Come rediscover your favorite streets, support local businesses, and enjoy some live music with your friends and neighbors.

Finally, remember that this year's annual Medicare Open Enrollment period begins on October 15th. Be sure to make an in-person appointment with a certified councilor to review your current health insurance plan and decide the best coverage for your needs. You can schedule your appointment at one of our twenty neighborhood clinics until December 7th by calling Age Strong at 617-635-4366.

Stay warm, and see you out in the community!

Michelle Wu
Mayor of Boston

Michelle Wu 



BPL BOOK PICKS

Source: Boston Public Library

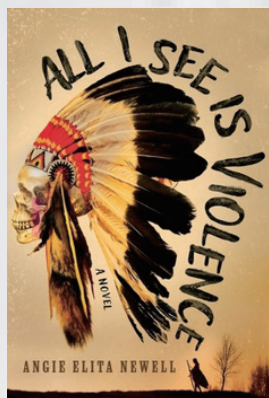
Native Lives, Native Stories is a list of books about the experience of Native and Indigenous communities throughout North America in honor and observation of Native American Heritage Month.



Coexistence by Billy-Ray Belcourt

A collection of intersecting stories about Indigenous love and loneliness. (Author identifies

as Driftpile Cree Nation)



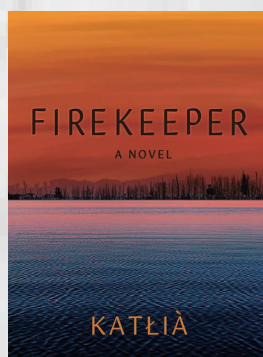
All I See Is Violence by Angie Elita Newell

A poignant retelling of the 1876 Battle of Little Bighorn and the social upheaval on the Pine Ridge

Reservation in 1972 during the height of the American Indian Movement. (Author identifies as Łíídlı́ Kúé First Nation)



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



Firekeeper by Kathà

A coming-of-age story featuring a neglected teen who serves as an Indigenous community's

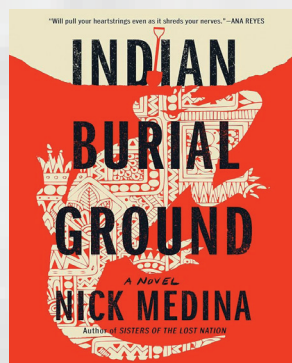
firekeeper as part of community-led rehabilitation following her incarceration for arson. (Author identifies as Yellowknives Dene First Nation from Somba K'e (Yellowknife), Northwest Territories)



Fire Exit by Morgan Talty

Talty's full-length fiction debut tells the story of a white man who must decide whether

to tell his Indigenous daughter the complications of her heritage. (Author identifies as Penobscot Indian Nation)



Indian Burial Ground by Nick Medina

A thought-provoking, mysterious, and mythical tale of horror featuring

a family navigating two timelines: the present and the mid-eighties. (Author identifies as Tunica-Biloxi Tribe of Louisiana)



CHECK FOR MEDICARE DURABLE MEDICAL EQUIPMENT SCAMS

By Sophia Wang, Age Strong Staff

Scammers exploit Medicare, billing for durable medical equipment (DME) such as wheelchairs, crutches, blood glucose monitors or urinary catheters that members don't need or never receive.

Federal authorities charged 11 scammers for this type of fraud in 2025, totaling \$10.6 billion in falsely billing Medicare for medical equipment.

How It Works

- Scammers might call, email, or text Medicare members, pretending they're from a durable medical equipment company. They offer "free" or "no cost" equipment or services to trick beneficiaries into sharing their Medicare membership numbers.
- Once scammers get your information, they bill Medicare for medical equipment that the members never requested. Urinary catheters are often used in this scheme.
- Members may not know that their Medicare account is being used for scams until they read

their statement, where they may discover thousands of dollars being billed to their account.

- Even if the members don't pay for the equipment, the costs of these scams can drive up Medicare premiums impacting members in the future.

What To Do

- **Do not give your Medicare or personal information to unsolicited calls, emails, or texts.** Be suspicious of people or companies offering free medical equipment.
- **Review your Medicare Summary Notice (MSN) or Explanation of Benefits (EOB).** Look for any equipment or services that you did not order or know about.
- **If you suspect Medicare fraud, reach out to the Massachusetts Senior Medicare Patrol Program, at (800) 892-0890, or visit masmp.org.**

Source: *U.S. Dept of Health & Human Services Inspector General & New York Times*

TIPS FOR UNDERSTANDING MEDICARE OPEN ENROLLMENT

By Age Strong Staff

Medicare Open Enrollment runs October 15-December 7 each year.

This is the time for older adults to review their current health insurance coverage, compare health and prescription drug plans, and make plan changes to ensure their coverage meets their healthcare needs for the upcoming year.

You don't have to navigate this complex process alone. There are trained volunteers, including the Age Strong Constituent Services team, to help evaluate your options and guide you through the process.

Why Annual Reviews Matter

According to Deolinda Baptista DaVeiga, Age Strong's Director of Constituent Services, "meeting with a SHINE (Serving the Health Insurance Needs of Everyone) counselor each year is essential to navigate Medicare's annual plan changes and avoid unplanned out-of-pocket costs. We strongly encourage older adults to review plans every year, as health needs, health insurance and prescription drug plans, provider networks, and preferred pharmacies all change. Reviewing each person's situation,

may help folks ensure appropriate healthcare coverage, and often even save money."

The SHINE program offers free, unbiased, and confidential Medicare counseling. Counselors assist residents in evaluating coverage options, comparing health and prescription plans, lowering medication costs, and identifying programs that help save money.

What to Expect When you Meet with a Counselor

"Your confidential Open Enrollment meeting will likely take an hour," Deolinda says. "More complex cases may take longer. We assess your current healthcare and medication needs, explain various health insurance options, and explain programs that may help pay for some medical expenses."

The impact of this one-on-one support can be life changing:

Last year, Timothy Berrocal, Age Strong's Assistant Director of Constituent Services helped a couple struggling with high medication costs. "They were each paying \$200 monthly for

prescription plans,” Timothy shares. “After comparing options, I found a plan covering all their medications for just \$21 per month! The switch saved them \$3200 a year combined. Moments like that remind me what a difference we can make by simply taking time to help folks understand their options.”

Age Strong Advocate Yves Mary Jean worked with a couple who were both trying to lower their costs while keeping their primary care provider and seeing specialists they could afford. “After reviewing their needs and different plans, we found one that met all their medical and budget goals.” Yves explains.

For the Age Strong team, open enrollment is an opportunity to make a difference. “For SHINE counselors,” Deolinda says, “Open Enrollment can make a lasting difference in the lives of the seniors we serve. It's rewarding to empower each person with a clear understanding of their health insurance options and identify a plan that meets their unique needs.”

Documents you should bring:

- Proof of identity

- Current Medicare and other health insurance cards
- Your Medicare.gov login information (if you have one)
- Your current medication list (accurate names, dosage, how often you take it)
- Income information, so we can screen you for additional benefits you may be eligible for

How to Schedule Your Appointment

Boston older adults can make a free, confidential, in-person appointment:

- Call Age Strong at **(617) 635-4366** to book an appointment at one of the neighborhood Open Enrollment clinics. To see the list of clinics, visit boston.gov/medicare.
- If you can't attend the clinics, you can call Age Strong **(617) 635-4366** or ETHOS **(617) 522-6700** to be connected with a SHINE Counselor.



VOLUNTEER SPOTLIGHT: HOW NANCY MEJIA FINDS JOY IN GIVING BACK

By Edzani Kelapile, Age Strong Staff, with Spanish interpretation from Jose Ramirez, Age Strong Staff



Nancy Mejia has been in Boston since the 1990s, living in Jamaica Plain for two years before settling down in Mission Hill. “Before moving here, I was deciding between New York and Boston. Ultimately, there was just so much to love about Boston that

I moved here.” Nancy loved Boston’s culture and compact size, in addition to Boston’s public schools her daughter attended.

Now retired from her career as the director of a home decorations company, Nancy splits her free time vacationing back home in the Dominican Republic and volunteering. As a volunteer with Age Strong’s AmeriCorps Seniors Senior Companion Program, Nancy spends quality time providing friendship and support to other adults, taking them to the market, going on walks, or just sharing meaningful conversations.

“As a Senior Companion, being with my clients feels just like being around friends,” Nancy says. “I try to make their lives as happy as possible with the

time we share.” Giving her time and energy back to her community fills Nancy with joy. “Life keeps giving me blessings because of my service to others,” she explains.

Nancy was born and raised in the Dominican Republic, and finds great importance in Hispanic Heritage Month. The month-long spotlight on her family, friends, and community makes her feel seen and heard. “It’s nice that my culture is shared with more eyes and ears than usual,” Nancy says. She celebrates by gathering loved ones around a warm bowl of sancocho, a traditional Dominican meat and vegetable soup, for food, laughter, and community.

Nancy believes in the power of volunteering. To her, the act of donating your time and energy to help someone else is something that pays dividends every time. “I encourage more people to become volunteers. I’ve told a lot of my friends

about Age Strong’s volunteer programs and the value in helping people feel good about themselves, with just a little bit of our time. ”



GET PRESCRIPTION TIPS & GUIDANCE FROM AGE STRONG GRANTEE MASSACHUSETTS COLLEGE OF PHARMACY & HEALTH SCIENCES

By Sarah Smith, Age Strong Staff

October is American Pharmacist Month – a time to recognize the contributions pharmacists make to the health and well being of our community. Boston is home to the Massachusetts College of Pharmacy and Health Sciences. They are a proud Age Strong grantee offering vital support to older adults.

"Our Pharmacy Outreach Program offers a toll-free line folks can call with questions about their medications," explains Colleen Massey, Pharmacy Outreach Program Director. "We also offer community education programs on medication safety, managing chronic conditions, and getting help with paying for medications."

The initiative began in 2001 as a free program to Massachusetts residents, in response to the state's Prescription Advantage program. "At the state level," Massey says, "there was a need to provide prescription insurance to those 65+ as Medicare didn't offer drug coverage. There was also a desire to educate folks on their

medications and coverage costs."

Over the years, the program has evolved to include Medication Therapy Management (MTM) where residents can get personalized counseling on both new and existing prescriptions. "Some call because they take over the counter supplements and want to make sure there aren't any harmful interactions," says pharmacist Ernest Onyinah. "Others call asking why they need to take medications multiple times a day, or at specific times. Some call to better understand why they're prescribed the medications in the first place. We help guide them through all of those questions." Onyinah said.

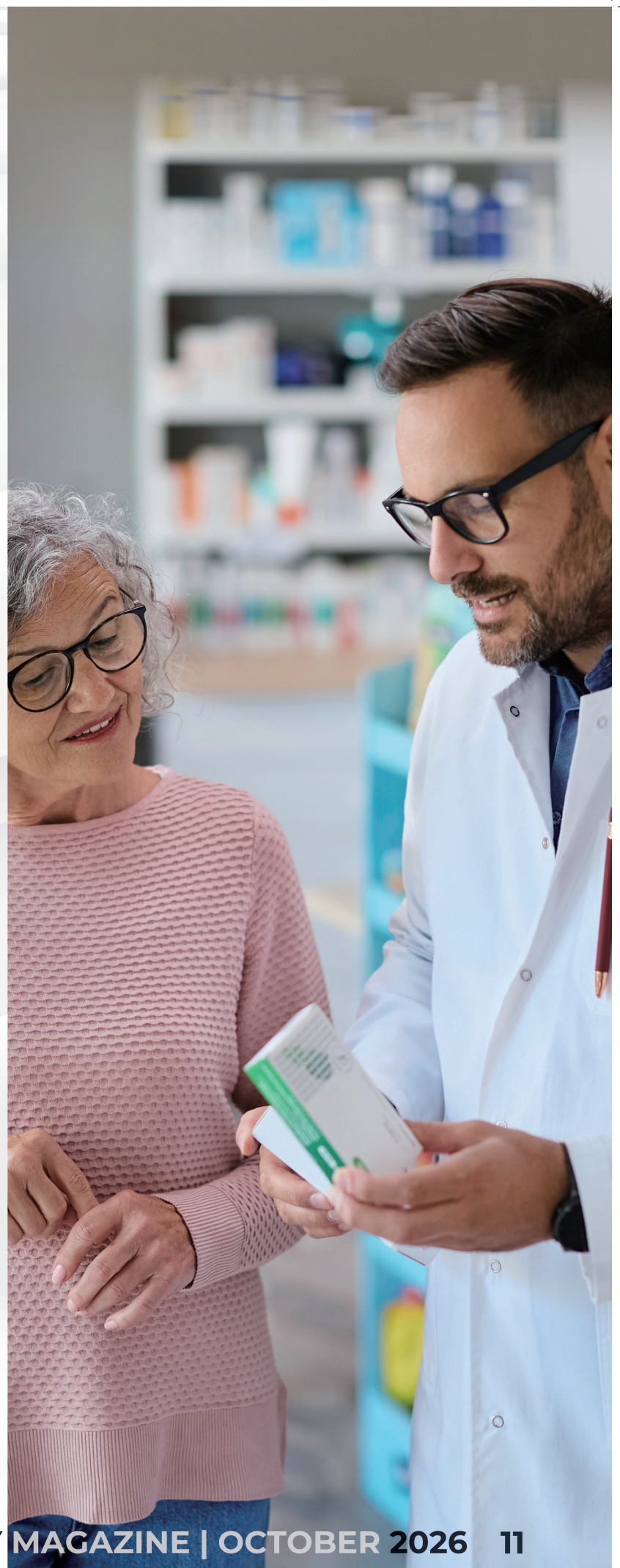
By far, their most used service, though, is helping those struggling with the rising cost of medication. "About 90% of our calls are about unaffordability," Massey says. "We try to find state or federal programs to help with costs. We screen for pharmacy assistance programs through drug manufacturers. We also screen

programs like MassHealth and the Medicare Savings Program. We assess the drug's class to see if there is a lower cost drug in the same class. We also encourage folks to talk to their doctors about more affordable options that could meet the same goal.”

In addition to phone consultations, the Pharmacy Outreach Program also screens and educates folks in community outreach across all neighborhoods. “We invite residents to bring their current list of medication for a pharmacist to review. We also inform older adults about medications they should avoid or be cautious of. We offer assistance in person,” Onyinah said.

“Talking with a pharmacist is so important. Sometimes patients don’t know which medications they’re on or why. Understanding medications can be life saving. Learning how medications interact can prevent mis-matching or taking too much,” says Massey.

Call the Pharmacy Outreach Program toll free at 866-633-1617 Monday through Friday, 8:30am-5pm or use their online form: www.mcphs.edu/patient-centers-and-clinics/pharmacy-outreach-program.



VOICES OF BOSTON: CEDRIC WOODS ON NATIVE HERITAGE AND AGING

By Age Strong Staff



Cedric Woods has lived in Mattapan for eleven years.

Originally from Pembroke, North Carolina, he is a Native American member of the Lumbee Tribe, which descended from many smaller indigenous communities in southeastern NC.

“Our population grew after being pulled into share cropping,” Cedric explains. “This made the Lumbee the largest tribe east of the Mississippi River today with around 65,000 members mostly living in

the Carolinas, as well as Baltimore, Detroit, and across the U.S.”

“Historically, we were farmers,” Cedric says, “most known for the Lowrie War during the American Civil War and our commitment to education, resulting in the only state supported college for American Indians.”

Before moving to Boston, Cedric worked for the Mashantucket Pequot Tribal Nation for 13 years, collaborating on projects with

many New England tribes. His work included panel discussions on land claims, technical assistance on poverty reduction grants, Native teacher training programs, substance misuse prevention, and Native health and wellness.

According to Cedric, Boston Native tribes included the Massachusett, Nipmuc, and Wampanoag. “Boston’s older natives are engaged with the larger Boston Native community at our work places, as well as through organizations like the North American Indian Center of Boston (NAICOB) and Native American Lifelines.”

Cedric also shares that “Native arts have flourished here, leading to gathering of local Native families, many over 55.”

However, aging within the community brings distinct opportunities and challenges. “Many Natives over 55 find themselves raising their grandchildren.” Cedric shares. “Others are navigating aging health issues in a complex health system. Affordability is an issue for many Native families as they

retire, shifting to fixed incomes.”

Since 2009, Cedric has served as Director of the Institute for New England Native American Studies (INENAS) at the University of Massachusetts, Boston. The institute’s mission is to match tribal community needs with resources. “As new issues emerge, we strive to meet needs through partnerships with tribal communities,” he says. Through external funding, we have contracted many Native vendors who provide services to Native communities.”

“We celebrate Indigenous Peoples' Day in a variety of ways,” Cedric explains. “We are fortunate to have many venues to celebrate our ongoing vibrancy as Native communities, while also recognizing what we’ve lost. We host formal panel discussions, remembrance programs, song, and dance. I encourage older adults to take time to visit Native art, experience a Native performance, or attend our pow wow at UMass Boston in May. Get to know your Native neighbors,” he says.

AGE STRONG PARTNER MASJID AL-QUR'AN INVITES EVERYONE FOR WORSHIP, SENIOR PROGRAMS & COMMUNITY

By Jordan Rich, Age Strong Staff



Dorchester's Masjid Al-Qur'an has served Greater Boston for over 65 years as a spiritual, cultural, and social anchor for the community. Masjid Al-Qur'an recently expanded programs for older adults thanks to Age Strong's Expanding Engagement grant.

People from all walks of life attend Masjid Al-Qur'an seeking worship, spiritual grounding, community connection, and practical support. Participants

also seek educational opportunities, access to resources and referrals, social engagement to combat isolation, and programs that help them navigate everyday challenges such as financial planning, health concerns, and housing.

Age Strong's Expanding Engagement funding specifically supports the mosque's "Everyday Life" series, including the Healing and Spiritual Renewal program, supporting mental health,

Halal Financial Literacy Series, supporting financial education, Islamic Estate Planning for long-term peace of mind, and the Janazah Workshop addressing end of life preparations.

Masjid Al-Qur'an offers many programs and services, warmly welcoming all residents. They know that culturally responsive programs for Muslim seniors, immigrant communities, and long-time residents are hard to find and that seniors increasingly face complex challenges, including social isolation, chronic health conditions, limited mobility, and financial hardship. Leaders at Masjid Al-Qur'an take these challenges seriously and actively work to meet these needs.

Masjid Al-Qur'an proudly reflects Dorchester's diversity and ensures that language is never a barrier to access or belonging. Their members and volunteers assist with translation and interpretation to allow every person to engage with programs, receive support, and feel at home. Masjid Al-Qur'an wants Boston Seniority Magazine readers to

know that their doors are open to everyone, regardless of their faith. Anyone may visit, attend a program, receive support, or join in worship.

Most programs and services at Masjid Al-Qur'an are free and open to the public. Older adults may attend by calling **(617) 445-8070**, by emailing **bettye@masjidalquran.org**, or by visiting **35 Intervale Street in Dorchester**.



ENGAGING IN ARTS HELPS OLDER ADULTS BUILD CONNECTION

By Edward Galan, Age Strong Staff



More than half of older adults surveyed nationally say the arts help them stay active and engaged. Whether through painting, dancing, making music, telling stories, or exploring a longtime creative passion, the arts can give us opportunities to keep learning, express ourselves, meet new people, and stay connected to our communities.

That is the core mission of Creative Aging Connections at Boston's Age Strong Commission. Sponsored by Goddard House, the program brings creative opportunities directly to Boston's

older adults in neighborhoods across the city. By connecting residents with professional artists, diverse art forms, and access to local arts and cultural institutions, the program offers vibrant opportunities to learn, create, and build community together.

This work is part of a growing movement to make arts and cultural experiences more accessible as we age. At a time when many older adults are experiencing loneliness and social isolation along with financial or physical barriers, programs like Creative Aging Connections offer a way for communities to respond by lowering obstacles so Boston's growing older adult population can stay creative, engaged, and connected.

Most of our classes are beginner-friendly, multi-week experiences allowing participants to explore an art form and build on what they learn from week to week. Beyond the joy of creating every session

reinforces the essential role that arts and learning play in healthy aging. Our goal is for older adults to look at Creative Aging and think, “there’s something here for me.”

Classes are led by professional teaching artists, many of whom have been through the Creative Aging Foundation training, and take place in libraries, studios, museums, cultural, and community organizations citywide. The impact goes beyond the classroom, with performances, museum experiences, special events, and other opportunities to participate in Boston’s cultural life.

This November, Creative Aging will partner with the City of Boston’s Office of Youth Engagement and Advancement (OYEA) for Open Circuit: Across Generations at The Substation in Roslindale. This special intergenerational event will bring younger and older adults together for a dynamic evening with live music, open mic, collaborative art-making, food, and opportunities to connect.

Stay Connected with Creative Aging

The best way to find out about new classes, events, and performances is to join the Creative Aging mailing list here: bit.ly/creativeaginglist

Watch our Creative Aging video here: bit.ly/creativeagingvideo

To learn more about Creative Aging, contact Edward Galan at edward.galan@boston.gov.

Source: National Endowment for the Arts, Staying Engaged: Health Patterns of Older Americans Who Participate in the Arts



Are you an older (age 60+) Boston resident
looking for free, fun things to do?

CHECK OUT THE AGE STRONG COMMISSION'S MONTHLY "TO-DO"



HEALTH & WELLNESS...



ARTS & CRAFTS...



AND MORE!

DOZENS of free activities across
Boston's neighborhoods!



Boston's Age Strong Commission's SEPTEMBER 2026 MONTHLY "TO-DO"

Free events, classes & programs for Boston's older adults

Welcome to September's monthly
"To-Do," a city-wide sampling of free
events & programs for Boston's older
adults age 60+.

Sign up to have the "To-Do" emailed
directly to your email inbox or view it,
Boston Seniority magazine online at:
[boston.gov/departments/age-strong-
commission/connect-us](https://boston.gov/departments/age-strong-commission/connect-us).

See page 12 for more programming from
City departments & our partners.

AGE+ City of Boston
Age Strong Commission

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   @AGESTRONGBOS

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**Age Strong Virtual Events Link:
bit.ly/ZoomAgeStrongVirtual
*Program in both English/Spanish

BLUE TEXT

Jamaica Plain - Roslindale -
West Roxbury

GREEN TEXT

Dorchester - Mission Hill -
Roxbury - South Boston/Seaport

ORANGE TEXT

Hyde Park - Mattapan

PINK TEXT

Charlestown - East Boston

PURPLE TEXT

Allston/Brighton - Fenway -
Kenmore

RED TEXT

Chinatown - Downtown - Back Bay
North End - South End - West End

Visit bit.ly/age-strong-to-do to
view this month's "To-Do" online!

CITY of BOSTON

AGE+

Age Strong
Commission

► EVENTS + ACTIVITIES

OCTOBER HAPPENINGS

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



Senior Quilting Group
10:30 AM - 12:30 PM
BPL Codman Square
690 Washington St
Dorchester
(617) 436-8214



Writing Group
11:00 AM - 12:30 PM
BPL Faneuil
419 Faneuil St,
Brighton
(617) 782-6705



Chess and Checkers with Charlie
12:30 PM - 4:45 PM
BPL Hyde Park
35 Harvard Ave,
Hyde Park
(617) 361-2524



Sewing Classes for Adults
10:30 AM - 12:30 PM
BPL Honan-Allston
300 North Harvard St,
Allston
(617) 787-6313



Meet Your Neighborhood Age Strong Advocate
12:00 PM - 2:00 PM
BPL North End
25 Parmenter St,
North End
(617) 635-4503



Crochet Club
11:00 AM - 12:30 PM
BPL Lower Mills
27 Richmond St
Dorchester
(617) 298-7841

- ♥ Facebook: @AgeStrongBos
- ♥ Twitter: @AgeStrongBos
- ♥ Instagram: @AgeStrongBos
- ♥ Bluesky: @agestrong.boston.gov

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

Email us at:
Bostonseniority@boston.gov

WANT TO PROVIDE PROGRAMMING FOR BOSTON'S OLDER ADULTS AGE 60+?

Apply for Age Strong's Rolling Grant!

Age Strong seeks to provide financial assistance to help small non-profit and community groups overcome the unexpected costs that often arise related to day-to-day and programming expenses.

Grants range up to \$1,500

For application & guidelines visit

boston.gov/age-strong-rolling-grant

For more information call (617) 635-1953

*or email **ava.portela@boston.gov***



CITY of BOSTON

AGE+

Age Strong
Commission

OPEN STREETS

CAR-FREE • DANCING • FOOD • MUSIC • SHOPPING



Family-friendly, pedestrian-focused events that transform City streets into vibrant, car-free boulevards where people can dream, play, and explore.

**ALL EVENTS FROM 10:30 AM TO 3 PM
STREETS CLOSE AT 9 AM**

SUNDAY, OCTOBER 4

ALLSTON-BRIGHTON

BRIGHTON AVE. AND HARVARD AVE.

Between Cambridge St. and Commonwealth Ave.

SUNDAY, OCTOBER 18

ROSLINDALE

ROSLINDALE SQ.

Between Belgrade Ave. and Washington St.



BOSTON.GOV/OPEN-STREETS



CITY of BOSTON

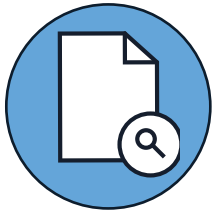


Mayor Michelle Wu

▶ IN BOSTON, WE AGE STRONG.

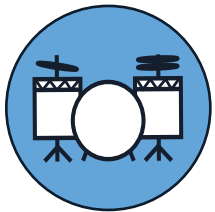
As part of Boston's Human Services cabinet, Age Strong aims to enhance the lives of older residents with meaningful programs, resources, and connections so we can live and age strong together in Boston. *Call us at (617) 635-4366 or visit boston.gov/age-strong.*

We can help with:



AGE STRONG ADVOCATES

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



EVENTS & PROGRAMMING

Age Strong hosts dozens of events & programs for older residents, including celebrations for Black Heritage, Hispanic Heritage, LGBTQIA+ Pride & more. We host programs in community spaces across Boston including wellness, fall prevention, fitness, arts & more.



TRANSPORTATION

We help older adults connect to all transportation options available, like our Age Strong Shuttle, Taxi Coupons, and more.



VOLUNTEER OPPORTUNITIES

We connect older residents to many volunteer opportunities based on your interests, location & preferred time commitment.



AGE & DEMENTIA FRIENDLY BOSTON

Our Age & Dementia Friendly work helps create a Boston where residents can live & age well in community. We host Memory Cafes for those with memory loss and support groups for care partners to share resources & experiences.



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homecenter@boston.gov



617-635-4663



CELEBRATING OUR OWN: TWO AGE STRONG STAFFERS HONORED WITH COMMUNITY AWARDS

By Age Strong Staff

Age Strong is always proud of our 100+ team members and their dedicated work on behalf of Boston's older residents. We're especially proud of two of our colleagues who have recently been honored with awards.

Luz Leal, Recipient of Action for Boston Community Development (ABCD)'s Community Hero Award

Luz Leal, Assistant Director of the East Boston Senior Center, has been named an ABCD Community Hero. A Jamaica Plain resident since age seventeen, Luz joined the Age Strong Commission four years ago and has spent her career building meaningful connections across Boston's diverse neighborhoods. "I am very honored and humbled to receive this award," Luz says. "I don't consider myself a hero—but making a difference in someone's life is always worth it to me—no matter the situation or the person. Making a difference for others is the best award."

Luz enjoys getting to know the community—people of all ages,

cultures, backgrounds, and languages. "I love when they share their life's story, their ups and downs, their sad and happy moments. For me, it's many gifts, as everyone is different. Through community I develop skills by listening and learning from others. I'm grateful to be a part of it. It's an incredible feeling I take home everyday," she shares.



**Tyissha Jones-Horner - Recipient
of the Henry L. Shattuck Public
Service Award**



Tyissha Jones-Horner, Director of Events and Programs, has been awarded the prestigious Henry L. Shattuck Awards. Tyissha grew up in Roxbury and has lived in Dorchester's Garrison Trotter neighborhood for 18 years. She has been with Boston's Age Strong Commission for twelve years.

Tyissha's journey truly reflects the Commission's commitment to supporting staff growth and career development. She first joined the Commission as an Administrative Assistant for the Volunteer Program, where her dedication quickly propelled her to Director of the

program. After briefly pursuing her lifelong goal of working in IT, Tyissha realized her true passion was engaging directly with people. She returned to Age Strong to lead our growing Events and Programs unit, where her dedication continues to make a lasting impact.

"I was shocked and truly caught off guard at first," Ty says about learning she would receive the award. "It feels especially meaningful knowing that the nomination came from my peers and partners," Ty continues. "I'm deeply honored. This recognition also shines light on the wonderful work of the Age Strong Commission—helping older adults stay connected, engaged, and supported so they can continue to thrive in their own homes and communities."

"I love working with older adults and seeing the difference that connection makes in their lives—whether forming friendships, staying active, or discovering something new. What I didn't expect was how much this work would inspire me and fill me up,".

Please join us in congratulating Luz and Tyissha on these well deserved recognitions!

**Get the Best Health Insurance
& Prescription Drug Coverage!**
assess your Medicare & prescription plan annually

2026 MEDICARE OPEN ENROLLMENT CLINICS



OCT. 15-DEC. 7

The annual Medicare Open Enrollment period runs October 15 through December 7. Older adults on Medicare should speak with a certified SHINE (Serving Health Insurance Needs for Everyone) counselor every year to get the best health insurance & prescription drug coverage.

**CALL 617-635-4366 FOR AN IN-PERSON APPOINTMENT AT
NEIGHBORHOOD OPEN ENROLLMENT CLINICS**

**OR TO SPEAK TO A COUNSELOR BY PHONE CALL
AGE STRONG AT 617-635-4366 OR ETHOS AT 617-522-6700**

Boston Medicare Open Enrollment Collaborative

CITY of BOSTON

AGE+

City of Boston
Age Strong Commission



ETHOS

**ALL CLINICS ARE 10:30AM-3:30PM WITH APPOINTMENT
CALL AGE STRONG AT 617-635-4366 TO SCHEDULE**

Thursday, October 15

Bruce C. Bolling Municipal Building
2300 Washington St, Roxbury

Friday, October 16

Boston Public Library Adams Street
690 Adams St, Dorchester

Monday, October 19

BrightonOne
77 Warren St, Brighton

Tuesday, October 20

East Boston Senior Center
7 Bayswater St, East Boston

Thursday, October 22

The Parish of All Saints
209 Ashmont St, Dorchester

Monday, October 26

Boston Public Library Central
700 Boylston St, Boston

Wednesday, October 28

ABCD North End
1 Michelangelo St, North End

Monday, November 2

Fenway Community Center
1282 Boylston St #123, South End

Tuesday, November 3

Central Boston Elder Services
2315 Washington St, Roxbury

Thursday, November 5

BCYF Roslindale
6 Cummins Hwy, Roslindale

Monday, November 9

Boston Public Library Honan-Allston
300 N Harvard St, Allston

Tuesday, November 10

BCYF Hyde Park
1179 River St, Hyde Park

Monday, November 16

Boston Public Library Mattapan
1350 Blue Hill Ave, Mattapan

Thursday, November 19

Union Church
485 Columbus Avenue, South End

Friday, November 20

Spontaneous Celebrations
45 Danforth St, Jamaica Plain

Monday, November 30

The Elks Lodge
1 Morrell St, West Roxbury

Wednesday, December 2

BCYF Curley
1663 Columbia Rd, South Boston

Thursday, December 3

City Hall Civic Pavilion
1 City Hall Square, Boston

Friday, December 4

Age Strong at City Hall
1 City Hall Square, Boston

FOR MORE INFORMATION, VISIT [BOSTON.GOV/MEDICARE](https://www.boston.gov/medicare)

TIPS FOR FALL PREVENTION & SAFE WALKING

By Corinne Brindley, Age Strong Staff



September was Falls Prevention Month and October ushers in the Walk to End Alzheimer's. The Walk to End Alzheimer's is the world's largest event to raise funds and awareness for Alzheimer's Disease. Let's walk and talk about falls prevention and Alzheimer's disease.

Studies show that walking is one of the most powerful ways to improve health. However, the risk of falls increases with age. Falling can be especially dangerous for older adults, but they are preventable! Here are some tips from the National Institute of Health (NIH) to help prevent falls:

- Do strength and balance exercises
- Talk to your health care provider about medication side effects
- Make your home safer by using night lights, installing grab bars in the bathroom, and securing carpet to the floors
- Get your vision and hearing checked regularly
- Stand up slowly to avoid dizziness

- Use a cane or walker for more stability

The risk of falls increases for people with Alzheimer's disease or dementia. Problems could arise from certain medication, vision loss, changes in gait and balance, judgment, difficulty understanding visual and spatial relationships, or other symptoms. If you are someone or caring for someone with memory loss, keep these safety practices in mind:

- Get a home assessment for falls prevention
- Encourage use of a mobility device for added stability
- Eat nutritious meals and drink water before walking
- Start with seated stretching and exercises as a warm up
- Always walk with a companion
- Walk in a place that is familiar or use our Age-Friendly Walks map to ensure a smooth path free of stairs, with parking and restrooms nearby

NOW

IS OUR MOMENT.



Now is the moment we've been waiting for. With new treatments emerging in the fight against Alzheimer's and all other dementia, now is the time for hope. Now is the time for action.

Help us keep the momentum going in your community at the Alzheimer's Association Walk to End Alzheimer's®, the world's largest fundraiser to fight the disease. Register today at act.alz.org/GreaterBoston

Walk to End Alzheimer's® GREATER BOSTON

SUNDAY, OCTOBER 25, 2026
DCR RICHARD MCKINNON PARK*
CAMBRIDGE, MA

**Same location, new name!*

**WALK
TO END
ALZHEIMER'S**
ALZHEIMER'S ASSOCIATION®

2026 NATIONAL PRESENTING SPONSOR

Edward Jones®

2026 NATIONAL SPONSORS



2026 DIAMOND TEAMS



2026 PLATINUM TEAMS



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► 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.



Virtual Chair Yoga At Home

Mondays, 11am-12noon

Virtually via Zoom

-Spaulding Adaptive Sports Centers-

Registration required. register at sasc.spauldingrehab.org/default.aspx?tab=icon

sasc.spauldingrehab.org or call
(877) 976-7272



Older Adults Movie Days

Wednesdays, October 14 & 28

2315 Washington Street, Roxbury

-Central Boston Elder Services-

jlinton@centralboston.org or
(617) 842-9117

Aging Well Program

Mondays, 1-3pm

640 Washington Street, Brighton

-Irish Pastoral Centre-

Exercise, workshops & more

info@ipcbboston.org or
(617) 265-5300

Tango by Moonlight

October 10, 5-8pm, impromptu
lesson 6pm

Rowes Wharf Plaza on the
Greenway

across from Boston Harbor Hotel

-Tango Society of Boston-
(617) 721-4872

bostontango.org



Roslindale Farmers Market

Saturdays until November 21,
9am-1:30pm

Adams Park, 4225 Washington
Street, Roslindale

-Roslindale Village Main Streets-
*Customers may use SNAP & HIP
benefits*

(617) 327-4065

roslindale.net/food-access



VOTE BOSTON!



STATE PRIMARY TUESDAY, SEPT 1

VOTER REGISTRATION DEADLINE

Saturday, August 22

EARLY VOTING PERIOD

Saturday, August 22, through Friday, August 28



STATE ELECTION TUESDAY, NOV 3

VOTER REGISTRATION DEADLINE

Saturday, October 24

EARLY VOTING PERIOD

Saturday, October 17, through Friday, October 30

LEARN MORE



 boston.gov/election

 Call 3-1-1

 Scan the QR code



Find a time and location
that works for you!

VOTE
DI VABÙ
ГОЛОСУЙ

