**On the Cover:**

The City of Boston commemorates flags from countries at City Hall plaza during the year to raise awareness about the many cultures around the world. Boston Seniority photographed the Bolivian flag-raising celebration. The flag-raising event included a performance from Morenada-Diablada New England, a Bolivian folk dance group, and they celebrated their culture through dance and music.

Visit boston.gov to learn more about flag-raising dates and see page 6 for more about Hispanic Heritage month.

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Stay Connected with the Age Strong Commission:

Main number: (617) 635-4366

Website: www.boston.gov/age-strong

Facebook: @AgeStrongBos

Twitter: @AgeStrongBos

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Boston Seniority

Published by the City of Boston’s Age Strong Commission

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

Email us at Bostonseniority@boston.gov
Our Summer in Review

As we start off our Autumn strong, it is nice to reflect on a few of the events we celebrated together this summer. From Independence Day to neighborhood coffee hours, it was a beautiful time to celebrate and connect.

In June, we celebrated Pride. This Pride marked the 50th anniversary of the Stonewall uprising—when brave members of the LGBT community demanded to be seen and heard. Stonewall Vets paved the path to progress, and inspired a movement that will last forever. It was a great reminder that older adults in Boston continue to teach us the importance of courage and acceptance, and that the fight for equality never stops.

This summer, I also had the honor of celebrating the hard work of our City’s Senior Corps volunteers. In 2018 alone, they contributed over 90,000 volunteer hours to our City. Our senior volunteers enrich our City in many ways: they are companions to fellow seniors and provide them with care, they greet visitors at City Hall with a smile, they volunteer in city departments across Boston, and they even step in to help caretakers when they need a break. I am grateful for their continued work and dedication to making Boston a better place for all.

I look forward to more opportunities to celebrate you and come together at events across Boston this fall.

Sincerely,

-Mayor Martin J. Walsh

Banned Books

From September 25-October 2, literature lovers acknowledge Banned Book Week by going back to read critically-acclaimed stories that have been challenged or just outright banned for their content. As September is also known as Women of Achievement month, we have compiled a list of beloved stories by famous female authors that have spent time off the shelf.

Frankenstein by Mary Shelley
A supernatural classic about a mad scientist falling into ruin after animating a monster. The story has faced backlash since it’s publication for the obscenity of asserting that man can create life.

I Know Why the Caged Bird Sings by Maya Angelou
Angelou holds the title as most banned author in the US. Her memoir recounts the trauma of her youth and the reclamation of her voice through writing.

To Kill a Mockingbird by Harper Lee
Told from the perspective of a child, the story follows a southern White lawyer in the 1960s as he defends a Black man in court. The story serves a frank examination of pervasive racism that has resulted in it being banned in many schools.

Harriet the Spy by Louise Fitzhugh
The story of a young girl who keeps a special notebook where she records any suspicious activity she may see. The book has been banned in the past for supposedly setting a bad example.

A Wrinkle in Time by Madeleine L’Engle
The 1962 science fiction young adult classic sparked debate over its challenge of what Christians found to be right and wrong. The author, a devout Christian herself, challenged its banning as damaging to potential readers.

For more titles, visit www.bpl.org
What Does Hispanic Heritage Mean to You?

Each year, Americans observe National Hispanic Heritage Month from September 15 to October 15, by celebrating the histories, cultures and contributions of American citizens whose ancestors came from Spain, Mexico, the Caribbean and Central and South America. Seniority spoke with a few Bostonians and they told us what Hispanic Heritage month means to them.

“It’s important for us to celebrate so we don’t forget where we come from. I celebrate with joy and food. All of the celebrations must have food!”

-Rodrigo Cordova, 90, Kenmore, Costa Rica

“Hispanic heritage month reminds us of everything that our ancestors did. We celebrate our culture. Everything that our ancestors did shapes the way we think and do things. I take all the ideas from my culture and integrate it with the city of Boston.”

-Jose Cardenas, 59, Hyde Park, Bolivia

“This is a way to show our culture so we can pass it onto future generations. I celebrate with reunions, dancing, and music.”

-Maria Bossa, 85, Dorchester, Colombia

“I’m proud that we, as hispanics, have a month to celebrate our culture. Boston is very good to us and celebrates our cultures well. We have many great restaurants and festivals to celebrate where we came from.”

-Agustin Baez, 66, Dorchester, Dominican Republic

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-Agustin Baez, 66, Dorchester, Dominican Republic

“When the community comes together—not just the hispanic community but everyone—we can help each other.”

-Mayra Valdez, 59, South End, Puerto Rico

“This is a way to show our culture so we can pass it onto future generations. I celebrate with reunions, dancing, and music.”

-Maria Bossa, 85, Dorchester, Colombia
**Healthy Recipe**

**Grilled Shrimp, Corn & Avocado Salad**

*Submitted by Tara Hammes, Registered Dietitian and Age Strong Director of Nutrition*

**Serves:** 4

**Nutrition information (salad only):** 290 calories, 24g protein, 120g sodium, 9g fat

**Nutrition information (salad and dressing):** 419 calories, 24g protein, 266g sodium, 22g fat

**Ingredients:**

**Salad:**
- 12 ounces frozen large raw shrimp
- 4 ears fresh corn
- 1 1/2 pints grape or cherry tomatoes
- 1 bunch scallions, sliced
- 1 teaspoon extra virgin olive oil
- 1 avocado cut into chunks
- 1/2 cup loosely packed basil leaves slivered
- Salt and pepper to taste

**Dressing:**
- 1/4 cup extra virgin olive oil
- Juice of 2 limes
- 1 teaspoon honey
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper

**Directions for the salad:**

• Preheat grill to high heat. Clean and oil grates.
• Toss shrimp, corn, tomatoes and scallions with extra virgin olive oil. Sprinkle shrimp with salt and pepper on both sides.
• Add shrimp and veggies to the grill. Reduce heat to medium. Grill shrimp for a few minutes on each side, just until opaque and cooked through. Grill corn, tomatoes and scallions, turning every few minutes until lightly charred. Grill time for shrimp, scallions and tomatoes, will be about the same. Corn may need few more minutes.
• When cool enough to handle, slice corn kernels off cob. (To do this, break off the bottom of the cob and place the corn flat side down in a large casserole dish, then using a knife, run the knife down the cob to remove the kernels.)
• In a large salad bowl, add corn, sliced scallions, tomatoes, shrimp and avocado chunks. Drizzle with dressing and toss. Top with slivered basil.

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**Food Resources**

- The Mayor's Office of Food Access has comprehensive food access maps by neighborhood and language. Visit [www.boston.gov/food](http://www.boston.gov/food)
- Fair Foods $2 a bag program provides mixed fresh produce for a suggested donation of $2 at various sites. For more info, visit [www.fairfoods.org](http://www.fairfoods.org)

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**Infographic**

**National Preparedness Month**

*Provided by the Mayor's Office of Emergency Management (OEM)*

September is National Preparedness Month. This year’s theme is **Prepared, Not Scared. Be Ready for Disasters.** The best time to prepare is now.

**Be Informed**

• Sign up for AlertBoston, the City of Boston’s emergency alert system.
• In the event of an emergency alerts can be sent via phone, text, or email and can be translated into other languages and for TDD/TTY devices.
• Keep a battery operated or crank radio tuned to your local emergency station and monitor TV, radio and follow mobile alerts about severe weather in your area.
• Find out where your nearest emergency shelter is.

**Build an Emergency Kit**

An emergency kit should have enough supplies so that you and your family can survive for three days.

You should keep your kit in a convenient place and be able to carry the essentials if you need to leave your home.

Your emergency kit should be easy to access and include the following:

- Canned food that won't go bad and doesn't need to be cooked
- A manual can opener, whistle, first aid kit, and a flashlight
- A battery operated AM/FM radio with extra batteries
- Take pictures or keep copies of important documents, like medical records, wills, insurance paperwork, power of attorney, and deeds
- Medication, medical equipment and other special items

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**Interested in more tips about emergency preparedness?**

*Visit: [www.boston.gov/ready-boston](http://www.boston.gov/ready-boston)*
Finding a new job opportunity as an older adult may seem like a daunting task. If you happen to find yourself newly unemployed or perhaps you’re retiring and looking for a part-time position to stay active, there are a few different approaches that you can follow to tackle this situation.

First, you have to remember to not let rejection get to you. The job search can be a long and draining process that may affect your self esteem and confidence. It’s certainly different than the normal routine when you were working daily. You won’t be driving to the same gas station to fill up before the work day begins or catching the same train or bus to get to the office. It’s a difficult transition, but you should remain positive and remember to never give up.

The free time that you have now gives you an opportunity to think about what you really want to do. It is the time to lay out your personal goals and plans on achieving them. This is valuable for laying the foundation for a new position or career. While planning for your future career endeavors, the state of Massachusetts can provide you with financial assistance and job guidance.

Here are a few important ways that Massachusetts can help you with the unemployment process.

- The Department of Unemployment Assistance (DUA) offers financial assistance. The DUA serves Massachusetts residents who are unemployed and looking for work, and employers that are legally required to contribute to the state’s unemployment insurance (UI) program.

There are three different ways you can apply for unemployment:

1. In person at the Boston Walk-In Center located at the Charles F. Hurley Building, 19 Standford St.
2. Call a TeleClaim center at 617-626-6800 open Monday-Friday between 8:30 am - 4:30 pm
3. Online at www.mass.gov/uionline

- MASSHIRE Centers offer employment and training services for job seekers.

There are over 25 MASSHIRE locations in the state with two in Boston. The services they offer include resume and cover letter classes, assistance with online applications, job search techniques and networking tips. When someone is unemployed, attendance at a career center is mandatory and required to continue receiving unemployment benefits.

Contact the Boston sites at:

MassHire Boston Career Center: 1010 Massachusetts Ave., 617-541-1400
MassHire Downtown Boston Career Center: 75 Federal St., 3rd Floor, 617-399-3100

- Career navigators at MASSHIRE locations can assist you in your job search. A career navigator can be a valuable source and advisor for someone who is newly unemployed. Career navigators also may know of additional funding that can be beneficial when additional training is needed.

The mission of Operation ABLE is to provide employment and training opportunities to job seekers from economically, racially and occupationally diverse backgrounds. For more information on employment services, please contact Operation A.B.L.E at 617-542-4180.
Upcoming Happenings: Ways to Fill Your Calendar

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

South Boston Street Festival
Time: 11:00 am - 4:00 pm
Location: East Broadway, between I and L St.
Contact Info: 617-990-7062

Boston Local Food Festival
Time: 11:00 am - 5:00 pm
Location: Rose Kennedy Greenway, starting at State St. and Atlantic Ave
Contact Info: bostonlocalfoodfestival.com

Hip-Hop Class
Time: 6:00 pm - 7:00 pm
Location: BPL - Mattapan Branch, 1350 Blue Hill Ave
Contact Info: 617-298-9218

Coloring for Adults
Time: 12:00 pm - 8:00 pm
Location: BPL - Honan-Allston Branch, 300 North Harvard St.
Contact Info: 617-787-6313

Open Tech Lab
Time: 3:00 pm - 5:00 pm
Location: BPL - Chinatown Branch, 2 Boylston St.
Contact Info: 617-807-8176

Beginning Internet Class
Time: 11:00 am - 12:00 pm
Location: BPL - Brighton Branch, 40 Academy Hill Rd
Contact Info: 617-782-6032
Call for an appointment and ask for Alan.

Country in the City Concert
Time: 7 pm - 9 pm
Location: City Hall Plaza
Contact Info: 617-635-3911

Roslindale Farmers Market
Time: 9 am - 1:30 pm
Location: Adams Park, 67 Poplar St
Contact Info: 617-327-4065

Age Strong Programming

For more information, call us at: (617) 635-4366

Yoga-lates
The Greenway Park
North End at Hanover St. & Cross St.
Thursdays / 10:30 am - 11:30 am
*Rain Location: Ausonia Apartments (BHA), 185 Fulton St., North End

Tai Chi
BCYF - Blackstone Community Center
50 West Brookline St., South End, 5th fl
Mondays & Wednesdays / 3:15 pm - 4:15 pm

BCYF - Vine St Community Center
339 Dudley St., Roxbury
Wednesdays / 9:00 am - 10:00 am

BPL - Mattapan Branch
1350 Blue Hill Ave., Mattapan
Wednesdays
12:30 pm - 1:30 pm

Memory Cafés
BCYF - Vine St Community Center
339 Dudley St., Roxbury
Every last Thursday of the month
1:00 pm - 3:00 pm

Jamaica Plain Community Health Center (in Spanish/en Español)
10 B Green St., Jamaica Plain
Every last Thursday of the month
1:00 pm - 3:00 pm

BCYF Grove Hall Senior Center
51 Geneva Ave., Dorchester
Every first Monday of the month
11:am - 1:00 pm

Don Orione Home Center
111 Orient Ave., East Boston
Every fourth Wednesday of the month
10:30 am - 12:00 pm

BCYF Golden Age Center
382 Main St., Charlestown
Every third Wednesday of the month
9:00 am - 11:00 am
It can be hard to imagine how certain policies and laws play a role in our day-to-day lives, so Boston Seniority is highlighting an important piece of legislation you may not have heard of—the Older Americans Act (OAA). You might be surprised to know that this act funds many programs and services found right in your community!

As an Area Agency on Aging, the Age Strong Commission uses the Older Americans Act funds to support local organizations who serve every neighborhood in the city. It's another way we help people age strong in Boston.

-Your Editors
The Older Americans Act: A Vision for the Country

By Age Strong Commissioner Emily Shea

“The Congress hereby finds and declares that, in keeping with the traditional American concept of the inherent dignity of the individual in our democratic society, the older people of our Nation are entitled to, and it is the...responsibility of the governments of the United States...to assist our older people to secure equal opportunity to the full and free enjoyment of the following objectives...”

-An Excerpt from the Older Americans Act

This is the opening line of the Older Americans Act, which asserts a strong, powerful vision for aging in America. The Older American’s Act has been funding much-needed services to millions of adults for over 50 years. The services and programs that the OAA funds makes it possible for more people to lead healthy, productive, and independent lives as they age. A few services that are authorized by OAA include family caregiver support, food resources, legal services, and job training.

As an Area Agency on Aging (AAA), we receive federal funding through the OAA. Each AAA has the opportunity to use the funds to meet local needs in the community. In Boston, we fund 26 organizations, making up the city's aging service network. From providing home-delivered meals to health and fitness programs, these agencies are dedicated to helping you live well and age strong in the City of Boston.

- Commissioner Emily Shea

Legislation introduced in Congress, to establish an independent and permanent Commission on Aging. Statistics showed that there were more than 18 million Americans over age 65.

1962

The Older Americans Act was signed into law on July 14, 1965. This act established the Administration on Aging within the Department of Health, Education, and Welfare, and called for the creation of State Units on Aging.

1965

The OAA Comprehensive Services Amendments established Area Agencies on Aging (AAA). The amendments added a new Title V, which is also known as the Senior Community Service Employment Program (SCSEP).

1973

The third White House Conference on Aging was held. OAA was re-authorized and emphasis was placed on supportive services to help older persons remain independent in the community.

1981

Administration for Community Living established on April 18, 2012, bringing together the Administration on Aging, the Office on Disability and the Administration on Developmental Disabilities.

2012

What does the Older Americans Act fund?

The OAA funds a wide range of aging services across core areas, with local flexibility built into the Act to reflect the needs of that area’s older adults and caregivers. Here are the areas the Act funds in Boston:

- CAREGIVING
- SUPPORT
- OMBUDSMAN
- MEALS ON WHEELS
- HEALTH PROMOTION
- LEGAL SERVICES

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"Our older residents are the heart of our city, and we look forward to continuing to serve their needs in Boston and draw on their tremendous strength."

-Mayor Martin J. Walsh

---

### The OAA Grant Process in Boston

**Step 1**
Older Americans Act dollars at the federal level move to the state, and finally to the City.

**Step 2**
The Age Strong Commission, as an Area Agency on Aging (AAA), makes OAA funds available for organizations to apply for grants to meet local needs.

**Step 3**
After evaluating proposals, we award grants to organizations, and work together to make sure the needs of older adults in Boston are met.

---

### Our Impact in Boston

- **477,8111** meals served in 2018 (including home-delivered and Congregate meals)
- **1,239** older adults participated in evidence-based health promotion and disease prevention classes in 2018
- **3,434** hours of legal service provides in 2018

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### The Trends

#### Population and Funding

<table>
<thead>
<tr>
<th>Year</th>
<th>Older Bostonians</th>
<th>OAA Act Dollars</th>
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</thead>
<tbody>
<tr>
<td>2010</td>
<td>88k</td>
<td>$4,165,927</td>
</tr>
<tr>
<td>2017</td>
<td>104k</td>
<td>$3,704,503</td>
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</tbody>
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Older American Act dollars have not matched the increased need in the community.

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### Reauthorization

In 2016, President Obama signed the OAA Reauthorization Act in order to continue to improve access and quality of services for older people across the country. The Act expires on September 30th and will be up for reauthorization by Congress this year. With changes in technology and society, the law is periodically updated by Congress to meet shifting needs. For more information, visit [www.n4a.org](http://www.n4a.org).

---

### Did you Know?

There's an important connection between the Older Americans Act and the Census Count. Getting an accurate number on the Census count influences the amount of money each state receives from the federal government. Be sure to fill out your census form this year so we continue to receive funding that matches the needs in our community.

For more information about the upcoming Census visit: [www.census.gov](http://www.census.gov)
Boston Senior Home Care
Offers caregiver support through counseling and support groups, respite, information and referrals and training opportunities.
Contact: Lisandra Clarke, 617-451-6400

Massachusetts Society for the Prevention of Cruelty to Children
Provides support groups, caregiver education and training programs, respite, and information and referral services to grandparents raising grandchildren.
Contact: Deanna Forist, 617-983-5850

Massachusetts College of Pharmacy and Health Sciences
Delivers medication management counseling and education and works to ensure proper use of medications.
Contact: Colleen Massey, 508-373-5651

ETHOS
Provides nutritional services with home-delivered meals, and cafés in Boston where older adults can receive nutritious meals.
Contact: Nachet Mehciz, 617-522-6700 (Ext 306)

Greater Boston Chinese Golden Age Center
Supplies home-delivered Cantonese-style meals and meals at dining sites throughout the City of Boston.
Contact: Debbie Gove, 617-357-0226

Hosts healthy aging workshops, such as chronic disease self-management and Tai-Chi. (Classes are in Cantonese.)
Contact: Megan Cheung, 617-357-0226 (Ext 231)

Elder drop-in services provide health education, information and help, fitness and wellness classes as well as other social activities.
Contact: Megan Cheung, 617-357-0226 (Ext 231)

Generations Incorporated
Services include health, wellness and fitness classes as well as volunteer opportunities.
Contact Info: Katie Klister Brown, 617-399-4700

La Alianza Hispana
Offers programs that support fall-prevention and healthy lifestyle skill-building, including Tomando, Matter of Balance, and Tai-Chi. Other services also include recreational activities, health education, translation and interpretation help and other supportive services.
Contact Info: Marisol Amaya, 617-427-7175 (Ext 716)

ABCD Mattapan Family Service Center
Provides help with groceries for low-income adults, exercise and educational classes, recreational activities and group outings
Contact Info: Michelle Bernard, 617-286-6750

ABCD North End/West End Neighborhood Service Center
Offers assistance to low-income older adult residents living in the North End, the West End, Beacon Hill and nearby communities.
Contact Info: Maria Stella Gulla, 617-523-8125
<table>
<thead>
<tr>
<th>Organization</th>
<th>Services Provided</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boston Medical Center</td>
<td>Provides support to older adults in the transition from homelessness to housing through case management, resident stabilization, geriatric assessment, consumer education, and housing placement.</td>
<td>Eileen O’Brien, 617-638-6148</td>
</tr>
<tr>
<td>Developmental Evaluation and Adjustment Facilities, Inc.</td>
<td>Provides services and benefits, assistive technology assessments, education around proper use of equipment and health education.</td>
<td>Carol Hilbinger, 617-254-4041 TTY/V</td>
</tr>
<tr>
<td>Greater Boston Legal Services</td>
<td>Provides legal help and information.</td>
<td>Wynn Gerhard, 617-371-1234</td>
</tr>
<tr>
<td>East Boston Social Centers</td>
<td>The program offers supportive services to East Boston’s older adults, including social and recreational activities as well as educational and volunteer opportunities.</td>
<td>Jeannie Spinazola, 617-569-3221 (Ext 114)</td>
</tr>
<tr>
<td>John F. Kennedy Family Service Center</td>
<td>Senior programming includes fitness classes, social and recreational activities, health education, food distribution and translation help.</td>
<td>Crystal Galvin, 617-241-8866</td>
</tr>
<tr>
<td>Greater Boston Legal Services</td>
<td>Provides legal help and information.</td>
<td>Wynn Gerhard, 617-371-1234</td>
</tr>
<tr>
<td>Inquilinos Boricuas en Acción</td>
<td>Residential programming includes health and wellness education, social and recreational activities, and information and referrals.</td>
<td>Suzeth Dunn-Dyer, 617-399-1962</td>
</tr>
<tr>
<td>Ecumenical Social Action Committee</td>
<td>Helps older adults with minor home repairs, general home maintenance, financial counseling, falls prevention home modifications and referrals.</td>
<td>Linda Morfin, 617-524-2555</td>
</tr>
<tr>
<td>MAB Community Services</td>
<td>Provides support to older adults who experience vision impairments including support groups, companionship and in-home evaluations.</td>
<td>Kyle Robidoux, 617-926-4312</td>
</tr>
<tr>
<td>Nuestra Comunidad Development Corporation</td>
<td>Offers help to older adults who are experiencing homelessness or at-risk for experiencing homelessness.</td>
<td>Isabel Torres, 617-989-1213</td>
</tr>
<tr>
<td>Vietnamese American Initiative For Development (VIETAID)</td>
<td>Senior Day Programs include interpretation, exercise, wellness and recreational activities.</td>
<td>Linh Nguyen, 617-822-3717 ext 15</td>
</tr>
<tr>
<td>South Boston Neighborhood House</td>
<td>Programming includes recreational activities and exercise as well as art and art classes, and info/referrals.</td>
<td>Carole Sullivan, 617-268-1619</td>
</tr>
<tr>
<td>Operation Peace, Northeast</td>
<td>Services include social and recreational activities, health and fitness classes, cultural activities and other opportunities.</td>
<td>Mallory Rohrig, 617-267-1054</td>
</tr>
</tbody>
</table>

For more information about the Age Strong Commission and our Older Americans Act grantees, visit: [www.boston.gov/age-strong](http://www.boston.gov/age-strong)
In Boston, we Age Strong.

As part of the Health and Human Services cabinet, our mission is to enhance your life with meaningful programs, resources, and connections so together we can live and age strong together in Boston.

We can help with:

Access to Information and Benefits:
Community Advocates connect seniors to a comprehensive array of resources, benefits, and information. We can:
• Assist with applications for public benefits like Supplemental Nutrition Assistance Program (SNAP) and fuel assistance.
• Ease the process of applying for, and receiving, Medicare benefits.
• Assist older adults access several tax relief exemptions and programs like the Elderly Exemption 41C, Senior Circuit Breaker Tax Credit and more.
• Assist older adults with navigating systems including the aging network and city services.

Outreach and Engagement:
The Commission organizes dozens of events and programs throughout the year. From large city-wide celebratory events to smaller neighborhood focused gatherings, we engage with older residents on many levels.

Transportation:
We are committed to helping people continue to lead independent lives by connecting them to transportation resources. We offer:
• Free wheelchair-accessible shuttles that provide door-to-door service for non-emergency doctor’s appointments. Call 617-635-3000 for more information.
• Taxi Coupons at discounted rates.
• Senior Charlie Card application assistance.

Volunteer Opportunities:
We operate 4 volunteer programs in impact driven work across the city:
• RSVP matches seniors with valuable volunteer opportunities in Boston.
• The Senior Companion Program matches seniors with homebound persons who need assistance.
• Senior Greeters volunteer their time to greet guests of City Hall.
• Senior Property Tax Work-Off Program: Qualified senior homeowners get the opportunity to work-off up to $1,500 on their property tax bill by volunteering for a City agency.

Housing:
The Age Strong Commission works to ensure that older adults are able to find and maintain housing. We can:
• Assist with housing applications.
• Connect older adults with other City and community agencies that can provide resources for home repair and other challenging situations like hoarding.
• Provide mediation and court advocacy.

Alzheimer’s and Caregiver Support:
Know that you are not alone; We are here to support you. We:
• Host Memory Cafes, which are places where individuals experiencing memory loss and their caretakers can meet in a safe, social environment.
• Provide referrals and offer workshops, training, and support groups for those who are supporting an older loved one.

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

One-year-old JP resident Harper took her copy of Boston Seniority magazine to Cape Cod. She loved seeing her grandma on the cover of the summer issue!

Age Strong Bag Giveaway!

Tell us what your favorite thing about autumn is for a chance to win. Email us at bostonseniority@boston.gov with your answer by October 1st with:

- your name
- age
- neighborhood
- phone number

*Winners must be able to coordinate pick-up for their giveaway at Boston City Hall.

Water Bottle Giveaway Winner!

Congratulations to Gweneva Lovett from the Back Bay for winning the Public Works water bottle!

"I keep cool for the summer by sitting directly under the Air Conditioner at home and letting the cool air take me to wonderful places. I also keep cool for the summer by splashing cold bottled spring water on my face."

Seen on Social Media

Find us on Facebook and Twitter: @AgeStrongBos

On social media, we post inspirational quotes for a dose of #WednesdayWisdom. Here are a few!

“Faith is taking the first step, even when you don’t see the whole staircase.”

Martin Luther King, Jr.

The Flashback

Last month’s answer:
Columbia Road near Esmond Street in Dorchester.

Can you guess?

Hint:
This was taken in 1913.
Become a Respite Companion!

Respite Companions offer friendship and are attentive to an individual living with dementia, while giving the gift of respite to a caregiver.

*Tax-Free Stipend - Government benefits not affected

Become a Senior Companion!

Senior Companions serve one-on-one with seniors who are more frail and other homebound persons who have difficulty completing everyday tasks.

*Tax-Free Stipend - Government benefits not affected

Volunteer Opportunities with Age Strong

For more information, call 617-635-4366!
Seen Around Town
See inside for events this month in Boston!