



MONTHLY UPDATES

City of Boston's Age Strong Commission

OCTOBER 2024

Welcome to OCTOBER MONTHLY UPDATES, the monthly Age Strong Commission e-newsletter! At the beginning of each month, we email *Boston Seniority Magazine* and our new monthly "To-Do" Activities Calendar. Now, you'll also get important information for older Boston residents to age strong city-wide.

VOTER REGISTRATION DEADLINE: OCTOBER 26

GENERAL ELECTION: NOVEMBER 5

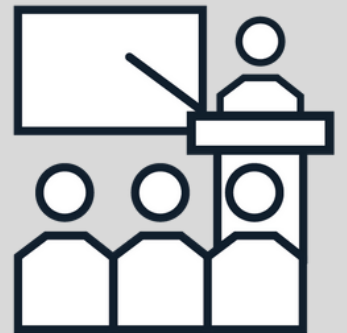


Boston residents can vote in-person, early, by mail, or absentee. Make sure you're registered and you know your correct polling location. For more information, call 617-635-8683. Get all the details here: boston.gov/departments/election

IMMIGRANT ADVANCEMENT COMMUNITY OFFICE HOURS

Get support connecting to resources & navigating City services during monthly community office hours at the East Boston Branch of the Boston Public Library, first Thursday 4-7pm & third Tuesday 10:30am-1pm. No registration required. Interpretation & disability accommodations are available.

boston.gov/calendar/immigrant-advancement-community-office-hours-0





OCTOBER UPDATES

FUEL ASSISTANCE: CALL AGE STRONG TO APPLY

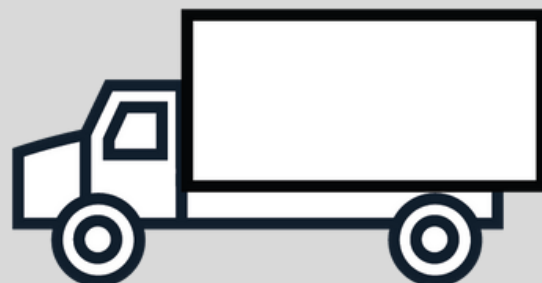


Find out if you're eligible for financial help in paying your heating bills, by applying for fuel assistance. Call Age Strong to speak with an advocate at 617-635-4366 or contact ABCD at 617-357-6012.

CITY HALL TO GO

The City Hall To Go Truck will be out in Boston neighborhoods this fall. Upcoming dates include Dorchester, Mattapan, Roslindale & Hyde Park. Residents can register to vote, request an absentee ballot, pay/appeal a parking ticket, pay real estate/excise tax, and more. Visit here for details:

boston.gov/departments/civic-organizing/city-hall-go-truck



CHECK OUT AGE STRONG'S NEW BLOG



We can't possibly fit everything into our Boston Seniority Magazine each month, so we started a blog! Learn about what Age Strong is up to here:

boston.gov/departments/age-strong-commission/age-strong-blog.



OCTOBER UPDATES

OPEN STREETS: ALLSTON/BRIGHTON: OCTOBER 20



The final Open Streets event of the season will take place October 20 in Allston/Brighton. This free, family-friendly event is open to all. Visit here for details:

boston.gov/departments/transportation/open-streets-boston

PARKS & RECREATION OFFERS FREE FALL FITNESS CLASSES

Did you know the Parks Department in partnership with the Boston Public Health Commission offers free fitness classes across the city, both in-person and online? Call 617-635-4505 or visit

boston.gov/departments/parks-and-recreation/boston-parks-fitness-series.



MONTHLY COGNITION CORNER AT VERONICA B. SMITH SENIOR CENTER



Each month, Age Strong's Corrine White hosts Cognition Corner gatherings at the Veronica B. Smith Senior Center in Brighton. Those experiencing memory loss and their care partners may come to learn, get resources, and meet others. For more information call 67-635-3745 or visit

boston.gov/calendar/cognition-corner



OCTOBER UPDATES

AGE STRONG NEEDS ASSESSMENT: SHARE YOUR VOICE/BE PART OF THE PROCESS



Every few years Age+ conducts a city-wide needs assessment of older adult residents. Share your voice about what you think is needed in Boston. Take the survey here: boston.gov/departments/age-strong-commission/2024-age-strong-needs-assessment

BOSTON SENIORITY MAGAZINE: IN SPANISH

Did you know? Age Strong translates select articles of Boston Seniority Magazine in Spanish. View it online here: boston.gov/departments/age-strong-commission/boston-seniority-magazine



MEET YOUR NEIGHBORHOOD LIAISONS



The Office of Neighborhood Services's liaisons hold coffee hours in their neighborhoods. Why not go meet your liaison, hear about what's going on, ask questions, and meet neighbors. Visit here to find out who your liaison is and when they hold coffee hours:

boston.gov/departments/neighborhood-services



OCTOBER UPDATES

AGE STRONG VIRTUAL WELLNESS FREE CLASSES ONLINE

Did you know Age Strong offers weekly free wellness classes weekdays online via Zoom? We offer chair yoga, Zumba, meditation, Latin dance & more. Call 617-635-4366 or get more detail here: boston.gov/departments/age-strong-commission/events-and-engagement-older-adults



CREATIVE AGING PROGRAM: VIDEO ON DEMAND

Age Strong offers 3 free different creative aging programs online, on your own schedule. Choose from drawing, ballroom dancing & making a memory book. Each program is 8 episodes. To watch, visit: boston.gov/departments/age-strong-commission/creative-aging-program

GET YOUR FLU & COVID VACCINES!

You can receive free flu and COVID-19 vaccinations at Boston City Hall on October 21 and 24. You do not need an appointment. If you have insurance, please bring your card with you. If you are not insured, you can still receive free flu and COVID-19 vaccinations.



AGE STRONG IS HIRING!

There are open jobs at Age Strong! Join our team in serving our city's older adults. Learn more here: boston.gov/departments/age-strong-commission/age-strong-job-opportunities

2024 ANNUAL MEDICARE OPEN ENROLLMENT

Get the Best Coverage for the Lowest Cost!
Assess your health insurance & prescription plan annually



The annual Medicare Open Enrollment period runs October 15 through December 7. Older adults on Medicare (age 65+) should speak with a certified SHINE (Serving Health Insurance Needs for Everyone) counselor each year to assess health insurance & prescription drug plans to get the best coverage for the lowest cost.

Call Age Strong at [617-635-4366](tel: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.

2024 ANNUAL MEDICARE OPEN ENROLLMENT

*In-Person Assessments Across Boston Neighborhoods
(plus screenings for SNAP, fuel assistance & other benefits)*

Wednesday, October 16

Veronica B. Smith Senior Ctr.
20 Chestnut Hill Ave., Brighton

Friday, October 18

BCYF Hyde Park
1179 River St., Hyde Park

Tuesday, October 22

East Boston Senior Center
7 Bayswater St., East Boston

Wednesday, October 23

Julia Martin House
90 Bickford St., Jamaica Plain

Tuesday, October 29

Central Boston Elder Services
2315 Washington St., Roxbury

Thursday, October 31

Boston Public Lib., Mattapan
1350 Blue Hill Ave., Mattapan

Tuesday, November 5

La Alianza Hispana
1000 Mass Ave., South End

Thursday, November 7

Inquilinos Boricuas en Acción
2 San Juan St., South End

Wednesday, November 13

BCYF Curley Community Ctr.
1663 Columbia Rd., S. Boston

Friday, November 15

Boston Public Library, W Roxbury
1961 Centre St., West Roxbury

Tuesday, November 19

Upham's Community Care
415 Columbia Rd., Dorchester

Thursday, November 21

Boston Public Library, Codman Sq
690 Washington St., Dorchester

Saturday, November 23

Bruce C. Bolling Municipal Bldg.
2300 Washington St., Roxbury

Tuesday, December 3

Boston Public Library, Grove Hall
41 Geneva Ave., Dorchester

Friday, December 6

Elks Lodge
1 Morrell St., West Roxbury

10:30am-3:30pm, in-person, WITH APPOINTMENT
Call 617-635-4366 to schedule your appointment



IMPORTANT INFORMATION

AGE STRONG COMMISSION	617-635-4366
AGE STRONG SHUTTLE	617-635-3000
VERONICA B. SMITH SENIOR CENTER	617-635-6120
EAST BOSTON SENIOR CENTER	617-961-3131
ELECTION DEPARTMENT	617-635-8683
REPORT SCAMS/FRAUD - FTC	877-382-4357
MA ELDER PROTECTIVE SERVICES	800-922-2275
MBTA & THE RIDE	617-222-5123
MA EXECUTIVE OFFICE OF ELDER AFFAIRS	617-727-7750
DISABILITIES COMMISSION	617-635-3682
FOOD JUSTICE	617-635-3717
IMMIGRANT ADVANCEMENT	617-635-2980

AGE+



*City of Boston
Age Strong Commission*