BOSTON SENIORITY

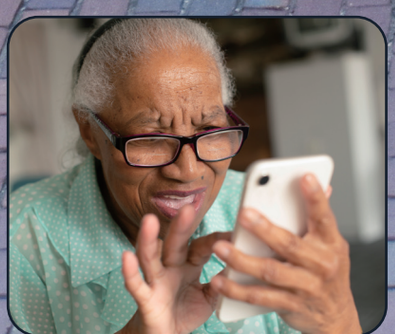
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November 2026

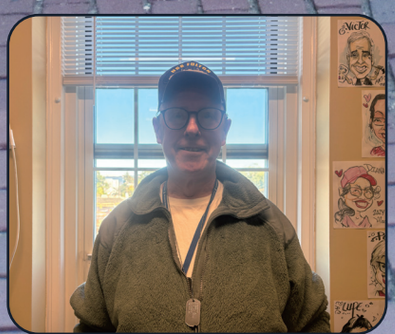
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CITY of BOSTON

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 NOVEMBER 2026

Hello Boston!

Autumn is here! The leaves are changing, the air is crisp, and there's so much to do in Boston!

Inside this issue of Boston Seniority Magazine, you'll get tips on staying warm this season, through programs like Seniors Save, through the Mayor's Office of Housing, which helps replace heating systems and getting help to pay heating bills by applying for Fuel Assistance through our community partners ABCD.

November is a time to honor our many Veterans for their accomplishments and bravery. I look forward to seeing you at our annual Veterans Parade on November 7, starting at 700 Boylston Street in Copley Square and finishing at City Hall.

Don't forget the Medicare Annual Open Enrollment period runs through December 7. It's the time of year when all older adults should review their current health insurance and prescription drug plans. Remember, every year our health changes, health insurance plans and prescription plans change. Make sure you're getting the best coverage to meet your specific needs. Call Age Strong to make an appointment for an in-person clinic, or to talk with a trained counselor by phone at 617-635-4366.

Finally, I hope to see you at one of the many upcoming holiday lighting ceremonies across the city. See inside for dates, times, and locations.

Looking forward to seeing you in community,

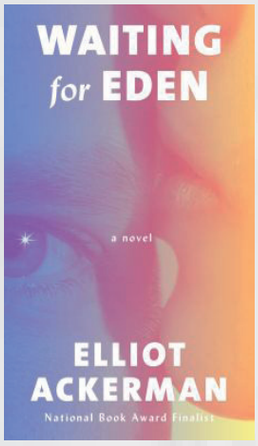
Mayor Michelle Wu

Michelle Wu

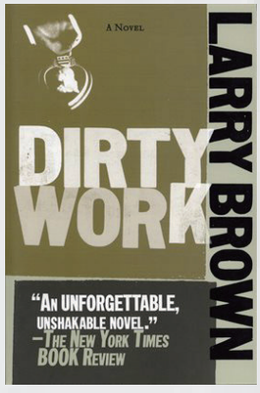
BPL BOOK PICKS

Source: Boston Public Library

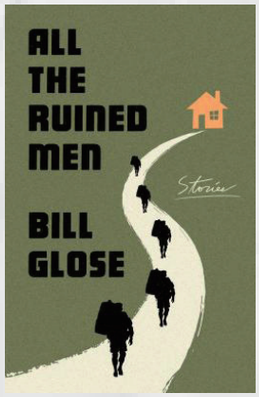
Each year, November 11 is celebrated as Veterans Day, a time to remember the sacrifices and labor of those who have served our nation. Check out these books about service in the military and the experience of veterans.



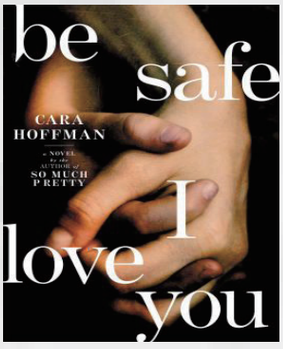
***Waiting for Eden* by Elliot Ackerman**
A veteran enduring a life trapped in his own mind begins to find a way to communicate before troubling realities about his marriage come to the surface.



***Dirty Work* by Larry Brown**
Looks at the world through the eyes of Walter Brown, a fireman in Oxford, Mississippi, as he reminisces about his youth.



***All the Ruined Men* by Bill Glose**
Authentic short stories of soldiers fighting a "forever war," in combat and back home.



***Be Safe I Love You* by Cara Hoffman**
Returning with deep psychological scars after a tour of duty in Iraq, soldier Lauren Clay guides her younger brother to an upstate New York oil field that has become the subject of her obsession and begins teaching him survival skills while revealing her experiences.



***Etta and Otto and Russell and James* by Emma Hooper**
Embarking on a more than 3,000-kilometer walking journey from rural Canada to the East Coast so that she can see the ocean for the first time in her life, an octogenarian woman has experiences that blur her perspectives between illusion, memory, and reality.

BOSTON PUBLIC LIBRARY

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



BE AWARE OF DECEPTIVE MEDICARE MARKETING

By Sophia Wang, Age Strong Staff

As older adults review their options during the annual Medicare Open Enrollment period, it is important to stay vigilant against deceptive marketing. Some health insurance companies may try to enroll you in a Medicare plan that isn't right for you. Knowing what to look out for can help protect you from potential fraud.

Watch Out For

- Salespeople visiting your home to sell you a Medicare plan unsolicited or leaving flyers at your door or on your car. They may also approach you in public to sell you their plan.
- Offers of gifts or money if you agree to sign up for their plan.
- Setting their own deadline for when you can sign up for a plan, or offering you extra benefits to sign up early. The actual deadline is December 7.
- Sales agents saying they're sent by Medicare or their plan is preferred by Medicare.
- Discuss other insurance products like life insurance when your meeting is only scheduled to talk about Medicare plans.

What To Do

- **Do not give your Medicare or personal information to unsolicited calls, emails, or texts.**
- **Compare and double check your health plan options with reputable organizations.** Age Strong will host Open Enrollment clinics with trained counselors. To sign up, call **(617) 635-4366**.
- **If you suspect Medicare fraud or marketing violations, reach out to the Massachusetts Senior Medicare Patrol Program** at **(800) 892-0890** or visit *masmp.org*.

Age Strong staff can help older adults assess and choose the best Medicare plan to suit their specific needs at Open Enrollment clinics across Boston. For more information: *boston.gov/departments/age-strong-commission/medicare-open-enrollment-2026*

Source: *Senior Medicare Patrol* & *National Council on Aging*

HONORING VETERANS: MEET U.S. NAVY VETERAN BRIAN A. GLENNON

By Edzani Kelapile, Age Strong Staff

Each year on the 11th day of November, the United States honors those who have served in the armed forces. For Brian Glennon, Veterans Day holds deep personal significance. "It's such an important day. Even if a veteran didn't see combat, they've put in an incredible amount of time and effort to serve their country," Brian says. "They deserve to be recognized and never forgotten."

Brian served in the U.S. Navy from 1975 to 1979, with a two-year stint in the National Guard in Dorchester soon after. In the Navy he served as a hull technician on two different ships, the USS Fulton AS 11 and the USS Recovery ARS 43. His role had him diving into the water to change propellers and sonar equipment and retrieve dummy torpedoes.

"I never worked less than 16 hours a day," he recalls. "The National Guard was good, but my time in the Navy was harsh and intense."

Raised in South Boston, military service runs in Brian's family. His father, uncle, and brother all served. It was actually Brian's father who inspired him to join. "He'd tell stories of his time serving over the dinner table, and I knew as soon as 4th grade that I wanted to follow in his footsteps," he says. Brian's uncle, who died in service at Guadalcanal, had a ship named after him: the USS Sheehan.

Looking back, Brian remembers his service fondly, particularly his time at sea, traveling with his crew across Europe and Cuba. The experience instilled a sense of discipline and accountability that he carries with him today. Inspired by his officers, Brian later pursued higher education, earning his BA in psychology and Master's in history. He recalls, "The officers were such good role models. I wanted to be just like them: responsible, professional, and capable of making complex important decisions."

When unexpected financial hardships led to a 20-year period of being unhoused, Brian drew from his military background and education. "I leaned on those lessons to stay prepared and responsible for myself," he explains. "We must expect that bad things

will happen sometimes and the key is learning how to deal with them."

Through outreach efforts from Pine Street Inn and BrightonOne, Brian moved into dedicated veterans housing on Brighton One's campus, where he has lived for over 2 years. He deeply appreciated the supportive community. "I feel a sort of imposter syndrome being here sometimes," he admits. "The staff here work so hard and care for veterans so well." From activities and outings like pumpkin carving and fishing trips, to specially curated meals for each resident, Brian has enjoyed BrightonOne's dedication to veterans for over two years.

Brian emphasized that one of the most meaningful ways to honor veterans is to simply listen to their stories and value their insight. "You never know what someone has gone through. Even with training, many carry a heavy mental load they don't know what to do with." Brian also thinks veterans have knowledge that can help problem-solve. Their unique lived experiences can offer wisdom and new problem solving perspectives.

Join us in honoring our veterans at Boston's annual Veterans Parade, November 7, at 12noon. The parade begins in Copley Square, travels down Boylston and Tremont Streets, and ends at City Hall Plaza with a post-parade celebration, flag raising ceremony, food, and entertainment. For more information, visit *boston.gov/calendar/boston-veterans-parade*.



SENIOR MEDICARE PATROL HELPS PREVENT FRAUD

By Sophia Wang, Age Strong Staff



Medicare errors, fraud, and abuse cost American taxpayers billions of dollars each year. To combat this issue, the Massachusetts Senior Medicare Patrol (SMP) Program, part of a nationwide effort, empowers older adults to protect themselves against Medicare scams and better understand their Medicare bills.

The SMP program started in 1997 and now operates across every U.S. state collaborating with local organizations and training volunteers to prevent Medicare fraud. The program provides direct counselling to Medicare beneficiaries on their medical bills, and if needed, escalates potential concerns to the Office of the Inspector General and other authorities.



These include suspected Medicare fraud, suspicious charges on a Medicare Summary Notice (MSN), Explanation of Benefits (EOB), or a billing error. SMP also offers trainings on Medicare literacy, ambulance transportation coverage, and proper billing practices.

To help older adults stay organized, SMP offers a free My Health Care Tracker, a personal healthcare journal for tracking appointments, prescriptions, and other medical information. Older adults can request a tracker by calling 800-892-0890 or emailing info@masmp.org.

SMP is always seeking new volunteers. This is a meaningful way to stay active while helping safeguard critical healthcare resources for older adults. SMP offers services in multiple languages other than English.

To become a volunteer, visit masmp.org to apply.
To report suspected fraud, or to get help with your Medicare bill, call **(800) 892-0890** or email *info@masmp.org*.

SMP

Senior Medicare Patrol



THE DOOR IS ALWAYS OPEN AT HALEY HOUSE

By Jordan Rich, Age Strong Staff

Sizzling swordfish, freshly-snipped basil, and laughter filled the room at Haley House's Take Back the Kitchen class. Steps away from the Thornton Street Farm, class attendees meet weekly to harvest, cook, and eat together. Haley House, an Age Strong Expanding Engagement grantee, amplifies the importance of urban farming to support the community.

Food and food access are at the heart of Haley House' s mission and programs. Founded in 1966, Haley House combats food insecurity, housing instability, while creating economic opportunities for residents of Boston's South End and Roxbury neighborhoods. Through its urban farms, the organization creates green spaces for residents to grow food, learn where their food comes from, and build stronger community connections.

Age Strong's grant funding supports Haley House's urban agriculture programs at Roxbury's Thornton Street Farm and other locations. Urban farming and gardening provides gentle physical activity, time outdoors, social connection, and the satisfaction of caring for a green space that feeds the community.

Older adults who attend Haley House programs often seek connection, belonging, and ways to stay active and engaged. Many value the welcoming space to spend time with peers, build relationships with staff, and learn new skills like cooking and gardening. Programs also include fitness, movement, and wellness, providing a sense of routine, community, and overall well-being for older adults experiencing isolation, stress, or challenges in their personal lives.

In the South End, on Dartmouth Street, Haley House provides free hot meals daily at its soup kitchen and weekly food pantry. Its programs and services are free for older adults to attend and open to the public. Haley House's community is reflective of the diversity of Boston and offers multiple programs in languages other than English. Soup kitchen multilingual staff and volunteers can assist Spanish-speaking guests as well as Mandarin and Cantonese speakers during Thursday's weekly food pantry.

Haley House helps prevent food insecurity through prepared hot meals at the soup kitchen, fresh produce deliveries from the urban farm, and workshops on how to grow and prepare healthy food on a budget, while meeting the cultural and dietary needs of older adults. So far this year, Haley House has provided nearly 30,000 meals and over 16,000 pounds of produce!

Haley House is excited to reopen its Bakery Café in Roxbury's Nubian Square in early 2027 with food, arts and culture programming, and other community events.

To learn more about Haley House and its programs, call **(617) 236-8132** or visit *haleyhouse.org*.





BOSTON'S COMMUNITY MEAL PROGRAM

Are you 60 years or older, in need of a healthy meal, and want to make new connections? Free lunches are available through the Community Meal program weekdays at over 40 locations across Boston to reduce food insecurity and malnutrition, promote social connections, support health & wellbeing, maintain independence & promote aging in place.

HOW TO ATTEND A COMMUNITY CAFE

- Anyone 60+ or lives in a Community Cafe building may attend (& spouses)
- Drop by any Community Cafe (list on back of flyer)
- Attendees complete a confidential registration form
- There are no obligations when filling out the form
- Folks may attend as often as desired, even daily

SEE LIST OF LOCATIONS ON NEXT PAGE!

CALL ETHOS AT 617-522-6700 FOR SITE HOURS & TO REGISTER

MEAL SITES ARE RUN BY AGE STRONG PARTNERS ETHOS & GREATER BOSTON CHINESE GOLDEN AGE CENTER

**A voluntary donation of $2/meal is suggested, but no one will be denied service for inability to donate*

CITY of BOSTON

AGE+ | Age Strong Commission

ETHOS

Greater Boston 中華耆英會 Chinese Golden Age Center

- **Beacon House Café**
  19 Myrtle St., Back Bay
- **Café Emmanuel**
  15 Newbury St., Back Bay
- **Veronica Smith Café**
  20 Chestnut Hill Ave., Brighton
- **Ferrin Café (Georgine Tower)**
  100 Ferrin St., Charlestown
- **Main Street Café**
  382 Main St., Charlestown
- **Codman Apartments Café**
  784 Washington St., Dorchester
- **Grove Hall Café**
  51 Geneva Ave., Dorchester
- **Keystone Café**
  151 Hallet St., Dorchester
- **Olmstead Green Café**
  2 Kingbird Rd., Dorchester
- **Pascuicco Café**
  330 Bowdoin St., Dorchester
- **Woodbourne Café**
  6 Southbourne Rd., Jamaica Plain
- **BCYF: Mildred**
  5 Mildred Ave., Mattapan
- **Church of the Holy Spirit**
  525 River St., Mattapan
- **Nazzaro Community Center**
  30 N. Bennet St., North End
- **La Alianza Café**
  1000 Massachusetts Ave., Roxbury
- **Ruggles/Hearth Café**
  25 Ruggles St., Roxbury
- **Walnut Café**
  237 Walnut Ave., Roxbury
- **South Boston Neighborhood House**
  136 H St., South Boston
- **Anna Bissonette House**
  1640 Washington St., South End
- **Peabody/Englewood Café**
  1875 Dorchester Ave., Dorchester
- **Morville House Café**
  100 Norway St., Back Bay
- **Covenant House Café**
  30 Washington St., Brighton
- **Blake Estates Café**
  1344 Hyde Park Ave., Hyde Park
- **Amory Street Café**
  125 Amory St., Jamaica Plain
- **Back of the Hill Café**
  100 S. Huntington Ave., Jamaica Plain
- **Crossroads, First Baptist Church**
  633 Centre St., Jamaica Plain
- **Julia Martin House Café**
  90 Bickford St., Jamaica Plain
- **Nate Smith House Café**
  155 Lamartine St., Jamaica Plain
- **Mount Pleasant Home**
  301 S. Huntington Ave., Jamaica Plain
- **Rogerson House**
  32 Beaufort Rd., Jamaica Plain
- **Medeiros Center Café**
  1960 Washington St., South End
- **Union Church Café**
  485 Columbus Ave., South End
- **Unity Tower Café**
  80 West. Dedham St., South End
- **Cheriton Heights Apartments**
  18 Cheriton Rd., West Roxbury
- **West Roxbury Elks**
  1 Morrell St., West Roxbury
- **Roche Community Center**
  1716 Centre St., West Roxbury
- **Hong Lok House**
  15-25 Essex St., Chinatown
- **Quincy Tower**
  5 Oak Street W., Chinatown
- **Brighton House**
  677 Cambridge St., Brighton
- **VietAID Café**
  42 Charles St., Dorchester
- **East Boston Senior Center**
  7 Bayswater St., East Boston

CELEBRATE THE SEASON: BOSTON'S 2026 HOLIDAY LIGHTING EVENTS

By Ami Bennitt, Age Strong Staff

As the holiday season approaches, Boston comes alive with festive tree lightings, community gatherings, and holiday displays across our neighborhoods. Here's a list of upcoming activities to add to your holiday season calendar!

NOV 23

Trellis Lighting
5PM
Christopher Columbus Park
110 Atlantic Avenue, North End

NOV 24

Boston's Official Holiday Tree Arrival
11AM
Boston Common
139 Tremont Street, Downtown

NOV 28

Lighting Ship Martin's Park
5PM
Smith Family Waterfront
64 Sleeper Street, Seaport

NOV 30

Copley Square Tree Lighting
5PM
Copley Square Park
560 Boylston Street

DEC 3

Tree Lightings at Boston Common
6-8PM
139 Tremont Street, Downtown

DEC 4

Light Up the Seaport
7:20PM
Seaport Common
85 Northern Avenue, Seaport

DEC 13

Menorah on Boston Common
4PM
Brewer Fountain near Park Street T Stop



Mayor Michelle Wu Presents

Enchanted Trolley Tour and Tree Lightings

Saturday, December 5 & Sunday, December 6

Visit boston.gov/events for more information

Tourism, Sports, and Entertainment

CITY of BOSTON

CAREGIVERS: AN IMPORTANT PART OF AGING WELL

By Corinne Brindley, Age Strong Staff

November is National Caregivers Month, a time to recognize both the challenges and meaningful opportunities that come with caregiving. Caring for a loved one often requires learning new things, mastering new skills, making tough decisions, and adapting to new ways of relating to a loved one.

Meeting the demands of caregiving for another can make it hard to take care of your own health and well-being. Caregivers are often reminded to "put your oxygen mask on first" before helping others because when you care for your own mental, emotional, and physical health, everyone benefits.



For the first time in history, there is a new specialized program through Medicare to help families caring for a loved one living with dementia. Medicare recognized that people with dementia often experience fragmented care, leading to poor health outcomes. Additionally, people with dementia typically need comprehensive caregiver support that can lead to significant mental, physical, emotional, and financial burdens on families.

Recognizing this, Medicare has launched its Guiding an Improved Dementia Experience (GUIDE) Model, an evidence-based initiative that coordinates care to better support individuals with dementia and their caregivers. Services include:

- Care navigation and 24/7 support line

- Caregiver training and education
- Respite services of up to $2,500 annually
- Direct connections to community resources.

There are several GUIDE Model providers in Boston, including ETHOS and and Central Boston Elder Services, two of Boston's local Aging Service Access Points (ASAPs). To learn more about GUIDE, visit Centers for Medicare & Medicaid Services at *cms.gov*.

Boston's Age Strong Commission offers resources to help ensure no caregivers have to walk the path alone:

- Memory Cafés - a great welcoming place where individuals with dementia and their caregivers can engage in positive, supportive social activities together.
- Dementia Caregiver Support Group - co-hosted in collaboration with the Alzheimer's Association, this group meets on the fourth Friday of every month from 12noon-1pm at the BCYF: Roslindale.

To learn more about dementia supports and services, call the Age Strong Commission: **(617) 635-3745**.





ZERO WASTE DAY

SATURDAY November 21, 2026

8:30am - 12:00pm

315 GARDNER ST. 02132

WEST ROXBURY PWD

Join us for a Zero Waste Day and drop off your electronics, light bulbs, paint & motor oil, propane tanks, clothing & textiles, tires, and paper for shredding. Learn more at **boston.gov/zero-waste-day**

City of Boston
Public Works

ZERO WASTE

EVENTS + ACTIVITIES

NOVEMBER HAPPENINGS

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

NOV 16

Poetry Workshop Series
1:00 PM – 2:00 PM
BPL Chinatown
2 Boylston St,
Chinatown
(617) 807-8176

NOV 17

Origami Club
11:00 AM – 12:00 PM
BPL West End
151 Cambridge St,
West End
(617) 523-3957

NOV 19

The History of Charlestown's Miller's River
6:00 PM – 7:00 PM
BPL Charlestown
179 Main St,
Charlestown
(617) 242-1248

NOV 24

Tuesday Games
1:00 PM – 2:30 PM
BPL Faneuil
419 Faneuil St,
Brighton
(617) 782-6705

NOV 25

JP Writers' Corner
4:30 PM – 5:30 PM
BPL Jamaica Plain
30 South Street,
Jamaica Plain
(617) 524-2053

NOV 28

ESOL Conversation Group
10:00 AM – 11:30 AM
BPL Codman Square
690 Washington St
Dorchester
(617) 436-8214

- **Facebook:** *@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

TIPS TO BEAT THE HOLIDAY BLUES

By Ami Bennitt, Age Strong Staff

Many people can experience feelings of anxiety or depression during the holiday season. People who already live with a mental health condition should take extra care to tend to their overall health and wellness during this time.

Extra stress, unrealistic expectations or even sentimental memories that accompany the season can lead to holiday blues. Some folks may be at risk for loneliness, sadness, fatigue, tension, and a sense of loss.

Seasonal factors can lead to holiday blues like less sunlight, changes in diet or routine, alcohol at parties, over-commercialization or the inability to be with friends or family.

Here are some tips to avoid the holiday blues:

- Stick to usual routines as much as possible
- Get enough sleep
- Take time for yourself, but don't isolate yourself
- Spend time with supportive, caring people
- Get exercise, even a short walk
- Make a to-do list, but keep things simple
- Eat and drink in moderation; if you're feeling down, don't drink alcohol
- Set reasonable goals for holiday activities like shopping, cooking, entertaining, attending parties or sending holiday cards
- Set a budget for holiday activities; avoid overextending financially on buying presents
- Listen to music and find ways to relax
- The holiday blues are short-term; be patient; take things day-to-day

To learn more, visit *nami.org/blog/tips-for-managing-the-holiday-blues/*.

Source: *National Alliance on Mental Illness*

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.

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.

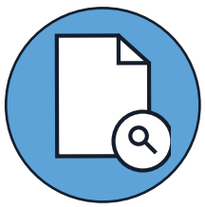
FOR MORE INFORMATION
CALL 617-635-4366 OR VISIT BOSTON.GOV/AGE-STRONG

CITY of BOSTON | AGE+ | Age Strong Commission | AmeriCorps Seniors

IN BOSTON, WE AGE STRONG.

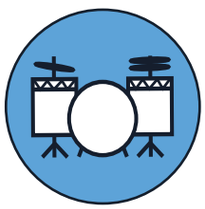
As part of Boston's Human Services cabinet, Age Strong aims to enhance the lives of older residents with meaningful programs, resources, and connections so we can live and age strong together in Boston. ***Call us at (617) 635-4366 or visit boston.gov/age-strong.***

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.

CITY of BOSTON

Housing

SAVE ON A NEW HEATING SYSTEM TODAY

Up to **$12,000** in grants available to repair or replace your heating system

Available to Boston homeowners ages **60 and older**

Income eligibility limits apply

Learn more at **boston.gov/seniors-save** or scan the QR code below.



homecenter@boston.gov

617-635-4663



AGE STRONG COMMUNITY AMBASSADOR

PART-TIME | 10 HOURS/WEEK | BOSTON RESIDENTS AGE 55+

WE ARE HIRING

Are you 55+ & passionate about supporting your community?

Become an Age Strong Commission **Community Ambassador**!

Use your life experience & local knowledge to connect older adults in your neighborhood to valuable resources & programs.

WHY APPLY?

- ☑ Make a difference in your neighborhood; help older adults access services, feel heard & supported
- ☑ Flexible work schedule
- ☑ Share your strengths; use your language, culture & community connections

WHAT YOU'LL DO:

- ☑ Meet older adults, listen to their needs & build trusted relationships
- ☑ Share about Age Strong's programs & services
- ☑ Represent Age Strong at local meetings & events

YOU'RE A GREAT FIT IF YOU ARE:

- ☑ 55 years or older
- ☑ Are a City of Boston resident
- ☑ Friendly & community-focused
- ☑ Bilingual
- ☑ Comfortable using basic computer programs

THREE WAYS TO APPLY:

- ☑ Visit Age Strong Comunity Ambassador webpage to submit an application
- ☑ Scan the QR code to fill out an application now!
- ☑ Or Email your resume to Agestrongambassador@boston.gov

FOR MORE INFORMATION:

AGEAMBASSADOR@BOSTON.GOV

617-635-2451

AGE+ City of Boston
Age Strong Commission
Mayor Michelle Wu

ENGLISH

Join us at Boston's Age Strong Commission's

MEMORY CAFES

For those with memory loss & their care partners, Age Strong offers a variety of free Memory Cafes across Boston's neighborhoods. Get support, resources & even, have fun! Visit boston.gov/memory-cafe for more details.

FOR AGES 55+

Rotating Friday each month | 11:30AM-1PM

September 11: Shaw-Roxbury Branch, 149 Dudley Street, Roxbury
October 9: East Boston Branch, 365 Bremen Street, East Boston
November 6: North End Branch, 25 Parmenter Street, North End
December 11: South Boston Branch, 646 E Broadway, South Boston

Second Wednesday each month | 10AM-12PM

Boston Public Library - Codman Square Branch
690 Washington Street, Dorchester

Last Monday each month | 10:30AM-12PM

Boston Public Library - Jamaica Plain Branch
-Bilingual in English & Spanish-
30 South Street, Jamaica Plain

AGE+

FREE EVENT

FOR MORE INFORMATION OR TO RSVP, CONTACT CORINNE BRINDLEY AT 617-635-3745 OR CORINNE.BRINDLEY@BOSTON.GOV



CITY of BOSTON | AGE+ Age Strong Commission | BOSTON PUBLIC LIBRARY | memory cafe alliance | IS INTEGRO SONORO

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

BOSTON PUBLIC HEALTH COMMISSION

SHINE Serving the Health Insurance Needs of Everyone

ETHOS

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

Monday, November 2
Fenway Community Center
1282 Boylston St #123, Fenway

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

GETTING OLDER RESIDENTS AROUND BOSTON DISCOUNTED OR FREE TRANSPORTATION RESOURCES

By Ami Bennitt, Age Strong Staff



Getting where you need to go shouldn't be a hurdle. As we age, managing transportation can become challenging due to health changes, weather and rising costs. To help, we've highlighted some accessible options available to residents age 60+.

The Age Strong Shuttle

The Age Strong Shuttle offers free, accessible, door-to-door transportation to Boston's older residents to medical appointments. Service is available Monday through Friday, 8am to 4pm, with wheelchair accessible vehicles. To register and book your ride in advance, call **(617) 635-3000**.

Taxi Coupon Program

Boston residents age 65+ and persons with disabilities can purchase discounted taxi coupons for City of Boston licensed taxis. Each Coupon book costs $5 (a value of $10) and residents may buy up to 4 coupon books per month. Coupons must be purchased in person with cash, and proof of Boston residency and age. Buy coupons at the Age Strong office at City Hall (Room 271) or at various neighborhood locations. For more information or a comprehensive list of sites, call Age Strong at **(617) 635-4366**.

Healthy Rides Program

Age Strong, in partnership with

the Urban League of Eastern MA and Lyft offer free "healthy rides" for Boston older adults to attend health and wellness programs in Boston, including medical appointments, pharmacy visits, fitness and other classes at community or senior centers, and more. Each eligible resident gets up to 4 one-way rides per month, while funds last. Call (617) 635-3000 and say "healthy rides."

MBTA's Discounted and Free Charlie Cards

The MBTA (Massachusetts Bay Transportation Authority) offers two programs for older residents, valid for 8 years and applicable to the subway, bus, Commuter Rail, and ferry:

- The Senior CharlieCard gives riders 65 and older at least half off one-way fares and monthly passes.
- The new Car-Free Seniors CharlieCard provides free fares for riders 75 and older who hold an RMV-issued Mass ID.

Enrolled older adults are also eligible for discounted trips on The RIDE. To get a Mass ID, residents can visit any local RMV service center.

MBTA's The Ride

The MBTA's paratransit service, The RIDE, provides door-to-door, shared-ride transportation for individuals unable to use the subway, bus, or other public transit due to temporary or permanent disability. It operates year-round, with similar hours to the MBTA—typically 5AM-1AM. Trips must be scheduled 1-5 days in advance and are assigned a pick-up window.

For more information on the MBTA's transportation services, call **(617) 222-3200** or visit *mbta.com/fares/reduced/senior-charliecard*.



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.

Caregiver Support Group
Mondays, 9-10am,
Tuesdays, 7-8pm
Virtually via Zoom
-Boston Senior Home Care-
Registration required. Sign up:
supportgroups@bshcinfo.org
bshcinfo.org/caregiver-program
617-451-6400

Senior Brown Bag
4th Mondays monthly,
9am-12noon
535 River Street, Mattapan
-ABCD Mattapan-
Monthly grocery bag for eligible older adults
Registration required:
(617) 298-2045
bianny.suncar@bostonabcd.org,

Computer Class
Fridays, 9am
136 H Street, South Boston
-South Boston Neighborhood House-
csullivan@sbnh.org
(617) 268-1619 ext 301

Free Vaccine Clinic
Monday, November 16, 3-7pm
Bruce Bolling Municipal Building
2300 Washington Street, Roxbury
-Boston Public Health Commission-
Flu & COVID vaccines, walk-ins welcome
More clinic dates at
boston.gov/vaccine
info@bphc.org
(617) 534-5395

HOME ENERGY ASSISTANCE

ABCD FUEL ASSISTANCE

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.

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

- 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.

FUEL ASSISTANCE ELIGIBILITY GUIDELINES: 2026 - 2027	
HOUSEHOLD SIZE	TOTAL GROSS YEARLY INCOME
1	$53,585
2	$70,073
3	$86,561
4	$103,049
5	$119,536
6	$136,024
7	$139,116
8	$142,207
OVER 8*	*CONTACT 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:
2 Florence Street, 4th floor, Malden MA.
Call us at 781.322.6284

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