

Boston Seniority

Age Strong Commission

City of Boston

Mayor Kim Janey

Celebrating Grandparents

p.14-19

Oct 2021
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In our "Celebrating Grandparents," issue we feature quotes from older Bostonians on the joys of being a grandparent. We also include information and resources for grandparents who are raising grandchildren. See pages 14-19 for more information.



Boston Seniority

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Stay Connected
with Boston's Age
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Facebook:
[@AgeStrongBos](https://www.facebook.com/AgeStrongBos)



Twitter:
[@AgeStrongBos](https://twitter.com/AgeStrongBos)

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

Email us at
BostonSeniority@boston.gov

From the Mayor's Desk

Hello Boston!



Welcome to October, a special time in our city where the weather gets cooler, the leaves turn into beautiful reds, oranges, and yellows, and pumpkins are abundant.

Congratulations to the older adults who signed up for our "Joy Walks" walking clubs throughout our vibrant neighborhoods. Walking clubs have so many benefits -- physical, mental, and social. Joy Walks continue through October, so there's still time to join, increase your steps, and meet your neighbors. See page 24 for more details.

In October we have a lot to celebrate, including National Hispanic Heritage Month, Breast Cancer Awareness Month, Fire Prevention Week, and of course, a family favorite, Halloween!

My grandchildren love Halloween! As a grandmother myself, I appreciate my three grandchildren daily, and am grateful for the time we spend together as a family. Throughout time, many families have lived multi-generationally, in one home -- grandparents, their adult children, and their young children, often making grandparents a major part of their grandchildren's lives. This month, we celebrate all Grandparents -- near and far, and those who take on the special role of raising their own grandchildren later in life.

Take a look inside to meet some of these special folks, learn about resources, and discover more fun facts about grandparents in the U.S. For those who are grandparents, why not take the kids to enjoy the sights of our city, while walking outdoors -- ride the carousel at the Rose Kennedy Greenway, do yoga at the Boston Common Frog Pond, shop for fresh produce at our many neighborhood farmers markets, enjoy the piers on our Boston Harborwalk, play cornhole at the Lawn on D -- or just wander -- you never know what surprises you may find!

I look forward to seeing you out and about,

-Mayor Kim Janey



► Book Picks

Celebrating National Hispanic Heritage Month



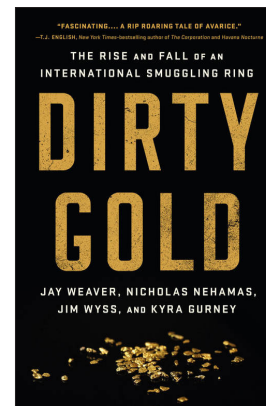
Source: Boston Public Library

Latinx Life is a list of recent books concerning the Latinx experience, and is published as part of the Boston Public Library's observance of Hispanic Heritage Month each year.



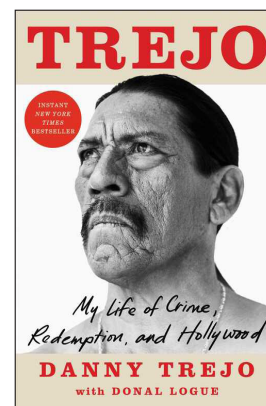
Find me in Havana
by Serena Burdick

Told in a series of letters and based on the true story of actress Estelita Rodriguez, a woman retraces her late mother's extraordinary life from Cuba to Hollywood.



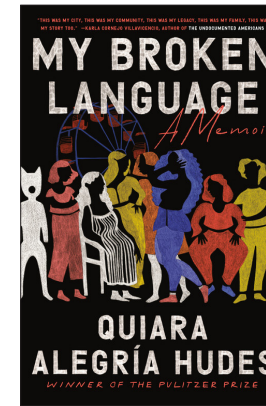
Dirty Gold
by Jay Weaver

Miami businessmen known as "The Three Amigos" built a massive crime empire by illegally trading gold from the Peruvian rainforest.



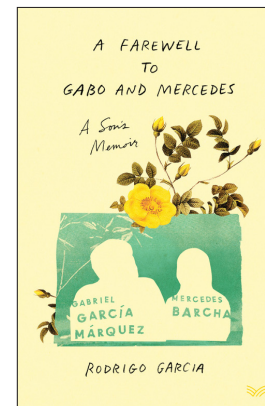
Trejo
by Danny Trejo

This honest and raw examination of the actor, producer, and restaurant mogul examines his years of addiction and imprisonment before he turned his life around.



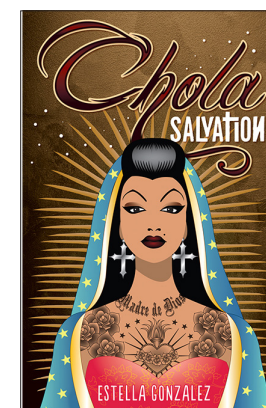
My Broken Language
by Quiara Alegria Hudes

The Pulitzer Prize-winning playwright recounts growing up in Philadelphia and straddling the different worlds of her Puerto Rican mother and Jewish father.



A Farewell to Gabo and Mercedes
by Rodrigo Garcia

Film director and screenwriter Garcia gives a loving tribute to the final years of his parents' lives, when his famous father descended into ill health and dementia.



Chola Salvation
by Estella Gonzalez

Set in 1980s East Los Angeles, this debut collection captures the preoccupations of Mexican Americans as they struggle with their jobs, heritage, faith, and poverty.

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

▶ Scam Alerts

Scam Corner

Source: AARP

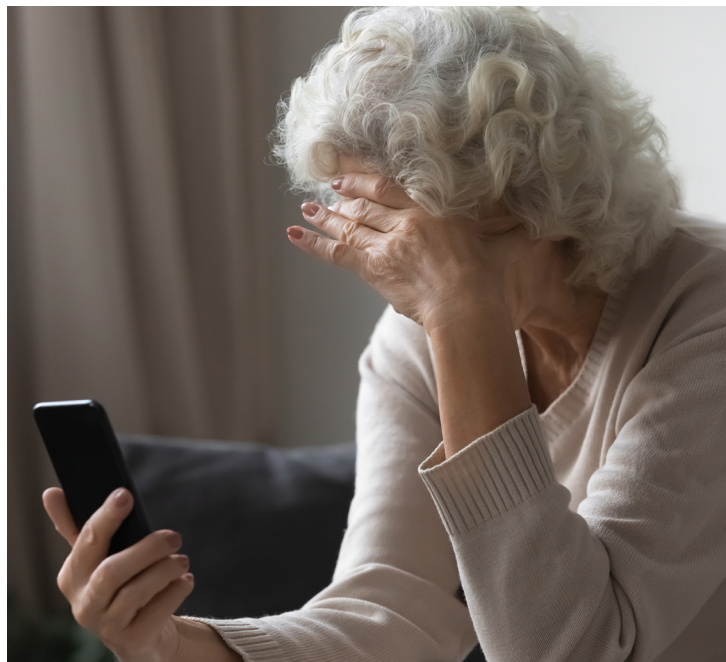
Did you know that someone's identity gets stolen every two seconds? The AARP Fraud Watch Network provides you with tips and resources to help you spot and avoid identity theft and fraud so you can protect yourself and your family. Our watchdog alerts will keep you up to date on con artists' latest tricks. It's free of charge for everyone: AARP members, non-members, and people of all ages.

▶ SCAM ALERT #1: **AARP Impostor Scams**

One of the most effective things that criminals can do to gain your confidence is impersonate an organization that you do business with and trust. Sadly, no one is immune from this. Not even AARP.

Recently, the AARP Fraud Watch Network Helpline has been receiving calls about a scam involving phone calls from someone claiming to be with "AARP Security Systems" (or something similar sounding). We are told the first question they ask is whether you own your home and then they hang up.

We haven't yet heard from anyone who lost money or sensitive information to these scam calls, but that could always change. Don't engage with anyone claiming to be from AARP Security



Systems, and if you get a call like this, let us know by calling the AARP Fraud Watch Network Helpline at 1-877-908-3360, or reporting it on our scam map (www.aarp.org/scammap). Anytime you are directed to pay a debt or other obligation with a gift card, it is a scam.

▶ SCAM ALERT #2: **“Smishing”**

As more of us catch on to scam calls to our smartphones and block them or don't answer them, scammers have taken to texting. “Smishing” is the term of art: SMS + phishing. Just as scammers phish by casting a wide net with email, so they do with smishing via text.

The same things that we suggest in order to avoid phishing attacks apply to smishing. But texts live in this space of immediacy – scammers know we are likely to respond much faster to a text

than an email. To thwart their efforts, take a pause and consider the message. Is this really my bank, or Amazon, or PayPal, or the IRS texting me? Don't click links – access the company or agency in a way you know to be safe and see if there's an issue. Otherwise, don't engage.

▶ SCAM ALERT #3: **Grandparent Scams**

Criminals know that fear is the best motivator, and nothing drives fear more than a loved one in trouble. This is why scams targeting grandparents seem never to go away.

If someone calls claiming to be your grandchild, or some authority calling about your grandchild who is in trouble or danger, it's most likely a scam. It's certainly a scam if the caller directs you to send money fast to resolve the problem. Your best move is to hang up and call your grandchild or reach out to family who would know his or her whereabouts.

▶ SCAM ALERT #4: **Utility Scams**

Utility scams heat up as the temperatures rise (and when they fall), so much so that the Federal Trade Commission ranks utility impostors among the top reported scams. In this one, you typically get a call, email or text saying your account is



past due and you must pay immediately, or they will cut off your power. Another tactic is the “utility” claiming you overpaid your bill, and they request your bank account information to issue a refund. Utility scammers can also show up at your door after a power outage or severe storm offering to get your power back on for a fee.

Utility companies typically don't do business this way. Any unusual communication from your utility should raise a flag. Disengage and contact your provider at a number you know to be legitimate (off of a recent statement, for example). Chances are you'll learn that there is no problem to address.

For help from AARP, call 1-877-908-3360 or visit the AARP Fraud Watch Network at aarp.org/fraudwatchnetwork.

► Volunteering

Q&A with an Age Strong AmeriCorps Senior Companion

By Andrew Higginbottom, Age Strong, Staff Assistant



Marcella Jones-Richardson, 64, Hyde Park

The Age Strong Commission offers a variety of ways older adults can volunteer to help other seniors in need. One of the ways is to be an AmeriCorps Senior Companion. Senior Companions serve as friends and companions to older neighbors making sure they can live in their own homes for as long as possible. Senior Companions offer one-on-one services to those who have difficulty completing everyday tasks. They can assist with:

- grocery shopping and paying bills
- transportation to medical appointments, and
- alerting doctors and family members to potential health problems.

Senior Companions can also provide short periods of relief to primary caregivers.

Because of this program, thousands of residents can live with dignity in their own homes longer. *Boston Seniority* spoke with one Age Strong Senior Companion who has gone above and beyond in the past year serving as a volunteer companion.

How did you hear about the Senior Companion Program?

Marcella: I heard about the Senior Companion Program through the *Boston Seniority* magazine. I applied to the Senior Companion Program because I had a history of helping others. About 50 years ago, I volunteered at hospitals. We were called candy strippers. After that, I became a nurse for many years. I'm retired now and thought that this would be a great opportunity to continue helping others.

How long have you been part of the Senior Companion Program?

I've been with the Senior Companion Program for three years.

Can you tell me more about the people you care for?

The people I see are either in nursing homes or live by themselves. They all need a little companionship to help them get through the day. I currently serve as a Senior Companion to six older adults. One senior has a big family, but they are often busy with work. The family needs someone who has time throughout the week to look in on their loved one and engage in some entertainment such as bingo, singing, or just a friendly chat to pass the time.

What would you tell someone who is thinking of becoming a Senior Companion?

If you love meeting new people and helping others, then sign up! Age Strong's Senior Companion Program is such a great volunteer opportunity. You get to learn about different cultures and learn different skills in the process. You get to see the people you care for light up and it's a rewarding experience. The volunteer

team at Age Strong are great and you can tell they love what they do. I'm thankful for the Senior Companion Program for giving me something to do at my young, ripe age of 64!

Interested in becoming a senior companion? Contact Joseph Goncalves at Joseph.Goncalves@boston.gov or 617-635-3988.

8 Great Reasons to Volunteer with Boston's Age Strong Commission

► You can make a difference.

Through volunteering, you help people in your community. It gives you the opportunity to be a part of something bigger than yourself.

► You can discover your hidden talents.

Volunteer experience can be a good way to learn more about yourself and your potential to grow and develop.

► It's good for your mental health.

Volunteering keeps the brain active and engaged, which contributes to a person's cognitive health.

► It can help build new relationships.

If you're feeling lonely, isolated, or simply want to widen your social circle, volunteering in your local community is an important – and often fun – way to meet new people.

► You can pursue work that you're

passionate about.

We have a wide variety of volunteer opportunities. Your reason for volunteering can begin where your passions lie.

► It improves your employability.

Volunteering is an excellent way to gain experience and boost your career prospects.

► It helps create a sense of purpose.

Volunteering gives you the opportunity to find a cause you identify with and believe in, and helps provide a vehicle to accomplish it.

► It is fun!

If you find an opportunity that you're passionate about and can enjoy with lots of like-minded people, then you'll be enjoying yourself while reaping the many other benefits of volunteering too!

Call 617-635-4366 or email agestrong@boston.gov to become a volunteer.

▶ Did you know?
October Awareness

National Hispanic Heritage Month
September 15-October 15, 2021

National Hispanic Heritage Month (Spanish: Mes Nacional de la Herencia Hispana) is a period from September 15 to October 15 to recognize the contributions and influence of Hispanic Americans whose ancestors originated in Spain, Mexico, the Caribbean, Central America, and South America.

The month highlights the importance of our City's residents. We showcase their diverse histories and contributions to public life, culture, language, and identity. Every year, we celebrate through a wide range of events.

We celebrate and honor Boston's many Hispanic and Latinx older adults who add such richness to our community and neighborhoods.



**October is
Breast Cancer
Awareness
Month**

Breast cancer is an epidemic that continues to be a major health crisis in the United States. This condition, once diagnosed, can be overwhelming and frightening for victims and their families. This month, it is important to highlight different educational and health resources, as different ways to contribute in the community to assist those fighting this deadly chronic illness.

One resource to reach out to is the Massachusetts Breast Cancer Coalition. The Massachusetts Breast Cancer Coalition is dedicated to preventing environmental causes of breast cancer through community education, research advocacy, and changes to public policy.

To learn more about how you can help, contact the Massachusetts Breast Cancer Coalition at 617-376-6222 or info@mbcc.org.

Fire Prevention Week

Fire Prevention Week will be observed in the City of Boston this year from October 4 to October 10.

This year's theme is, "Learn the Sounds of Fire Safety." The campaign works to educate everyone about simple but important actions they can take to stay safe.

It's important to learn the different sounds of smoke and carbon monoxide alarms. When an alarm makes noise—a beeping sound or a chirping sound—you must take action. Make sure everyone in your home understands the sounds of the alarms and knows how to respond. To learn the sounds of your specific smoke and carbon monoxide alarms, check the manufacturer's instructions, or search the brand and model online.

To learn more, visit boston.gov/news/home-safety-seniors

October Happenings: Get Out and About in Boston!

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

OCTOBER
7
Fashion: A Career at Any Age
Time: 2:00pm-3:00pm
Location: Central Library in Central Square, 700 Boylston Street, Boston
Contact Info: 617-859-2129

OCTOBER
8
Chamber Music in the Park
Time: 7:00pm
Location: 1175 Soldiers Field Road, Allston
Contact Info: 617-987-0100

OCTOBER
10
Sowa Second Sunday
Time: 11:00am-4:00pm
Location: 450 Harrison Avenue, South End
Contact Info: 978-337-4191

OCTOBER
12
Tuesday Tunes at the Greenway
Time: 12:00pm-1:00pm
Location: Dewey Square Park on the Rose Kennedy Greenway
Contact Info: 857-544-1275

OCTOBER
14
Salsa Dance Party
Time: 5:00pm-8:00pm
Location: City Hall Plaza
Contact Info: 617-635-3911

OCTOBER
15
Frog Pond Pumpkin Float
Time: 5:00pm-8:00pm
Location: Boston Common Frog Pond
Contact Info: 617-635-4505

OCTOBER
18
Photo Exhibition at Fan Pier's Public Garden
Time: 9:00am
Location: Marina Park Drive and Northern Ave Intersection
Contact Info: Website - bostoncameraclub.photos

OCTOBER
22
Fall-o-Ween Festival
Time: 5:00pm-8:00pm
Location: Boston Common Frog Pond
Contact Info: 617-635-4505

OCTOBER
28
Tai Chi for Wellness with Eddie Watkins
Time: 2:00pm-3:00pm
Location: Virtual
Contact Info: 617-859-2129



Are you a Boston resident celebrating 50+ years with your partner? Call us at 617-635-3959 or email us at agestrong@boston.gov for more information.

This Month...

MassHire Virtual Community Job & Resource Fair
9:30 am - 10:30 am

► **Wednesday, October 13:**
Interview Basics

► **Wednesday, October 20:**
Education Resource Fair

► **Wednesday, October 27:**
Community Job Fair

Each event is free and on Zoom!

To register, call 617-399-3100 or visit masshiredowntownboston.org

ENJOY



EVERY



Just as every family is different, so is the role of every grandparent. Some grandparents take their grandchildren on weekend trips and some are raising their own grandchildren. No matter the circumstances, grandparents can serve as loving advocates and mentors to their grandchildren. Being a grandparent can be one the greatest gifts in someone's life, and the bond that they share with their grandchildren is often very special.

Boston Seniority spoke with a few Boston grandparents and they expressed their joy of being blessed with loving grandchildren.

-Boston Seniority Team

MOMENT



Celebrating Grandparents

"There is nothing more wonderful than a grandparent's love and guidance for his or her grandchild."

**Monty Flemming, 62
East Boston**

"I want my grandchildren to know where they came from and what life was like for the generations before. I try to instill that history in them with photos and stories, so they will carry it on."



Janice Devlin, 57, Charlestown

"My granddaughter Abby is 9 and her smile always brings me joy. During the pandemic, we were able to go on hikes, AKA "Nana and Abby adventures." These are days I will never forget. Abby is very aware of the world around her and the people that she comes into contact with. She is kind, caring and compassionate which always makes me proud."

Luis Tavarez, 63, Roslindale

"Lucia is my 8 month old granddaughter and she is my sweet blessing from God. I hope to take Lucia to church to teach her about God and the many blessings God will create in her life. I pray for her health and that she may grow to be a loving sweet girl. I cannot wait for Toys"R"Us to open again so I can spoil Lucia with all the toys she wants. I want to make her smile and laugh all the time. I have so much love for my granddaughter."



Marybeth Kelly, 66, Charlestown

"I'm proud of my three children who raise my beautiful grandchildren. I have four. My first grandchild, Riley, was born when I was only 42. Then, there is my grandson Rory who is a performer. He has been singing and dancing since he was born. My third grandchild, Frankie, went to daycare at City Hall and I would bring him to work at the Age Strong Commission all the time. My fourth is Kailer Murray and he is the sweetest boy."



Martha Rios, 79, Jamaica Plain

"Being a grandmother is the most wonderful feeling. Through each of my grandchildren it's like I'm reliving the beautiful time I had with my children when they were growing up. I adore them so much. Each one has their own personality and their own way of telling me they love me which fills my heart with joy."

The Joy of Raising a Grandchild

By Andrew Higginbottom, Age Strong, Staff Assistant



Renee Pina, 63, Roxbury

What has brought you the most joy in being a grandparent?

Seeing my grandchildren grow. Watching their excitement when they experience something new. Finding their joy on good days as well as bad days. I'm grateful for the life experiences and it fills my heart

If you are raising a grandchild or another relative's child, you are not alone. Millions of grandparents are raising their grandchildren. AARP's Guide for GrandFamilies can help you find your way with tips, tools, and resources to the services and support you need to take care of yourself and your family.

GETTING STARTED

The needs of children can seem overwhelming, especially if you are unexpectedly thrust into the role of being their primary caregiver. First, focus on the basic needs, such as finding a safe place for the child to sleep; providing him/her with food, clothing, and any medication he/she might need; and getting the right

with love. It's great being able to help them on a day-to-day basis with all their activities.

What are some of the challenges you face as a grandparent?

Sometimes things get very hard. Children need a lot of things, they want to go places, see things, meet people and do all the activities in the world. So, it can be hard to decide which to pick and it can be costly.

Can you tell me a little more about your grandchildren?

I raised my first grandson, and he will be 24 this year. He is a fine young man with good values. I have three other grandchildren and they are great kids. I love them to pieces. They are very smart and fun to be with.

kind of equipment, such as a stroller, car seat and crib. If he or she is older, get as much information as you can about his/her school and other activities he/she might be involved in.

What documents do I need?

Make a binder or folder where you keep all of these important papers so you can easily find them when you need them. Here are a few examples of what you should have:

- Birth certificates, death certificates (if your grandchild's parent is deceased), marriage records or divorce decrees for their parents
- Social Security cards (or at least the numbers) for the children

- Power of Attorney, custody, guardianship, adoption or other legal docs
- Consent forms signed by parents for medical care and education

Who do I need to talk to?

Talk with the key people in your grandchildren's lives, such as teachers, pediatricians, school social workers, and any lawyers or child welfare professionals who have been involved with your grandchild. These are some questions you may want to ask:

- What do I need to know about my grandchild's care and support?
- Do you have any resource materials to help me raise my grandchild?
- Is there any money to help me with the unplanned expenses of raising my grandchild?

What phone numbers do I need?

You should also make a phone list of all the local people and agencies you will work with as you raise your grandchild. Keep this list in your notebook or folder, and post a copy near your phone. Some numbers to include are:

- Emergency numbers (911, poison control, etc.)
- Grandparent support groups and resource centers
- Family and friends who can help
- School, child care or preschool
- Doctors/Dentist/Pharmacy
- Counselors, social workers, therapists

How can I keep track of everything?

Just do one thing at a time – and keep

good notes about who you talk to and what they say. You may need to go back to your notes when you are seeking help for your grandchildren. For more information, check out the guide at aarp.org or call AARP's Family Caregiver Support Line at 877-333-5885.

KINnections Program: Resources for Grandparents Raising Grandchildren

Boston's Age Strong Commission supports a variety of nonprofit organizations who provide support and services to older adults in Boston. One is the KINnections Program housed within the MSPCC (Massachusetts Society for the Prevention of Cruelty of Children).

Specifically, KINnections provides resources and support for grandparents raising their grandchildren. It aims to strengthen families by offering information on guardianships, housing/rental subsidies, food, transportation, education, and legal services. The program also connects these families with each other at family-focused activities, support groups on positive parenting and raising healthy families, as well as respite care for grandparent/caretakers.

As part of KINnections's focus on positive youth development, it partners with Cradles to Crayons who provide essentials to children, including clothing, shoes, jackets, books, and toys.

For more information call 617-983-5850 or visit www.mspcc.org.

► In Boston, we Age Strong.

As part of the city's Health and Human Services cabinet, The Age Strong Commission's mission is to enhance your life with meaningful programs, resources, and connections so we can live and age strong together in Boston.



We can help with:

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



Access to Information and Benefits:

Our Community Advocates connect older adults 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 in accessing several tax relief exemptions and programs like the Elderly Exemption 41C, Senior Circuit Breaker Tax Credit, and others.
- Assist older adults with navigating systems including the aging network and city services.



Outreach and Engagement:

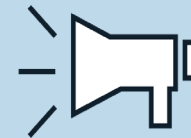
The Commission organizes many events and programs throughout the year. From large city-wide celebratory events to smaller neighborhood focused gatherings, we engage with older residents on many levels. During the pandemic we also host many programs online.



Transportation:

We are committed to helping older adults 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.



Volunteer Opportunities:

We operate volunteer programs that impact our 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 and companionship.
- *Senior Greeters* volunteer their time to greet guests of City Hall.
- *Senior Property Tax Work-Off Program*: Qualified senior homeowners may 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 Cafés, 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.

Benefits Outlook for Older Adults

As we enter the fall, we enjoy cooler weather and beautiful foliage. In Boston, the Age Strong Commission reminds us about certain benefits available to older adults and adults with disabilities. Reach out to Age Strong at 617-635-4366 to find out what benefits YOU may qualify for!

Important - Medicare Info



The annual Open Enrollment period for Medicare is October 15 through December 7. We can help you review your current plan, see where you might save money, receive additional coverage, or change plans for the following year. Learn about the difference between Original Medicare and Medicare Advantage as well as prescription drug programs, mental health services, and more. The Age Strong Commission has certified SHINE (serving the health insurance needs of everyone) counselors to help older adults and caregivers navigate options that best suit your needs. Call Age Strong for an appointment.

Age Strong is an Official SNAP Outreach Partner

Although there are many ways to sign up for SNAP (supplemental nutrition assistance program, formerly known as food stamps) benefits, now Boston's older adults may sign up directly through the Age Strong Commission. We can review the program qualifications, help with the application process, and help gather/submit required verifications. Make an appointment to find out if you qualify!

Fuel Assistance

The Age Strong Commission works with ABCD (Action for Boston Community Development) to help qualifying older adults pay your winter heating bill. The program is available to homeowners and renters even if you live in non-subsidized housing with heat included in your rent. Age Strong can help you figure out if you meet the qualifications and with the application process. Call for an appointment!



Senior Centers in Boston

There are a variety of senior centers in Boston. Please call them before visiting, as their hours & programs may vary due to Covid protocols. Here is a list.

La Alianza Hispana, Aliancianos Senior Center

1000 Massachusetts Avenue, Suite 101, Roxbury
617-427-7175

Inquilinos Boricuas en Accion, IBA

405 Shawmut Avenue, South End
617-535-1753

ABCD North End/West End Neighborhood Service Center

1 Michelangelo Street, North End
617-523-8125

ABCD Mattapan Family Service Center

535 River Street, Mattapan
617-298-2045

Boston Center for Youth & Families Grove Hall

51 Geneva Ave Dorchester
617-635-1484

Boston Center for Youth & Families Golden Age Center

382 Main Street, Charlestown
617-635-5175

Veronica B. Smith Senior Center

20 Chestnut Hill Avenue, Brighton
617-635-6120

Greater Boston Chinese Golden Age Center Brighton House

677 Cambridge Street, Brighton
617-789-4289

Greater Boston Chinese Golden Age Center Quincy Towers

5 Oak Street West, Chinatown
617-423-7560

Salvation Army Kroc Center

650 Dudley Street, Dorchester
617-318-6939

VietAID

42 Charles Street, Dorchester
617-822-3717

Operation PEACE Peterborough Senior Center

42 Peterborough Street, Fenway
617-536-7154

The Kennedy Center

55 Bunker Hill Street, Charlestown
617-241-8866

East Boston Social Center

68 Central Square, East Boston
617-569-3221

South Boston Neighborhood House

136 H Street South Boston
617-268-1619



▶ Walking Clubs

Be a Part of...



In August, Mayor Janey and the Age Strong Commission invited older Bostonians to participate in her Joy Agenda -- collective healing in our outdoor public spaces -- by joining Joy Walks clubs throughout Boston neighborhoods. We're glad to share that nearly two dozen clubs were started in September!

The Joy Walks Challenge runs through October and prizes will be awarded in the following 3 categories: the most miles walked by a group, the most miles traveled by a duo, the most number of walks completed by a group. We've heard from some groups that they intend to keep on meeting up and walking even past October as they're getting out of the house, meeting new people, and getting exercise while having fun!

Below are Joy Walks clubs that are still accepting new walkers. Just reach out to sign up!

Allston/Brighton

- ▶ Veronica B. Smith Senior Center, 617-635-6120
- ▶ Jackson Mann Community Center, 617-635-5153

Charlestown

- ▶ Golden Age Center, 617-635-5175



Chinatown

- ▶ Golden Age Center, 617-423-7560

Dorchester

- ▶ BCYF Grove Hall Community Center, 617-635-1484
- ▶ BCYF Leahey-Holloran Community Center, 617-635-5150

East Boston

- ▶ Paris Street Community Center, 617-635-5125

Hyde Park

- ▶ BCYF Community Center, 617-635-5178

Jamaica Plain

- ▶ BCYF Curtis Hall Community Center, 617-635-5193

West Roxbury

- ▶ Roche Community Center/ETHOS, 617-292-6211



Rental Relief Fund

Do you need help paying your rent or utilities in Boston? The Boston Neighbor Rental Relief Fund is still available. Eligible Boston residents can get help with paying their rent, utility bills, and moving costs.

The fund helps Boston residents at risk of losing their housing due to the COVID-19 pandemic. To learn more about eligibility and how to apply, visit boston.gov/rental-relief or call 617-635-4200.



Bus Pilot

Travel on the MBTA Route 28 bus is free for all through November. Hop on from the front or the back and enjoy the ride! For more information go to boston.gov/28bus or call 617-635-4680.

Municipal Election

You have until Wednesday, October 13, to register to vote in the Municipal Election on Tuesday, November 2, from 7 A.M. - 8 P.M.

In Boston we'll choose a new Mayor and City Councilors. Check out boston.gov/elections or call 617-635-8683 to learn more.



► Seen Around Town



AGE+

City of Boston
Age Strong Commission
Mayor Kim Janey

“Be the change you want
to see in the world.”

-Ghandi

