

BOSTON SENIORITY

City of Boston
Issue 8

Age Strong Commission
September/October 2025

Mayor Michelle Wu
Vol. 49



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CITY of **BOSTON**



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SEEN AROUND TOWN

See if we saw you!

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Email: agestrong@boston.gov

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BOSTON SENIORITY MAGAZINE

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We want to hear from you!

Email us at:
Bostonseniority@boston.gov



MAYOR'S LETTER

SEPTEMBER/OCTOBER 2025

Hello Boston!

Welcome to our combined September/October issue of Boston Seniority Magazine! This one is full of articles and information about aging strong and aging healthy in Boston.

In this issue, we'll share some tips on being ready for potential emergencies. We'll also introduce you to Chief James Hooley, longtime head of our Emergency Medical Services department.

From September 15th to October 15th, we're celebrating Hispanic Heritage Month. That means even more programming celebrating our Latinx community, including a special Hispanic Heritage Month reading list from Boston Public Library.

In this issue, you'll learn about Age Strong's new Rolling Grant Program. We're proud to offer Boston community organizations up to \$2,500 through May 2026 for programs that center and celebrate Boston's older residents. These grants are just one of the ways we're making Boston a home for everyone. To learn more, visit boston.gov/age-strong.

Finally, don't forget that the annual Medicare Open Enrollment period starts October 15th and runs through December 7th. We encourage you to meet with a trained SHINE (Serving the Health Insurance Needs of Everyone) counselor each year to make sure you get the best coverage for the lowest cost.

See you in the community,

Michelle Wu
Mayor of Boston



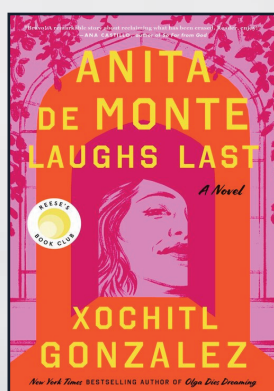
Michelle Wu 

► BOOKS

BPL BOOK PICKS

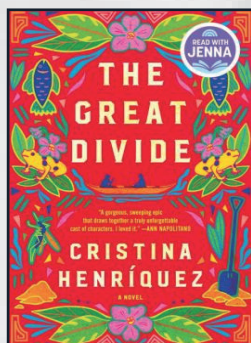
Source: Boston Public Library

Vida Latina is a list of recent books which is printed as part of the Boston Public Library's observance of Hispanic Heritage Month each year.



Anita de Monte Laughs Last by Xochitl Gonzalez

a first-generation Ivy League student uncovers the genius work of a female artist decades after her suspicious death.



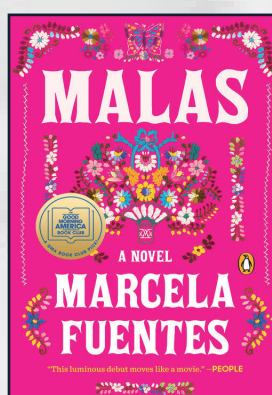
The Great Divide by Cristina Henríquez

Panama, 1907: Local teenager Omar works to build the canal while Ada, who's traveled from Barbados for work, helps an American scientist when his wife falls ill. This novel follows the intersecting lives of the local families fighting to protect their homeland.



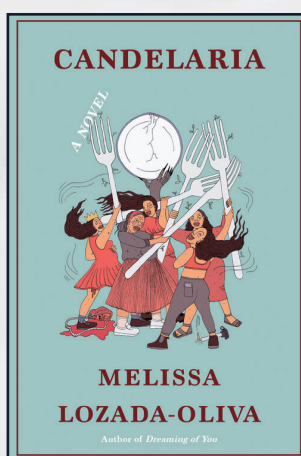
A Haunting in Hialeah Gardens by Raul Palma

A Yoruban priest, who doesn't believe in spirits, is offered the chance to pay back the money he owes by exorcising his debt collector's house.



Malas by Marcela Fuentes

Set in the 1950s and the 1990s, a woman's curse affects the lives of a Tejano family, while a funeral and a quinceañera reveal past secrets.



Candelaria by Melissa Lozada-Oliva

After a supernatural curse causes a Guatemalan American grandmother to trigger an earthquake in Boston, she rushes to save her three troubled granddaughters from their own fates.



**BOSTON
PUBLIC
LIBRARY**

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

SENIORS SERVE: AGE STRONG VOLUNTEER SPOTLIGHT

By Andrea Burns, Age Strong Staff

On food pantry day at the Hyde Park Community Center, the line starts early, before they open, in the rain, snow or sunshine.

From the center's small basement, the Hyde Park food pantry provides 20,000 pounds of food each month to the community. "The need has grown considerably over the last few years," says Margaret, director of the pantry. "We used to serve 285 families per month, now over 400 families come through our doors monthly."

Getting this needed food to hungry families are two Age Strong AmeriCorps Seniors RSVP volunteers: Marilyn Wurie and Janice Bacon. Marilyn expected to "ease on down the road," after retiring from her job in administration at an Air Force base. However, "I am more active now than when I worked full-time," she says. "Volunteering gives me a reason and a purpose."

Growing up in a family that valued volunteerism, Janice worked in insurance previously and is a long-time volunteer with the RSVP program. "The food pantry keeps me active and busy. I've made connections to other activities, like ceramics and dance."

According to Age Strong Volunteer Director Joseph Goncalves, "AmeriCorps Seniors volunteers choose how, where and when they want to serve, with commitments ranging from a few hours to 40 hours a week." Opportunities are available with Age Strong partners and "serve as a solution to local, regional and national community challenges," continues Joseph.

The Hyde Park Food Pantry is able to handle the increase thanks to the volunteers. "We could never operate without our volunteers," says Margaret. "Thanks to these ladies, the pantry is running like a well-oiled machine."

For Janice and Marilyn, the feeling is mutual. "The appreciation from the food pantry recipients means the world to us."



DON'T FALL FOR COURIER SCAMS

By Sophia Wang, Age Strong Staff

Scammers sometimes use couriers to pick up valuables such as gold and precious metals from targets as part of their con. Scammers first impersonate representatives from major retailers to inform the person that their account is compromised, and connect them to another scammer pretending to be from the bank or law enforcement to add credibility to their claims.

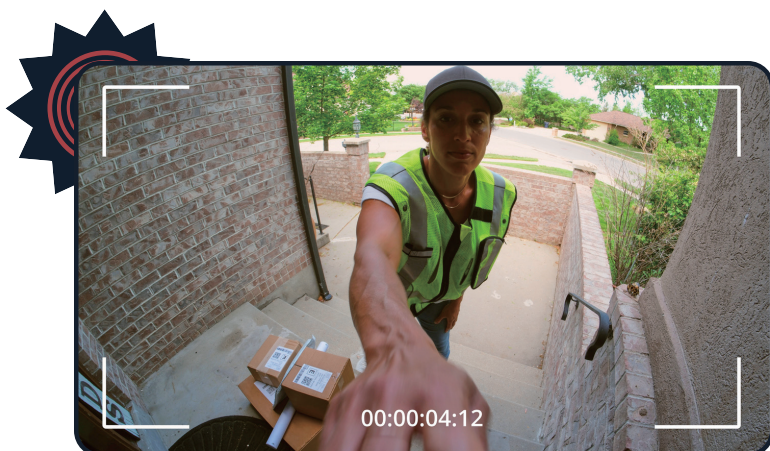
The scammers then tell the victim they need to liquidate their assets into cash, gold, or precious metals for safekeeping, and send a courier to pick up the valuables from the target's house, or arrange a meeting for hand off. Another tactic scammers use is to inform the victim that their card is compromised and a courier will pick up the card. The courier may be from a legitimate business and unaware that a scam is happening.



What to know:

- **No retailer, financial institution, or government agency will tell you to liquidate your assets into cash or gold, nor will they send a courier for pickup.**
- **Do not respond to calls, emails, or text messages telling you to liquidate your assets.** Always verify information through official websites or phone numbers.
- **Do not disclose your address to unknown individuals, or agree to hand over valuables to a courier or to a meeting.**
- **If you are a victim of a scam, file a police report at your area police station, and report it at reportfraud.ftc.gov.**

Source: Boston Police Department



CENTENARIAN SPOTLIGHT: BOSTON RESIDENT ALICE BARRO

By Edzani Kelapile, Age Strong Staff

Alice Barro, Jamaica Plain resident, received news coverage for turning 100 on June 10. An article in the Jamaica Plain News celebrated this achievement and shared details of the life she's lived, including that of her mother who "worked for the Belgian underground, helping falsify passports for Jews to escape [Nazi persuction]."

Alice was born in Belgium in 1925 and also worked with resistance and freedom fighting groups alongside her grandmother in France, where she was raised, while her mother was detained in the Ravensbruck concentration camp. Her family was reunited in 1945.

After World War II, Alice became an actress for motion pictures in Paris and an understudy for the actress Ginette LeClerc. She later would work as a switchboard operator at SHAPE HQ, under then-General Dwight D. Eisenhower, where she would meet her future

husband Edward John Lieber. The two would marry and have three children: Patricia, Carole, and Marc. Before Marc was born, the family moved from France to the U.S., settling in Jamaica Plain, where Edward was from.

Alice and Edward eventually separated. She raised the children, who received college scholarships. During her time in Boston, she worked as a nurse's aide at the Rogerson House and a clerk at the Forest Hills Factory outlet. She also volunteered at the MSPCA.

Alice currently resides in the MM Collins Apartments and is a proud grandmother of three with one great-grandchild. She enjoys practicing poetry and art, reading, watching PBS, and the company of her cat Cloe.



MEET TWO OF BOSTON'S HISPANIC OLDER RESIDENTS

By Sarah Smith, Age Strong Staff

Hispanic Heritage month is a celebration of Hispanic and Latino culture and history September 15 to October 15. We honor the achievements of and contributions to the history and culture of the United States, including important advocacy, vibrant art/music, popular and traditional foods, and more.

Roxbury resident Cesar Angomes moved to Boston 20 years ago from the Dominican Republic. “This month is important to all of us,” he says. “We get to recognize each other – our culture, the work that we’ve done, our education – on a larger community level.”

Cesar’s proud to live in Boston, and appreciates how Boston welcomes and uplifts our Hispanic & Latino community. “We see representation everywhere. The Mayor’s assistant is Hispanic. Staffers throughout the city are. That’s what this month’s about – representing and recognizing our culture and all of the wonderful people accomplishing great things.”

Originally from the Dominican Republic, Jamaica Plain resident and centenarian, Enercida Maria Andujar “is proud to have roots in the U.S., but has never lost sight of where she comes from. This

month is an important time to celebrate that,” says her son Tony Barros, translating from Spanish to English.

“We recognize what being a Latino represents, the importance of keeping our heritage alive, making sure that future generations know who we are and where we come from.” says Andujar. “This month recognizes the integration of Hispanic culture into North American culture has value.”

To learn more about Hispanic Heritage Month, visit latino.si.edu/learn/teaching-and-learning-resources/hispanic-heritage-month-resources/hispanic-heritage-month.



HIV/AIDS AGING AWARENESS

By Sarah Smith, Age Strong Staff



With over half of those in the U.S. diagnosed with HIV/AIDS being age 50+, it is important to observe National HIV/AIDS and Aging Awareness Day (NHAAD) each year on September 18. NHAAD was created to bring awareness to the increasing number of people who are living full lives with a positive HIV/AIDS diagnosis. This day calls attention to the unique health and social challenges of HIV prevention, testing, and treatment among those aging with this chronic illness.

Eddie Whitman, 67, has lived with AIDS/HIV for 41 years. “There was nothing when I was diagnosed - no treatment, no medicine, no one who even cared aside from those

living with it,” Eddie explains.

Whitman lives at The Pryde, an LGBTQ+ senior living community in Hyde Park. He also serves on the Massachusetts HIV Citizen Advisory Board.

“At 26, I was told I’d be lucky to make it to thirty,” he recounts. “At 40, I realized I spent 14 years just waiting to die. I didn’t want to do that anymore. I decided not to live a life defined by HIV/AIDS. I would show the world what it’s like to live. Not everyone is as lucky.”

“The original treatment was horrible, but we had no choice but to take it. Some responded, some

didn't. It had horrible side effects; lasting long-term co-morbidities. Many of us suffer from kidney, liver, and cardiac problems not just because of HIV/AIDS, but because of the original medications."

With the invention of PREP, younger generations take one pill daily that greatly reduces the risk of infection and transmission. "I'm grateful for PREP, but even with the invention, people who are at risk aren't well-educated on the topic."

"Decades later, HIV/AIDS is still thought of as a gay male illness. But some get it through a blood transfusion, some by sharing needles, and women are rarely acknowledged. Women of color are disproportionately affected yet hide their status because of the lack of attention and care they receive."

"It's very different to be in your 30s with AIDs than in your 60s. It's hard to find good medical care, and it's harder as you age. I've had my primary doctor for 40 years, who is so important to my routine. When they retire, it's hard to figure out what to do. It's sometimes so limiting it feels like fighting the battle all over again."

Eddie shared, though, that Boston does have some important community resources. "The Boston Living Center offers meals, advocacy, and a place to socialize with those in similar circumstances. Fenway Community Health Center conducts many HIV/AIDS studies to help further advancements. They really support and center the LGBTQ+ community there."

"What's important to remember about being older and living with HIV/AIDS, is that so many were lost, and those we lost are not forgotten. They were loved, had families, were part of the community. Through the AIDS crisis tragedy, came much community building and love."

For more information on AIDS/HIV resources in Boston, please visit bit.ly/BPHCAIDS.

CELEBRATING HISPANIC HERITAGE MONTH AT BOSTON'S AGE STRONG COMMISSION

We celebrate Hispanic Heritage Month September 15-October 15 each year to honor and amplify the achievements of our Latinx community.

Below, we outline current Age Strong offerings in Spanish.

Age Strong's Advocates who Speak Spanish

Age Strong Advocates speak many languages to better serve Boston's older adults. Here are those who are bilingual in English and Spanish:

Julieta De Barros, 617-635-4539, julieta.debarros@boston.gov

Juan Santana, 617-635-4418, juan.santana@boston.gov

Vilma Valentin, 617-635-4363, vilma.valentin@boston.gov

East Boston Senior Center

Age Strong's East Boston Senior Center is fully bilingual (English/Spanish) and offers classes, activities, programs & services Monday-Friday at 7 Bayswater Street. Call 617-961-3131 or see their monthly activity calendar here: bit.ly/east-boston-senior-center

Boston Seniority Magazine, Selections in Spanish

Age Strong publishes selections of Boston Seniority Magazine in Spanish each issue. They are available in print at Boston City Hall (Age Strong Commission) & online: bit.ly/bsmspanish

Bilingual Memory Cafe in Spanish

Age Strong offers Memory Cafes for those with memory loss and their care partners, the last Monday of each month at 10:30am, at Boston Public Library, Jamaica Plain Branch, 30 South Street: September 29, October 27, November 24 & December 29. For more information call Corinne White at 617-635-3745.

Virtual Programs: Weekly Latin Dance

Age Strong offers free virtual wellness programs weekday mornings, including Latin Dance, Tuesdays, 11:30am & Latin Fiesta, Thursdays, 11:30am. No registration required: bit.ly/age-strong-virtual-wellness

Creative Aging Project: Video On Demand

Age Strong offers a series of online learning on demand, including Drawing, in Spanish (with English subtitles). Watch on your own schedule for free: bit.ly/age-strong-cag



HARVESTABLES + RECIPE



By Maeve Forbes, Age Strong Staff



Thanks to modern refrigeration we have access to most fruits and vegetables in our supermarkets year around. While this allows



us to enjoy our favorite tastes of nature any time, there are benefits to focusing our diet around the seasons.



In-season produce is generally fresher, more nutritious, and costs less than imported produce. Vine-ripened fruits and vegetables taste better than those picked early and artificially ripened after thousands of miles in transport. Whether you visit a farmers market, look for a “local” sign on produce, or take a trip to a “pick your own” farm, New England offers a wealth of fall produce to choose from.



New England Fall Produce

-through September: cauliflower, eggplant, sweet potato, zucchini

-through October: apples, arugula, brussels sprouts, celery, corn, melons, radicchio, snap peas, spinach, strawberries, tomatoes, turnips, winter squash

-beyond October: beets, broccoli, cabbage, carrots, cranberries, garlic, leeks, onions, pears, peppers, potatoes, pumpkins, rutabaga



Roasted Vegetable Sheet Pan Recipe

With many delicious fall vegetables available, why not consider this sheet pan recipe, packed full of nutrients and variety!

Ingredients

- 1/2 onion, cut into wedges
- 1 sweet potato
- 2 large carrots
- 1 large beet, scrubbed and trimmed
- potatoes, cut in halves or quarters
- 1/4 cup olive oil
- 4 teaspoons mixed herbs, like rosemary, oregano, parsley

Instructions

- preheat oven to 400 degrees and grease a large baking sheet.
- cut root vegetables into even-sized pieces (about an inch each).
- toss root vegetables with olive oil, herbs, pepper, and salt to taste.
- spread the mixture in an evenly spaced layer on the prepared pan.
- bake for 30-40 minutes, stirring/flipping the vegetables every 20 minutes until soft (stick a fork through the vegetables with little effort)



► **EVENTS + ACTIVITIES**

SEPTEMBER HAPPENINGS

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



Chess Club
10:00 AM – 11:30 AM
BPL Roslindale
4246 Washington St,
Roslindale
(617) 323-2343



Puzzles & Jazz
1:30 PM – 3:00 PM
BPL Mattapan
1350 Blue Hill Ave
Mattapan
(617) 524-2053



**Puzzles
& Conversation**
2:30 PM – 3:30 PM
BPL Charlestown
179 Main St,
Charlestown
(617) 242-1248



**Memoir Writing
Workshop**
10:00 AM – 12:00 PM
BPL Faneuil
417 Faneuil St,
Brighton
(617) 782-6705



**Disabilities Commission
Outreach Tour**
3:00 PM – 5:00 PM
BPL Chinatown
2 Bolyston St,
Chinatown
(617) 635-3682



**13 West Street
(1962) Screening**
1:00 PM – 2:30 PM
BPL South Boston
646 East Broadway,
South Boston
(617) 268-0180



Tea Time
12:00 PM – 2:00 PM
BPL Codman Square
690 Washington St,
Dorchester
(617) 436-8214



**Special Collections
Open House**
2:00 PM – 4:00 PM
BPL Central
700 Bolyston St,
Back Bay
(617) 859-2043

► **EVENTS + ACTIVITIES**

OCTOBER HAPPENINGS

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



Chair Yoga for Older Adults
12:30 PM – 1:30 PM
BPL Codman Square
690 Washington St,
Dorchester
(617) 436-8214



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



Book Café
11:00 AM – 12:00 PM
BPL West Roxbury
1961 Centre St,
West Roxbury
(617) 325-3147



Italian American Heritage Month Potluck
6:00 PM – 7:00 PM
BPL North End
25 Parmenter St,
North End
(617) 227-8135



Sip 'n' Stitch
6:00 PM – 7:30 PM
BPL Honan-Allston
300 North Harvard St,
Allston
(617) 787-6313



Board Games Club
1:30 PM – 3:30 PM
BPL West End
151 Cambridge St,
West End
(617) 523-3957



Intro to Line Dancing
6:00 PM – 7:30 PM
BPL Uphams Corner
500 Columbia Rd,
Dorchester
(617) 265-0139



KEEPING BOSTON SAFE

THERE ARE MANY THINGS THAT COME TOGETHER TO MAKE BOSTON ONE OF THE SAFEST CITIES IN THE UNITED STATES - FROM OUR INVESTMENTS IN COMMUNITY SAFETY, SOCIAL CONNECTION AND YOUTH SUMMER JOBS, TO OUR CLIMATE ACTION WORK, TO OUR FOCUS ON BEING A HOME FOR EVERYONE. OUR DEDICATED FIRST RESPONDERS WORK DAY AND NIGHT, AND ARE AN IMPORTANT PART OF KEEPING BOSTON SAFE. THIS ISSUE WE INTRODUCE YOU TO BOSTON'S EMERGENCY MEDICAL SERVICES & CHIEF HOOLEY WHO LEADS IT. IN UPCOMING ISSUES WE'LL HIGHLIGHT BOSTON POLICE DEPARTMENT AND THE BOSTON FIRE DEPARTMENT.

- BOSTON SENIORITY TEAM



MEET EMERGENCY MEDICAL SERVICES CHIEF HOOLEY

By Ami Bennitt, Age Strong Staff

James “Jim” Hooley, originally from Uphams Corner, Dorchester (St. Kevin’s Parish) is Boston’s Chief of Emergency Medical Services (EMS).

While attending UMass Boston in the late 1970s, he saw an ad for EMT training in the student newspaper. He took a summer training course and became certified. Over the decades, he worked in nursing homes, in ambulances in the field, then various positions with the City of Boston until being named Chief of Emergency Medical Services in 2010.

Boston EMS employs and trains over 400 who are dispatchers, EMTs, supervisors and special operations personnel. 911 calls are taken at Boston Police Headquarters, assessed, prioritized, and matched with proper units. EMS continually updates

training staff as medicine and best practices evolve over time. Special operations include non-ambulance medical services as special events like the Boston Marathon, various festivals and parades. “You’ll see us at The Caribbean Carnival or Puerto Rican Festival, or when a city building loses power and we have to relocate folks.”

Boston EMS’ training division also provides community medical safety education including teaching CPR, bicycle safety, car seat installation, Files of Life for older adults, injury and fall prevention and disaster preparedness. “We do a lot of training for kids, families, and for seniors,” Hooley says.

Boston EMS “works very closely with all of the programs of the Boston Public Health Commission,” Hooley explains, “including infectious disease, violence prevention, and referrals to environmental health. We work hand in hand with Police and Fire, training for big events like mass demonstrations or a Celtics’ victory parade.”

“We have always worked alongside Age Strong,” Hooley shares. “We identify folks at risk – whether living



with insufficient heating or cooling. We connect with the Boston Housing Authority, too, to make sure people are safe & protected. We are all trained to spot and report abuse and neglect.”

When asked about EMS challenges, Hooley says “we’ve got to meet emergent threats, like Covid, of course, flu season each year, hospitals closing like Carney (in Dorchester). When all the hospitals are very busy, we have to strategize to dispatch patients equally across the city so one hospital doesn’t get over taxed. Of course we’re concerned about cuts to Medicare and Medicaid. Loss of healthcare can impact people’s long-term health overall.”

Over time, Boston’s EMS has evolved, Hooley says. “Demands have grown. We’re much more than just a safe and efficient ride to the hospital. We’re helping to improve the overall health of the city, like overcoming language barriers and racial disparities so we’re serving all communities and residents equally. We’ve grown the department, brought on more people, and expanded training.”

For Preparedness Month (September), Chief Hooley recommends preparing for all hazards.

“Check smoke alarms and carbon



monoxide detectors. Get heating systems checked for leaks, make sure heating exhausts run smoothly. Know your emergency phone numbers – about 311 and 911. Know where your nearest cooling center is or what to do if a loved one falls.”

“We value the wisdom, experience, and advice of our older residents,” Hooley explains. “Community meetings include many older residents as neighborhood leaders. We need their opinions and their participation.”

EMS is one of three Boston public safety agencies. We’ll share interviews with the Boston Police Department and Boston Fire Department in the next issues of Boston Seniority Magazine.

PLANNING: STORIES

By Ami Bennitt Age Strong Staff



Boston's Planning Advisory Council publishes StoryMaps, public progress reports on Boston Planning Department's neighborhood plans, including PLAN:Charlestown, PLAN: Mattapan, and PLAN: East Boston. These websites outline ongoing renovations, photos of new public art, and maps of public investment and information on mobility, education, housing, parks, historic preservation, arts and culture, jobs and businesses, green space and resilience, planning and zoning, and public facilities.

All three neighborhood plans offer recommendations rooted in years of community engagement. The StoryMaps are tailored to each neighborhood, with East Boston's and Charlestown's including coastal resilience initiatives and Mattapan's anchored in affordable housing preservation and transit connectivity.

PLAN: Charlestown's StoryMap shows improvements to the Ryan Playground, Bunker Hill Housing Redevelopment, and construction on the Bill Russell Bridge. PLAN: Mattapan's StoryMap, shows Mattahunt Community Center's renovated indoor pool and renter and homeowner stabilization programs by the Mayor's Office of Housing. PLAN: East Boston's StoryMap highlights Grace Apartments (income-restricted for residents 55+), investments in flood prevention, and transforming the Orient Heights Library into the East Boston Senior Center.

To learn more about City investments, visit boston.gov/departments/planning-advisory-council/neighborhood-and-citywide-plans.

EAST BOSTON STORYMAP



10 ESSENTIALS FOR YOUR EMERGENCY KIT

Everyone should have an emergency kit at home, in case of severe weather loss of power or other emergency.



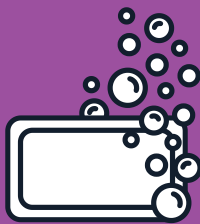
**NON-PERISHABLE
FOOD & WATER**



FIRST AID KIT



**FLASHLIGHT &
EXTRA BATTERIES**



**SANITATION &
HYGIENE SUPPLIES**



**SLEEPING BAGS &
WARM BLANKETS**



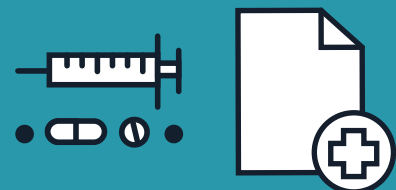
**COMMUNICATION
DEVICES &
CHARGERS**



**CHANGE OF
CLOTHES & SHOES**



**GLASSES &
HEARING AIDS**



**MEDICATION,
EQUIPMENT &
HEALTH DOCUMENTS**

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BOSTON'S OFFICE OF EMERGENCY MANAGEMENT**

617-343-2400 | OEM@Boston.gov

AGE+

City of Boston
Age Strong Commission
Mayor Michelle Wu

AGE STRONG PARTNER HIGHLIGHT: BOSTON CENTERS FOR YOUTH & FAMILIES' SENIOR CENTERS

By Jordan Rich, Age Strong Staff



The Boston Centers for Youth and Families (BCYF) is the City of Boston's largest human services agency. BCYF has over 30 facilities across Boston neighborhoods, with several offering robust programming for older residents—and two designated senior centers. We spoke to Grove Hall (Dorchester) Senior Center Director Aidee Pomales and Beverly Gibbons (Charlestown) Senior Center Director Meaghan Murray Nearis to learn more.

Opened in 2016 in the heart of Dorchester, BCYF Grove Hall Senior Center provides wellness programs for residents ages 55+, both in-person and virtually. BCYF Grove Hall focuses on providing programs that encourage socialization, exercise, and mental wellbeing Monday-Friday 9am-3:30pm. Each day they offer exercise and socialization. Their Friday United Crafting is the most popular. Members come together to work

on creative projects including sewing, making jewelry or painting. Their most popular online program is exercise. Members who are homebound or unable to participate in-person are still able to exercise with a live instructor from home.

Membership at BCYF Grove Hall is free of charge to residents. Registration is easy—just fill out a membership form in person. Although programming is offered in English, BCYF Grove Hall has found that the desire to socialize and be with others helps bridge the gap among members and break language barriers. Exercising, artmaking, and playing games are some ways members interact without needing to speak the same language.

Older adults most often join BCYF Grove Hall seeking friendship and peaceful company. Although the main focus at BCYF Grove Hall is providing programming, many members appreciate a safe space

to communicate their troubles or challenges. “We don’t have resources to fix financial or medical challenges,” says Pomales, “but we do ensure members feel seen and heard.” The best phrase to capture the essence of BCYF Grove Hall Senior Center is, “a home away from home.” “When you walk through our doors,” Pomales continues, “imagine you’re entering our home and you’ll be greeted with a fresh cup of coffee and a smile.”

Across the city, Boston Centers for Youth and Families’ Beverly Gibbons Community Center for Older Adults, formerly known as The Golden Age Center of Charlestown was renamed in 2023 in honor of its dedicated former Director, Beverly Gibbons. The mission of the Beverly Gibbons center is to provide a safe, welcoming, and engaging space for older residents age 55+ in Charlestown. Programs are free and available to any Boston resident.

The center is a lifeline for older residents who rely on services and programs for socialization, nutrition, benefits, and resources. BCYF Beverly Gibbons offers exercise, meals, advocacy, and social enrichment weekdays. Their weekly walking club draws the biggest crowd. Yoga, exercise, arts and crafts, and the famous “Chrissy’s game days” are also popular. Staff provide additional support where needed, often helping attendees

with applications, housing questions, and other challenges.



The following BCYF centers also offer programming for older residents:

- BCYF Curley, South Boston
- BCYF Gallivan
- BCYF Holland
- BCYF Hyde Park
- BCYF Mildred Avenue, Mattapan
- BCYF Nazzaro, North End
- BCYF Paris Street, East Boston
- BCYF Roche, West Roxbury
- BCYF Vine Street, Roxbury
- BCYF Curtis Hall
- BCYF Mattahunt
- BCYF Ohrenberger
- BCYF Roslindale
- BCYF Shelburne
- BCYF Tobin

Call **(617) 635-4920** for more information or visit **boston.gov/departments/boston-centers-youth-and-families**.

▶ IN BOSTON, WE AGE STRONG.

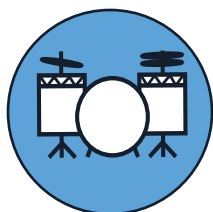
As part of the City's Human Services cabinet, The Age Strong Commission's mission is to enhance your life with meaningful programs, resources, and connections so we can live and age strong together in Boston.

We can help with:



AGE STRONG ADVOCATES

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



EVENTS & PROGRAMMING

Age Strong produces a variety of events & programs specifically for older residents, including celebrations for Black Heritage, Hispanic Heritage & LGBTQ+ Pride. We host our programming in community spaces around Boston with various focuses such as fall prevention, mindfulness, arts, cooking & more.

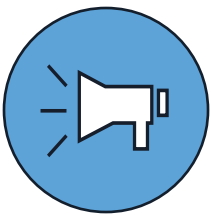


TRANSPORTATION

We are committed to helping connect older adults to all of the transportation options available, such as our Age Strong Shuttle, Taxi Coupons, and more.



Call us for more details at (617) 635-4366



VOLUNTEER OPPORTUNITIES

We can connect you to a variety of volunteer opportunities based on your interests, location, and preferred time commitment.



AGE & DEMENTIA FRIENDLY BOSTON

Our Age & Dementia Friendly work helps create a Boston where people can age and live well in community. We hold Memory Cafes for those experiencing memory loss and thier care partners to meet in a safe, social environment, as well as support groups for care partners to learn about resources and share experiences.



HOUSING SUPPORT

Our housing advocates can help older residents learn about tenants rights, eviction prevention, navigate housing eligibility, and assist with housing applications.



**ALZHEIMER'S ISN'T
STOPPING.
NEITHER ARE WE.**

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

Held annually in more than 600 communities nationwide, the Walk to End Alzheimer's is the world's largest event to raise awareness and funds for Alzheimer's care, support and research. This inspiring community event calls on participants of all ages and abilities to join the fight against Alzheimer's and other dementia.

**REGISTER TODAY AND BE PART OF THE
COMMUNITY TO #ENDALZ**

**Greater Boston Walk to End Alzheimer's
Sunday, October 26, 2025**

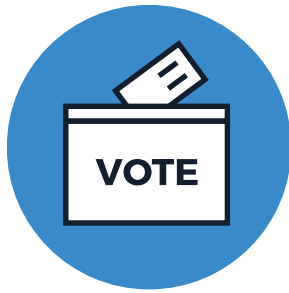
Take the first step to #ENDALZ and register today to take part in the world's largest event to fight Alzheimer's and all dementia!

act.alz.org/GreaterBoston

Ask family and friends to sign up, too! All ages and abilities are welcome to Walk, everyone can make a difference in the fight to #ENDALZ



Register today | act.alz.org/GreaterBoston | 800.272.3900



2025 Election Calendar

DEADLINES AND EARLY VOTING INFO

VOTING DEADLINES

GENERAL MUNICIPAL ELECTION

- OCTOBER 25** 5 PM in person deadline, postmarked by October 25 2025, or 11:59 PM online deadline to register to vote.
- OCTOBER 28** 5 PM deadline to submit all vote-by-mail ballot requests.
- NOVEMBER 3** 12 PM - In-person absentee voting deadline.
Voter must either be out of the city on election day, have a disability, or have religious beliefs preventing them from voting in person on election day.
- NOVEMBER 4** 7 AM to 8 PM - **General Municipal Election Day.**

EARLY VOTING DATES

GENERAL MUNICIPAL ELECTION

October 25 through October 31



For full information on voting dates and deadlines, visit the Boston Election Department website at: [BOSTON.GOV/ELECTIONS](https://boston.gov/elections)

BECOME A POLL WORKER!



Election day poll workers ensure that all voters can exercise their right to vote. Volunteers receive two hours of paid training and a stipend for their day of service. Scan the QR code or visit [BOSTON.GOV/POLLWORKER](https://boston.gov/pollworker) to sign up.

BOSTON ELECTION DEPARTMENT | 1 CITY HALL SQUARE, ROOM 241

CITY of **BOSTON**



Election

Age Strong's Neighborhood PROGRAMMING

BCYF Holland Community Center

Wed & Fri | 10am-1pm
85 Olney Street, Dorchester
(617) 635-5144

East Boston Senior Center

Monday-Friday | 8:30am-4pm
7 Bayswater Street, East Boston
(617) 961-3131

Veronica B. Smith Senior Center

Monday-Friday | 8:30am-4pm
20 Chestnut Hill Avenue, Brighton
(617) 635-6120

The Elks Lodge #10

In partnership with Ethos
Tues, Wed, Thurs | 9am-3pm
1 Morrell Street, West Roxbury
(617) 323-1125

Dewitt Center

Mon & Wed | 10:30am-3pm
122 Dewitt Drive, Roxbury
(617) 275-7080

Union Church

Tues & Thurs | 9am-1pm
485 Columbus Avenue,
South End
(617) 536-0872

Spontaneous Celebration (beginning 9/23)

Tuesdays | 9am-12:15pm | Thursdays | 10am-12:15pm
45 Danforth St, Jamaica Plain
(617) 635-4250



NEW AGE STRONG PROGRAMS & ROLLING GRANT OPPORTUNITY

By Ami Bennitt, Age Strong Staff

Throughout 2025, through a major investment by Mayor Wu, Age Strong has started many programs for older residents across Boston Neighborhoods. In addition to Age Strong's senior centers in Brighton and East Boston, we now have programming at the Elks in West Roxbury, Spontaneous Celebrations in Jamaica Plain, BCYF Holland Community Center in Dorchester, Union Church in the South End, and the Dewitt Center in Roxbury. Check the flyer for specific days of the week and hours.

At these sites, we offer a variety of free classes, socializing, and wellness opportunities. Folks can just drop in and join a card game or enjoy coffee with neighbors – or choose to participate in fitness/exercise classes, arts and crafts, learning mindfulness techniques, and more.

In addition to adding programs launched at new sites, Age Strong now offers a new Rolling Grant program for community organizations or groups to apply for short term or one-time needs such as transportation for an

outing/trip or to hire a facilitator or teacher for a specific program. These new grants are offered every two months, for up to \$2500. For more information on applying for the Rolling Grant, call **Ava Portela** at Age Strong at **(617) 635-1953** or visit **boston.gov/departments/age-strong-commission/age-strong-commission-rolling-grant-opportunity**.



► 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: bit.ly/age-strong-monthly-to-do

Virtual Networking for Women with Parkinson's Disease

Thursday, September 25, 1:30pm
-BIDMC Parkinson's Disease &
Movement Disorders Center-

**To join, call (617) 667-5215 or
wellnessworks@bidmc.harvard.edu**

*Free networking for women with
Parkinson's or related disorders
to share experiences & coping
strategies*

Greater Boston Stand Down

Friday, September 19, 8am-2pm
Boston City Hall Plaza
-New England Center and Home for
Veterans-

**nechv.org/standdown
standdown@nechv.org**

*Service providers & community
organizations provide support services
to veterans, plus music, food & raffles*

Chinese "Double Ninth" Festival Celebration

Friday, September 19, 2-5pm
Chinatown Greenway at the
Chinatown Gate

-Greater Boston Chinese Golden
Age Center-
info@gbcgac.org or (617) 357-0226
*Performances by older adults to
celebrate & honor older adults in
Chinese culture*

Grupo de Lectura en Español: Los Aires Difíciles de Almudena Grandes

Friday, October 24, 1-2:30pm
433 Centre Street

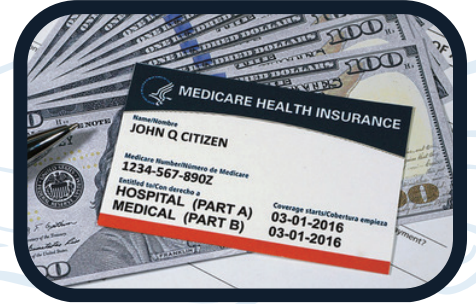
-Boston Public Library-
connolly@bpl.org or (617) 522-1960
*Spanish book discussion of "Difficult
Airs" by Almudena Grandes*

A MESSAGE FROM BOSTON'S AGE STRONG COMMISSION

**Our August issue included an article about historic
burial grounds in Boston. We mistakenly left out
that many Black patriots were also laid to rest in
many of Boston's historic burial grounds. We
apologize for overlooking this.**

2025 ANNUAL MEDICARE OPEN ENROLLMENT

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 each year to assess health insurance & prescription drug plans **to get the best coverage for the lowest cost.**



Wednesday, October 15

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

Friday, October 17

East Boston Senior Center
7 Baywater St., E. Boston

Tuesday, October 21

Central Boston Elder Services
2315 Washington St., Roxbury

Wednesday, October 22

Boston Public Library - Faneuil Branch
419 Faneuil St., Brighton

Monday, October 27

Boston Public Library - Roslindale Branch
4246 Washington St., Roslindale

Call Age Strong at 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.

***Don't see an event in your area? More events for October and beyond are to be added. Visit bit.ly/agestrong2025medicare to view all events happening through the open enrollment period.**