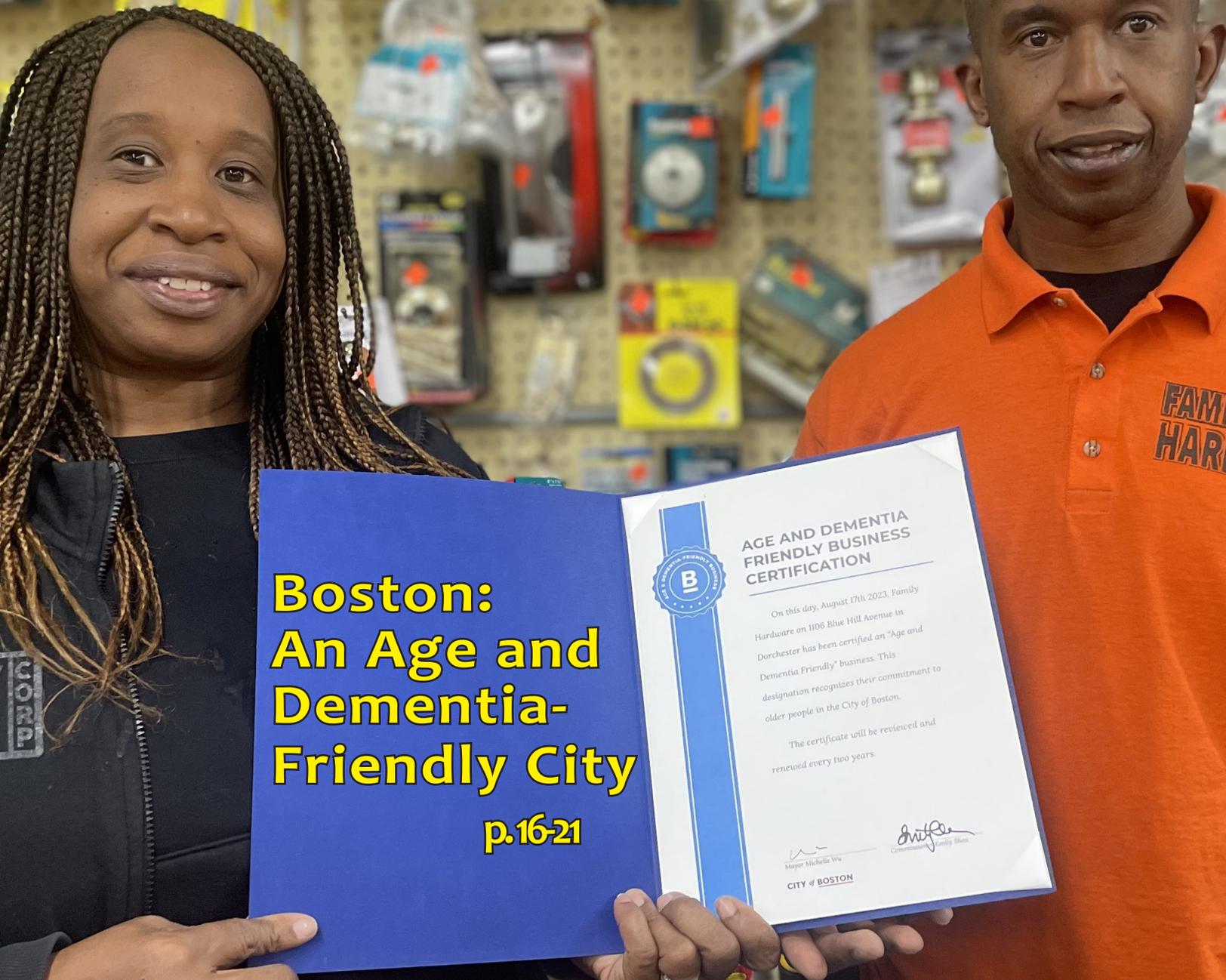


# Boston Seniority

Age Strong Commission

City of Boston

Mayor Michelle Wu



**Boston:  
An Age and  
Dementia-  
Friendly City**  
p.16-21



## AGE AND DEMENTIA FRIENDLY BUSINESS CERTIFICATION

On this day, August 17th 2023, Family Hardware on 1106 Blue Hill Avenue in Dorchester has been certified an "Age and Dementia Friendly" business. This designation recognizes their commitment to older people in the City of Boston.

The certificate will be reviewed and renewed every two years.

  
Mayor Michelle Wu  
CITY OF BOSTON

  
Commissioner Family Sites

November 2023  
Issue 9  
Vol. 47



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# Boston Seniority

Published by the City of Boston's Age Strong Commission

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Stay Connected with the Age Strong Commission:



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Facebook: @AgeStrongBos



Twitter: @AgeStrongBos

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

Email us at [BostonSeniority@boston.gov](mailto:BostonSeniority@boston.gov)



# From the Mayor's Desk

**Hello Boston!**

November marks Veterans Day, Diabetes Awareness Month, and Native American Heritage Month. As you turn the pages, you'll learn about each, and why they're important.

Did you know that Boston is an Age and Dementia-Friendly city? Learn about the world-wide movement for cities and towns to become Age-Friendly, implementing various programs for older adults to thrive, including Age-Friendly Businesses, Age-Friendly Benches, and more.

As we approach the holiday season, we'll gather for tree lightings, and outings with friends and family. But keep in mind that some folks get the "holiday blues" and could use a friendly ear, shoulder, or smile.

Looking forward to seeing you out in the neighborhoods,

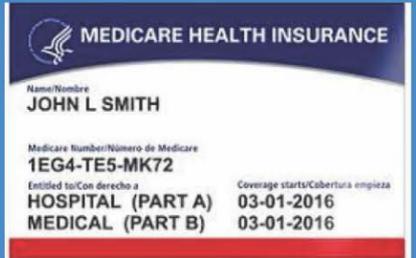
*Michelle Wu*

Michelle Wu  
Mayor of Boston



# 2023 ANNUAL MEDICARE OPEN ENROLLMENT EVENTS

## OCTOBER 15 - DECEMBER 7



- Meet with trained SHINE\* counselors to find the best coverage for the least cost
- Review your overall medical and prescription drug coverage

**WHAT TO BRING: LIST OF PRESCRIPTIONS, MEDICARE/OTHER INSURANCE CARDS, YOUR MEDICARE.GOV USERNAME/PASSWORD IF ALREADY SET UP**

*\*Serving the Health Insurance Needs of Everyone*

### THURSDAY, NOVEMBER 2

10am - 3:30pm  
Central Boston Elder Services  
2315 Washington St., Roxbury

### WEDNESDAY, NOVEMBER 8

10am - 3:30pm  
Mattapan Branch Library  
1350 Blue Hill Ave., Mattapan

### THURSDAY, NOVEMBER 16

10:30am - 3:30pm  
West Roxbury Branch Library  
1961 Centre St., West Roxbury

### MONDAY, NOVEMBER 20

10am - 3:30pm  
Veronica B. Smith Senior Center  
20 Chestnut Hill Ave., Brighton

### WEDNESDAY, NOVEMBER 29

10am - 3:30pm  
Grove Hall Branch Library  
41 Geneva Ave., Dorchester

### WEDNESDAY, DECEMBER 6

10am - 3:30pm  
South Boston Neighborhood House  
136 H St., South Boston

**Call 617-635-4366 to schedule your appointment for these events or to make a counseling appointment for another time.**

## Boston Public Library Recommended Books

Source: Boston Public Library

Each issue, we share book recommendations in *Boston Seniority* magazine. But, did you know Boston Public Library has a lot more to offer?

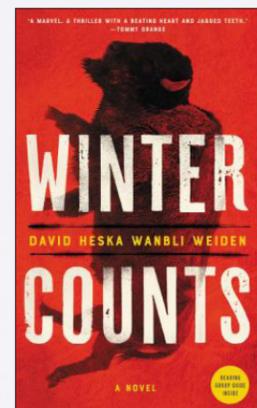
The BPL was the first free public lending library in the country, founded in 1848. The Central Branch in Copley Square has been headquarters since 1895 and BPL offers 26 branches across the city.

Branches offer dozens of activities. There's something for everyone ages 0-100+. You may check out print books, ebooks, newspapers, movies, audiobooks, and more. You can even check out things like a bird watching kit or even a ukulele!

The books we include in *Seniority* are a sampling of one of BPL's monthly book lists, but BPL staff publish many book lists on every genre or topic. You can

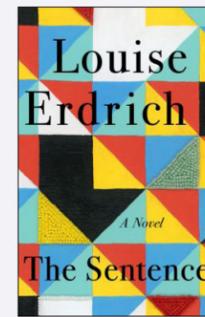
browse all the lists online at [bpl.org/explore/?post-type=staff-list](http://bpl.org/explore/?post-type=staff-list). A librarian at your local branch can recommend books or you can call 617-536-5400 to connect to a librarian.

November is National Native American Heritage Month. Here are a few recommendations for contemporary fiction written by Indigenous authors:

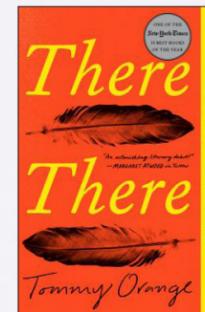


**Winter Counts**  
by David Heska Wanbli Weiden

A vigilante enforcer on South Dakota's Rosebud Indian Reservation enlists the help of his ex to investigate the activities of an expanding drug cartel, while a new tribal council initiative raises controversial questions.



**The Sentence**  
by Louise Erdrich  
Fiction, Paranormal  
A small independent bookstore in Minneapolis is haunted from November 2019 to November 2020 by the store's most annoying customer. Flora dies on All Souls' Day, but she simply won't leave the store. Tookie, who has landed a job selling books after years of incarceration that she survived by reading with murderous attention, must solve the mystery of this haunting while at the same time trying to understand all that occurs in Minneapolis during a year of grief, astonishment, isolation, and furious reckoning.



**There There**  
by Tommy Orange  
Fiction, Political  
A wondrous and shattering award-winning novel that follows twelve characters from Native communities: all traveling to the Big Oakland Powwow, all connected to one another in ways they may not yet realize.



**The Removed**  
by Brandon Hobson  
Fiction  
In the fifteen years since their teenage son, Ray-Ray, was killed in a police shooting, the Echota family has been suspended in private grief. With the family's annual bonfire approaching--marking both the Cherokee National Holiday and Ray-Ray's death-- each of them feels a strange blurring of the boundary between normal life and the spirit world.



**Buffalo Is the New Buffalo**  
by Chelsea Vowel  
Science Fiction, Short Stories  
Indigenous futurisms seek to discover the impact of colonization, remove its psychological baggage, and recover ancestral traditions. These eight short stories of "Métis futurism" explore Indigenous existence and resistance through the specific lens of being Métis. Expansive and eye-opening, Buffalo Is the New Buffalo rewrites our shared history in provocative and exciting ways.

## Beat the Holiday Blues

Many consider November to be the start of the holiday season. There's cooking, cleaning, shopping, and planning to do. But, for many, November also triggers the "holiday blues." While some enjoy the holiday season, for many, it brings up feelings like stress, anxiety, loneliness, and sadness. Holidays can upset us when they don't live up to expectations, and for those who have lost a loved one, holidays may bring up grief. Here are some tips to help you manage the holiday blues.

**Get outside.** Seasonal depression can make feelings of holiday sadness worse. Be sure to spend some time in the sun every day, as it helps fight seasonal depression.

**Connect with loved ones.** Often, holiday blues are caused by a disconnection. If you have lost a family member, or your family and friends live far away, it is easy to feel lonely. Try to reach out to a loved one each and every day. This can be in person, on the phone, or through a text or email. Also, look for local groups to meet people. Your local library, senior center or faith circle are good places to make friends.

**Don't overextend yourself or your expectations.** It's easy to become



depressed or sad when you spread yourself too thin. Make a realistic list of goals for the holidays, and set a realistic budget and timeline. If you plan for realistic outcomes, you're less likely to be disappointed or upset if things don't go as planned.

If you are struggling with the holiday blues, you are not alone. Many experience sadness around the holidays, and it is important to recognize and manage these feelings. If you need help finding resources, you can call Age Strong at 617-635-4366.

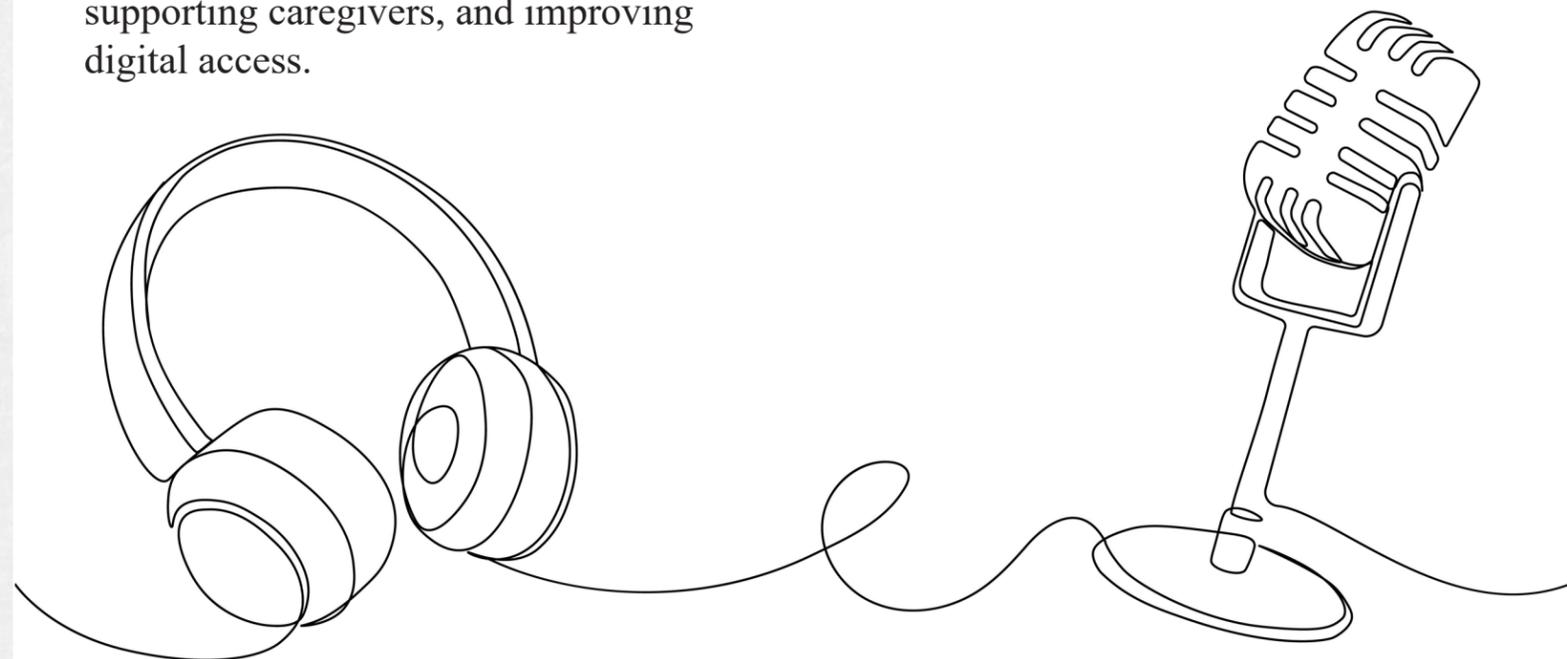
## New Podcast Series on Aging Helps Older Adults Across Massachusetts

The Massachusetts Executive Office of Elder Affairs (EOEA), in partnership with Point32Health Foundation and the Massachusetts Healthy Aging Collaborative (MHAC) offers a new, free podcast series on age- and dementia-friendly innovations across the state, called ReiMAGine Aging.

The podcast series explores the age- and dementia-friendly movement across Massachusetts, highlighting local efforts that make MA a great place to grow older together, including updating infrastructure, promoting volunteer and employment opportunities, providing access to culturally relevant food, expanding affordable supportive housing, increasing transportation options, supporting caregivers, and improving digital access.

Boston's Age Strong Commission's programs are featured, including the Senior Civic Academy, Public Awareness Campaign Against Ageism, and the Senior Companion Program. Three of Boston's older residents, Harry Pierre, Alice Fisher, and Cynthina Cornelius, were also featured.

The podcast highlights voices from community leaders, older adults, and non-profits through six compelling stories. It's available now on Spotify, Apple Podcasts, as well as online at [reimagineaging.net](http://reimagineaging.net).



▶ Veterans Day

## Honoring Those Who Served on Veterans Day

On Saturday, November 11, we celebrate Veterans Day in the U.S. Veterans Day recognizes Americans who have served in the military. Originally started as a recognition of WWI soldiers, in 1938, Veterans Day expanded to include individuals who served in any war. During this day of recognition, it is important to pay attention to many veterans who struggle with mental health issues. Over 40% of veterans face mental illness or substance abuse. If you or someone you know struggles, here are some suggestions:

**Reach out for help.** Talking to others helps improve mental health. Talk to friends, family or other veterans. If you've struggled for long, you could consider talking to a therapist. Therapists are trained to help people in your situation, and can help you learn how to manage your symptoms in a healthy manner. If you experience thoughts of dying, call 988 and dial 1 to get help from the Veterans Crisis Line.

**Join a support group.** Your local Veterans Affairs (VA) has groups to connect with other veterans going through similar challenges. This helps build a support network. If you are struggling with substance abuse, there may be a twelve step group that meets locally. Visit [aa.org](http://aa.org) or call 212-870-3400.

**Focus on activities that make you happy.** People who regularly participate in activities are happier, and have lower levels of stress and depression. If there is a sport or art you enjoy, try and do it often! If you like to read, join a book club at your local library. Whatever you enjoy, the more you do it, the more likely you can feel better.

Remember, you are not alone. Many veterans struggle with mental health issues, and it is nothing to feel embarrassed or ashamed about. For more resources visit the VA at [va.gov/resources](http://va.gov/resources) or call 800-698-2411.



▶ Celebrating Native American Heritage Month

## November is Native American Heritage Month

On August 3, 1990, President George H. W. Bush declared the month of November as National American Indian Heritage Month, also referred to as Native American Heritage Month. The bill read in part that "The President has authorized and requested to call upon Federal, State and local Governments, groups and organizations and the people of the United States to observe such month with appropriate programs, ceremonies and activities".

This landmark bill honoring America's tribal people represented a major step in the establishment of this celebration which began in 1976 when a Cherokee/Osage Indian named Jerry C. Elliott-High Eagle authored Native American Awareness Week legislation.

This commemorative month aims to provide a platform for Native people in the United States of America to share their culture, traditions, music, crafts, dance, and ways and concepts of life. This gives Native people the opportunity to express to their community, both city, county and state officials their concerns



and solutions for building bridges of understanding and friendship in their local area.

Federal Agencies are encouraged to provide educational programs for their employees regarding Native American history, rights, culture and contemporary issues, to better assist them in their jobs and for overall awareness. To see what the City of Boston has planned for Native American Heritage, visit [boston.gov/equity-and-inclusion/native-american-heritage-month#events](http://boston.gov/equity-and-inclusion/native-american-heritage-month#events)

► Scam Alert

## International Fraud Awareness Week is November 12-18

Older adults are often the target of scams/fraud, so it's important to know how to spot and report them. Sadly, scams increase during the holiday season, especially charity scams. Scammers know we're more likely to donate money in November and December. They set up fake charities to try and take money from generous individuals. Here are ways to spot and protect yourself from a charity scam.

If someone calls or knocks on your door, insisting you donate immediately, be very cautious. Most reputable charities know donors research places they donate to, and don't pressure you into donating quickly. Always do your own research before giving money to someone.

Don't be afraid to say no! Scammers know that people often feel guilty saying no to a donation request, and they use this to try and catch people off guard. It's ok to tell the caller "no thank you."

If you receive a phone call from someone and you want to donate, be sure to double check the information. Someone may claim to be the World Wildlife Fund or Red Cross, but how do you know this is



true? Tell the caller you will look into it and donate later. To make sure you are donating to the organization you think you are, visit their website or find reputable organizations at [charitynavigator.org](https://charitynavigator.org).

If you believe you've been scammed, don't worry! There are steps you can take to try and get your money back and report the fraud. First, call your bank. They may be able to stop the transaction before it goes through, or flag the transaction in case the scammer targets you again. Second, report the scam at [reportfraud.ftc.gov](https://reportfraud.ftc.gov). The Federal Trade Commission shares potential scams with thousands of law enforcement agencies to help other people avoid these scams. Third, call your local police department. It is important to have a police report on file if you decide to file with your insurance. If you need help reporting a scam, you can call Age Strong at 617-635-4366.

► Did you know?

## November is American Diabetes Month

About 1 in 10 Americans have diabetes, and over 90% of those have type 2. Type 2 diabetes develops over time, and there are steps to help reduce your risk.

**Exercise regularly.** Staying active helps lower blood sugar. Try a combination of different exercise styles, including aerobic and resistance. Aerobic includes walking, swimming, or biking. Resistance helps increase strength and balance, like weight lifting and yoga. Aim for aerobic exercise daily, and resistance exercise twice weekly.

**Eat a balanced diet (with a focus on greens).** Leafy greens, fruits, and legumes all have a variety of the vitamins and minerals humans need. Eating more of these lowers blood pressure and blood sugar levels. Try to avoid eating too many carbohydrates, as they spike blood sugar.

**Drink more water.** This seems simple, but is important. People drink more sugar than they realize, causing diabetes to develop faster. Drinking water can also help you avoid snacking on high-carb and high-sugar snacks.

**Quit smoking and reduce your alcohol intake.** Smokers are 50% more likely to develop type 2 diabetes than nonsmokers. Heavy alcohol intake is linked to developing type 2 diabetes. Men should aim to drink less than 14 drinks per week, and women should aim for less than 7.

While diabetes can be scary, there are steps you can take to reduce your risk. Maintaining a healthy lifestyle is the best thing you can do to avoid type 2 diabetes. Also, be sure to talk to your doctor if you have any questions or concerns about diabetes.

For more information, visit the National Institute of Diabetes at [niddk.nih.gov/](https://niddk.nih.gov/) or call 800-860-8747.



# November Happenings: Get Out and About in Boston!

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



**Movie Theme Music Magic**  
**Time:** 2:00 pm - 3:00 pm  
**Location:** BPL Roslindale,  
4246 Washington St., Roslindale  
**Contact Info:**  
617-323-2343



**Thanksgiving Crafts  
Workshop**  
**Time:** 1:00 pm - 2:00 pm  
**Location:** BPL Chinatown,  
2 Boylston St., Chinatown  
**Contact Info:** Yan,  
617-807-8176



**Special Collections Sampler:  
National Native American  
Heritage Month**  
**Time:** 9:30 am - 4:30 pm  
**Location:** Central Library in  
Copley Square, 700 Boylston  
St., Boston **Contact Info:**  
Kathleen,  
specialcollections@bpl.org



**Puzzles & Jazz**  
**Time:** 12:00 pm - 1:30 pm  
**Location:** BPL - Mattapan,  
1350 Blue Hill Ave., Mattapan  
**Contact Info:** Kathleen,  
617-298-9218



**Weekly Chess Club  
for Adults**  
**Time:** 2:30 pm - 3:30 pm  
**Location:** BPL North End,  
25 Parmenter St., North End  
**Contact Info:** 617-227-8135



**November Films:  
Celebrating Ed Asner**  
**Time:** 1:00 pm - 2:45 pm  
**Location:** BPL - South  
Boston, 646 East Broadway,  
South Boston **Contact Info:**  
J. Bickford, 617-268-0180

"Be present in all things and thankful  
for all things." -Maya Angelou

## Age Strong Commission Events

We can connect you to programs and outings that enrich your life in Boston. You can also take part in our virtual programs and classes.



For more information,  
call 617-635-4366 or visit  
[boston.gov/age-strong-events](https://boston.gov/age-strong-events)





## Boston: An Age and Dementia-Friendly City

There's been a worldwide movement to make cities and towns more Age and Dementia-Friendly for our older adults. This means considering senior residents' needs and where possible, making residential, civic and business adjustments to make aging in place easier and richer.

-Boston Seniority Team



# Boston is an Age and Dementia-Friendly City!

## Did You Know? Boston Has Many Age and Dementia-Friendly Businesses

Age-Friendly Boston aims to make Boston safe, comfortable, and healthy for older adults. Within Boston's Age-Friendly initiative, there's many programs to improve life for older adults. One is training area businesses to be Age-Friendly. Age-Friendly businesses are trained and certified by the Age Strong Commission. Age-Friendly businesses are inclusive to older community members.

This month, we talked with Andrea Burns, Director of Age-Friendly Boston, to learn more about the Age-Friendly businesses:

### **Why is it important for Boston to have Age-Friendly businesses?**

The older adult population is the fastest growing population in Boston. By businesses taking the steps to become certified, it shows commitment to the needs of older adult patrons. It also shows that they respect older adults as valuable community members.

### **What are some of the requirements for a business to be designated as Age-Friendly?**

First, the business must attend our Age-Friendly customer service training. They also must comply with at least 15

age and dementia features on our Age-Friendly checklist. Some of these include clear signage, areas to rest, accessible restrooms, clear walkways, and others. Also, Age-Friendly Businesses must get recertified every two years and new hires must get trained.

### **What is the training like for staff at Age-Friendly businesses?**

The training raises awareness about the societal issue of ageism and how to effectively counteract it. It also shares best practices for communicating with older adults if they have cognitive decline, hearing, or vision loss.

### **How do older adults know if a business is Age-Friendly?**

There is a blue decal on the front door or window of the business with the words, "Age and Dementia Friendly Business." Businesses also receive a certificate signed by the Mayor and Age Strong Commissioner.

### **How can Boston residents find out if a business is certified as Age-Friendly?**

There's a list on the Age Strong website at [boston.gov/age-friendly-businesses](http://boston.gov/age-friendly-businesses).

In 2015, Boston was the first city in Massachusetts to join the AARP Network of Age-Friendly cities, releasing its Age Friendly Action Plan in 2017. Today, more than 200 communities in Massachusetts are Age-Friendly, implementing changes to local policies, programs, services, and the built environment to create communities where older people can thrive.

Age-Friendly describes a movement to make communities more welcoming and

livable for older residents and people of all ages. It describes efforts to create places where people can grow up and grow old together. Age-Friendly looks at outdoor spaces and buildings, social inclusion, transportation, employment, housing, communication, and other areas.

Keep reading to learn more about Age-Friendly Boston, our different initiatives, and how you can age and thrive in place, in our community.

# Did You Know?

## Age and Dementia-Friendly Benches Welcome Older Adults

Having enough, accessible places to rest is an essential feature of being an Age-Friendly city. They help provide comfort, independence, places to rest and even provide the potential for social interaction. Age-Friendly Boston Director Andrea Burns shares information about the bench program:

### Why was Boston's Age-Friendly bench program started?

The Mayor's Office of Urban Mechanics' study exposed inequitable bench coverage across the city. For example, Mattapan Square had only 4 benches compared with close to 100 in another neighborhood. So the first place we installed Age-Friendly benches was in Mattapan Square.

### What are some features of an Age-Friendly bench?

They have contoured backs and raised armrests for ease of access and proper support. They are also temperature resistant – can't get too hot or too cold.



### How would someone know that a bench is Age-Friendly?

Age-Friendly benches have a plaque that says Age-Friendly on them.

### How can older adults find Age-Friendly benches in their neighborhood?

You can generally find them in the downtown business areas of each neighborhood. They are often next to libraries, senior centers, and churches. There is also a map on our website: [boston.gov/departments/age-strong-commission/age-friendly-boston/age-friendly-benches](https://boston.gov/departments/age-strong-commission/age-friendly-boston/age-friendly-benches)



## ► 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:*

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 **in person and virtual** events and programs throughout the year.



### 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.

# Chicken & Wild Rice Bowls

By Melissa Carlson, MS, RD

Age Strong Commission Senior Director of Partnerships & Programs

## Ingredients:

- 2 pounds boneless, skinless chicken breast
- 3 tablespoons olive oil
- 1 and 1/2 teaspoons fine sea salt
- 2 teaspoons chicken grilling blend (no salt added)
- 1/4 teaspoon EACH: ground cumin and freshly cracked pepper

## Wild rice, sweet potatoes, & optional bowl toppings:

- 2 packages (6 oz each) Long Grain and Wild Rice packaged mix
- 2 pounds small sweet potatoes (7-8 oz. each)
- Optional: handful of arugula spinach blend; 1 large avocado, sliced almonds, dried cranberries or dried tart cherries

## Sauce:

- 1/2 cup EACH: freshly squeezed lime juice and olive oil
- 1/2 teaspoon lime zest
- 1/2 cup gently packed cilantro (about 1 bunch; some stems are fine, I just twist off the tops typically)
- 1 tablespoon EACH: coarsely chopped jalapeño, honey, almond butter
- 1 teaspoon ground cumin

- 1/2 teaspoon Dijon mustard
- 1 clove coarsely chopped garlic

## Instructions:

**Sauce:** In a small blender, combine all of the sauce ingredients except the olive oil. Season with salt and pepper to taste (I add 1/4 teaspoon of each). Pulse to combine ingredients. Once combined, drizzle in the olive oil and pulse just to incorporate. Transfer sauce to a mason jar and refrigerate until ready to use.

**Wild rice:** Follow package directions to prepare wild rice. Once cooked, fluff with a fork. Keep the lid on to keep warm while preparing the chicken and potatoes.

**Sweet potatoes:** Wash/scrub four to five (2 pounds total) sweet potatoes. Fork pierce the skin-- about 6-8 pierces per potato. Cook on a microwave-safe plate for 5 minutes. Flip and microwave for another 3-5 minutes, until tender, easily pierced in center by fork. Depending on size – larger potatoes take longer. Remove from the microwave and let cool slightly. Once cool, cut potatoes in half lengthwise. Peel skins off with your fingers (they should easily slip off). Spray both sides with cooking spray and lightly



sprinkle both sides with salt.

**Chicken:** Stir together olive oil, salt, pepper, chicken seasoning, and cumin in a small bowl and set aside. Slice large chicken breasts in half horizontally. Cover with plastic wrap (to avoid splatter). Using a meat mallet or the bottom of a frying pan, pound breasts to even thickness (don't flatten the meat, just even it in thickness). Pat dry with a paper towel. With a pastry brush (or your hands) brush

both sides of all the chicken with the seasoning and oil blend. Set aside.

**Grill:** Preheat grill to 400-450 degrees. Add chicken to a cleaned and greased grill (rub grill grates with a vegetable oil-drenched paper towel). Grill 4-5 minutes per side, flipping halfway or until chicken registers 160 degrees F. Remove to a plate and tent with foil. If needed, add an extra sprinkle of salt to the chicken breasts off the grill. Add the sweet potatoes to the grill and cook for 2 minutes per side. Remove to a plate to slightly cool. Coarsely chop sweet potatoes. Thinly slice chicken breasts.

**Assemble:** Set out even amounts of wild rice and top with chicken and potatoes. Add any other optional toppings: arugula/spinach mix, sliced almonds, dried cranberries, and a thinly sliced (or chopped) ripe avocado. Drizzle with sauce and enjoy!

Nutrition per serving: Serves 6  
Calories 441 kcal, Carbohydrates 47.3g, Protein 37.7g, Fat 12.6g, Sodium 162.7mg, Fiber 4.9g

**Source and photo:**  
[chelseasmessyapron.com/chicken-and-wild-rice/](https://chelseasmessyapron.com/chicken-and-wild-rice/)

Boston's Age Strong Commission Offers Discount

# TAXI Coupons

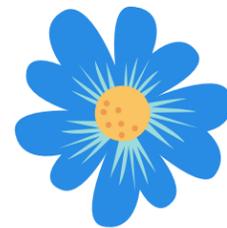
- For Boston residents age 65+ & persons with disabilities
- Valid for taxis licensed by City of Boston
- Please show ID proving Boston residency
- Each coupon book costs \$5 (worth \$10)
- Please pay with cash
- Coupons don't expire (for a limited time each resident may buy 4 books/month)

Coupons may be purchased in person at the Age Strong Commission, Rm 271 City Hall, 1 City Hall Square in Boston, 9am-5pm.

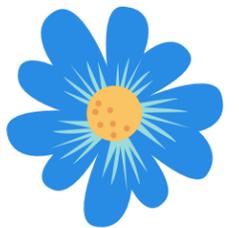
Visit [boston.gov/agestrong](http://boston.gov/agestrong) for a list of sites where taxi coupons may be purchased.



## AGE STRONG COMMISSION'S FREE VIRTUAL PROGRAMS AND CLASSES



For Ages  
55+



DAY OF WEEK	TIME	PROGRAM
MONDAY	9:00AM - 10:00AM	CHAIR YOGA
MONDAY	11:30AM - 12:30PM	MEDITATION
TUESDAY	11:30AM - 12:30PM	LATIN DANCE
WEDNESDAY	11:30AM - 12:30PM	YOGA
THURSDAY	11:30AM - 12:30PM	LATIN FIESTA
FRIDAY	11:30AM - 12:30PM	ZUMBA

Join the classes listed above by zoom link here:

[bit.ly/ZoomAgeStrongVirtual](https://bit.ly/ZoomAgeStrongVirtual)



For more information on our events call 617-635-3979 or visit [boston.gov/age-strong-events](http://boston.gov/age-strong-events)



## SIGN-UP TODAY

Check out the latest news from Age Strong! We include events for older adults, volunteer opportunities, and much more.

Sign-up for updates at:  
[boston.gov/departments/age-strong-commission](http://boston.gov/departments/age-strong-commission)



## Even after summer markets end, fresh fruits and vegetables are still available in Boston!



Visit [boston.gov/food](http://boston.gov/food) for updated market schedules and other food resources to continue enjoying produce throughout the winter.

### SNAP Resources

#### Use HIP at Winter Farmers Markets



Save when you shop with your EBT card at participating HIP farm vendors. Visit [boston.gov/farmersmarkets](http://boston.gov/farmersmarkets) for updated hours and locations of markets all year long.

#### Visit Boston Public Market's HIP Vendors



The Boston Public Market hosts HIP-certified vendors year-round. Visit Siena Farms, Stillman Family Farm, and Red Apple Farm during business hours.

#### Shop at Double Up Stores



Shop with SNAP to get 50% off your fresh fruits and vegetables. Save up to \$10 each day. Visit [boston.gov/doubleup](http://boston.gov/doubleup) for a list of participating stores.

### Delivery Options

#### Daily Table Grocery Delivery



Use your SNAP/EBT to order groceries online. Visit [daillytable.org](http://daillytable.org) for store locations.

#### SNAP/HIP Farm Boxes



Visit [massfooddelivery.com](http://massfooddelivery.com) to find farm box deliveries in your area. Delivery rates apply.

### Non-SNAP Resources

#### VitalCxn's Food Resource Guide



Up-to-date food resources across Boston, including ABCD pop-ups and Fresh Truck locations: [www.vitalcxns.org/food](http://www.vitalcxns.org/food)

#### Food Pantries



Food pantries provide groceries to those in need. Visit [gbfb.org/need-food](http://gbfb.org/need-food) to find your nearest pantry. Call ahead to confirm hours.

#### Fair Foods Sites



Fair Foods sites offer bags of fresh produce for only \$2. Visit [www.bit.ly/fairfoods20](http://www.bit.ly/fairfoods20)

#### Visit Haymarket on Blackstone St Downtown



Vendors sell highly discounted seafood and produce. Market runs year-round, every Friday and Saturday from 4am-7pm. Bring cash! Visit [haymarketboston.org](http://haymarketboston.org)



## THE PRYDE INCOME-RESTRICTED RENTAL HOUSING LOTTERY

The Pryde's application period will open soon, for more information, contact LGBTQ Senior Housing at 857-342-3292 or by email at [info@lgbtqseniorhousing.org](mailto:info@lgbtqseniorhousing.org).

## MEMORY CAFÉ

Join us Wednesday, December 13, for our free monthly Memory Café gathering, for those living with memory loss & their caregivers, at the Codman Square Branch of the Boston Public Library from 10am-12pm. Connect with others also navigating memory loss, learn tips, get resources. For more information, contact Corinne White at 617-635-3745 or email [corinne.white@boston.gov](mailto:corinne.white@boston.gov).



# ▶ SEEN AROUND TOWN



Join the Boston Parks & Recreation Department for

# HOLIDAY LIGHTING EVENTS

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**Monday, November 20**

Christopher Columbus Park Trellis Lighting  
**5 - 6 p.m.**

**Tuesday, November 21**

Boston Common Tree Arrival Ceremony  
**11:00 a.m.**

**Saturday, November 25**

Lighting of the Ship at Martin's Park  
**4 - 6 p.m.**

**Thursday, November 30**

Boston Common Tree Lighting  
**6 - 8 p.m.**

**Thursday, November 30**

Lighting of the Trees:  
Commonwealth Avenue Mall and Charlesgate Park  
**8:15 p.m.**

For more info, visit [boston.gov/lights-on-bos](https://boston.gov/lights-on-bos)