

Weekly Digest

January 17-23, 2022

Information & opportunities for Boston's older adults

WEEKLY DIGEST
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Stay Connected
to Age Strong:

City Hall, Room 271
1 City Hall Square
Boston, MA 02201
617-635-4366

agestrong@boston.gov
boston.gov/agestrong



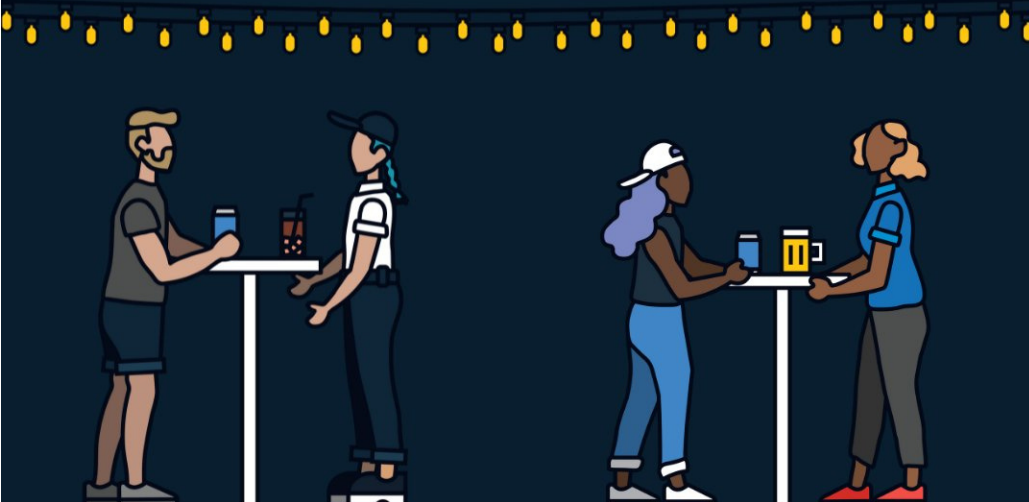
@AgeStrongBos

AGE+

City of Boston
Age Strong
Commission

VACCINATION REQUIRED

Starting on **Jan. 15, 2022**, individuals will be required to show proof of COVID-19 vaccination to enter certain indoor spaces like restaurants, fitness facilities, entertainment spaces, and certain meeting spaces in Boston.



For more information about the vaccination requirement, visit boston.gov/b-together or call 617-635-4500

Am I eligible for a COVID-19 booster shot?



Who?

Individuals **12+** who are fully vaccinated*

*Individuals age 12-17 can only get the Pfizer booster

When?

- At least 6 months after Moderna
- At least 5 months after Pfizer
- At least 2 months after Johnson & Johnson

Which booster shot do I get?

- You may have a preference, but you can get any type of vaccine for your booster shot



More information at mass.gov/COVID19booster

For help scheduling a booster or transportation to get a booster, call 311 or Age Strong at 617-635-4366 or visit boston.gov



MONDAY, JANUARY 17

5pm

Parks: Virtual Fitness: Dance Fit

Click [here](#) to register & for more information.

TUESDAY, JANUARY 18

9:30am

***BPL Virtual: Introduction to Medicare:
Learn the Basics***

Click [here](#) to register & for more information.

10:30am

A Quilting Circle

BPL: Codman Square

690 Washington Street, Dorchester

Click [here](#) to register & for more information.

2pm

***BPL Virtual: Prostate Health: Innovations
& Prospects***

Faina Shtern, MD, ED

Click [here](#) to register & for more information.

6pm

***BPL Virtual: America & First Freedom
Riders: Massachusetts in 1840***

Click [here](#) to register & or more information.

6:30pm

Parks: Virtual Fitness: Afrobeats Dance

Click [here](#) to register & for more information.

WEDNESDAY, JANUARY 19

10:30am

***BPL Virtual: Book Discussion Group
"Tell the Wolves I'm Home by Carol Rifka
Brunt***

Click [here](#) to register & for more information.

11am

Parks: Virtual Fitness: Chair Yoga

Click [here](#) to register & for more information.

3pm

***BPL Virtual: Shelf Service Live
Recommendations from BPL librarians.***

Click [here](#) to register & for more information..

6:30pm***BPL Virtual: Food & Book Club—The Dinner by Herman Koch***

Boston Public Library: Egelston Branch
 2044 Columbus Avenue, Roxbury
 Click [here](#) to register & for more information.

THURSDAY, JANUARY 2011am***BPL Virtual: Savvy With Social Media: Tips for Using Facebook***

Click [here](#) to register & for more information.

1pm***BPL Virtual: Lunchtime Science Fiction/Fantasy Short Story Club***

Click [here](#) to register & for more information.

2:30-5:30pm***The Dudley Winter Market***

11 Brook Avenue, Roxbury
 Click [here](#) for more information.

6:30pm***Parks: Virtual Fitness: Zumba***

Click [here](#) to register & for more information.

6:30pm***BPL Virtual: Book Discussion "The Authenticity Project" by Clare Pooley***

Click [here](#) to register & for more information.

FRIDAY, JANUARY 2112:30pm***Parks: Virtual Fitness: Chair Meditation***

Click [here](#) to register & for more information.

SATURDAY, JANUARY 229am***Parks: Virtual Fitness: Strength Training***

Click [here](#) to register & for more information.

10am-1pm***Dorchester Winters Farmers Market***

6 Norfolk Street, Dorchester
 Click [here](#) for more information.

SUNDAY, JANUARY 2312noon-3pm***Roslindale Farmers Market***

19 Corinth Street, Roslindale
 Click [here](#) for more information.

6pm***Parks: Virtual Fitness: Yoga***

Click [here](#) to register & for more information.

For more information on events in the City of Boston visit boston.gov/events



PLAN FOR THE COLD

Information for Everyone



Dress in loose layers with a waterproof outer layer.



Stay inside some place warm.



If in danger of frostbite, soak cold digits in warm water. Do not massage or use heating pad.

DID YOU KNOW?

- Everyone is at risk of adverse health effects from cold weather exposure, such as frostbite and hypothermia.
- Stay dry! Being wet and cold is the main cause of adverse health effects. Overheating is also dangerous because sweating will lead to being wet and cold.
- Even short periods of skin being exposed to extreme cold can be dangerous. Uncovered skin releases heat that your body needs and can lead to frostbite.
- Cold affects people unequally. Those who are over 65 years old, have chronic medical conditions or disabilities, work outdoors, experience homelessness, or use substances are more at risk.
- Hypothermia is a serious condition caused by prolonged exposure to cold. It can occur indoors as well as outdoors. Warm your body, keep dry, and call 9-1-1 if needed.

RESOURCES

1

Get warm at public warming centers and Boston Public Libraries.

2

Get emergency notices via text, email or phone from AlertBoston.

3

Under certain conditions, such as extreme cold, utilities cannot be shut off for non-payment.

For more information on these resources, call 3-1-1 or visit boston.gov/cold




SIGN UP FOR **ALERT-BOSTON!**

In 4 simple steps:

- 1** Enter your Email or Phone number
- 2** Select how you would like to be Alerted
- 3** Enter your First and Last Name
- 4** Enter your Zip Code & Select a Language

Sign up at boston.gov/alert-boston

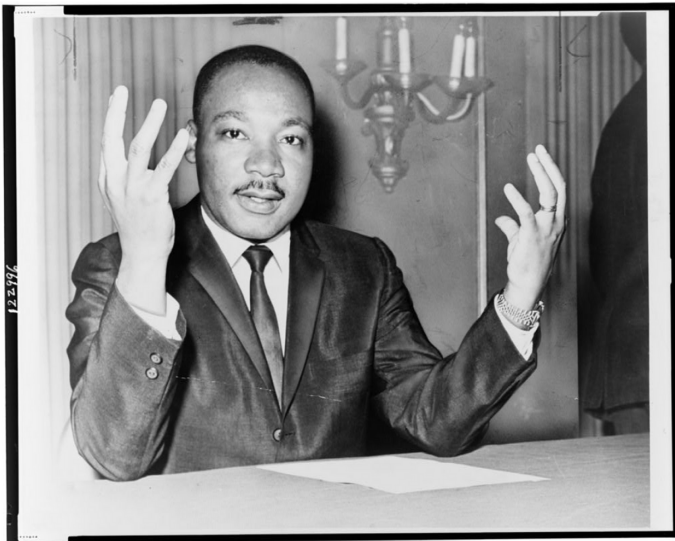
 City of Boston
Emergency Management



KEEP BOSTON SENIORS WARM THIS WINTER

The **Seniors Save** program can provide up to \$8,000 to eligible seniors to replace faulty heating systems.

Visit boston.gov/seniors-save to apply today.



from the Library of Congress: World Telegram & Sun photo by Dick DeMarsico.

Where Do We Go from Here: Chaos or Community?

A Virtual Celebration of the Lives and Legacies of Martin Luther King, Jr. and Coretta Scott King

Monday, January 17, 2022
2 pm

<https://www.bu.edu/dos/kingday2022/>

Watch on Boston City TV
(Comcast 24, RCN 13, Verizon Fios 962),
or Boston.gov

Hosted by



Need help paying for heat this winter? You're not alone.

Find out if YOU qualify for fuel assistance discounts!

Call Age Strong 617-635-4366 for an appointment with an advocate.