

# Boston's Age Strong Commission

# Weekly Digest

February 7- February 13, 2022

Information & opportunities for Boston's older adults

WEEKLY DIGEST  
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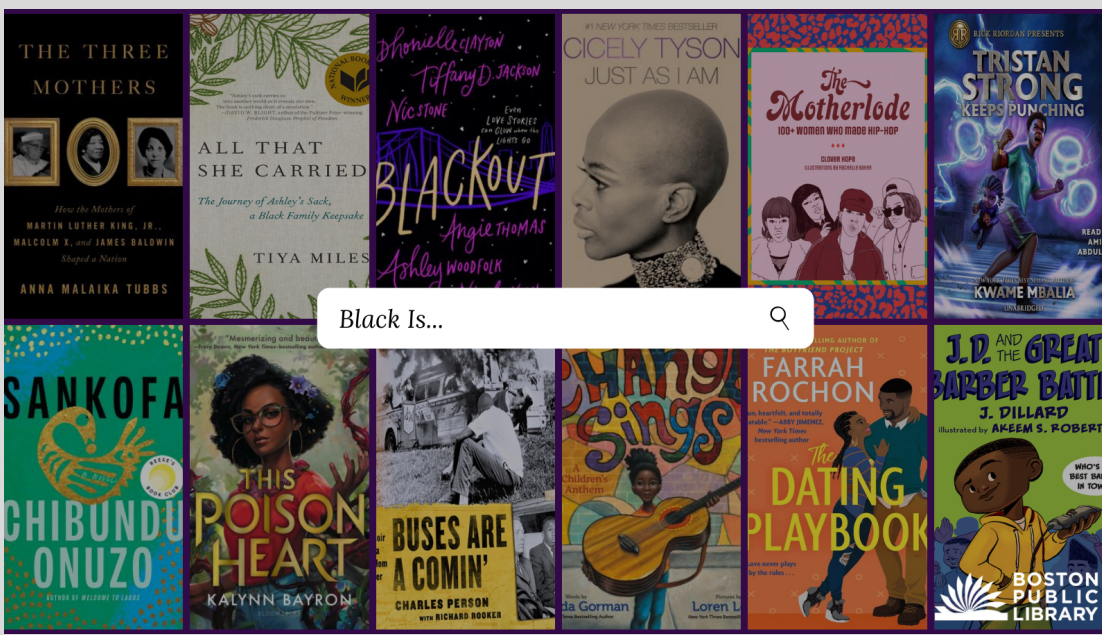
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Stay Connected to Age Strong:

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

[agestrong@boston.gov](mailto:agestrong@boston.gov)  
[boston.gov/agestrong](http://boston.gov/agestrong)



@AgeStrongBos

Celebrate Black History Month with a new book!

The Boston Public Library's Black Is... booklist is made up of 70 titles published in the last year examining the Black experience. Let's read, Boston! See the full list: [bit.ly/BPLBlackIs2022](http://bit.ly/BPLBlackIs2022)

AGE+

City of Boston  
Age Strong  
Commission



**MONDAY, FEBRUARY 7**

9am

**Age Strong Virtual Chair Yoga w/ Caitlin**

No registration necessary

Join by Zoom link [here](#)

11:30am

**Age Strong Virtual Chair Yoga w/ Lindsey**

No registration necessary

Join by Zoom link [here](#)

5pm

**Parks: Virtual Fitness: Dance Fit**

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

5:30pm

**ArtsEmerson& Play Reading Book Club:  
"Dreaming Zenzile"**

BPL: Roxbury Branch

149 Dudley Street, Roxbury

For more information & to register click [here](#).

6:30pm

**"¡Con Salsa!" The History of Afro-Latin Music in the United States, Past, Present & Future**

BPL: Roxbury Branch

149 Dudley Street, Roxbury

For more information & to register click [here](#).

**TUESDAY, FEBRUARY 8**

10:30am

**A Quilting Circle**

BPL: Codman Square

690 Washington Street, Dorchester

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

11:30am-12:30pm

**Age Strong Latin Dance w/ Maria**

No registration necessary

Join by Zoom link [here](#)

5:30pm

**Office of Housing Stability**

**Virtual Legal Clinic**

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

6:30pm

**Parks: Virtual Fitness: Afrobeats Dance**

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

**WEDNESDAY, FEBRUARY 9**

11am

**Parks: Virtual Fitness: Chair Yoga**

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

11:30am**Age Strong Virtual Yoga w/ Latika**

No registration necessary

Join by Zoom link [here](#)3pm**Blind Date with a Book: Personalized Reading Recommendations from BPL Librarians**Click [here](#) to register & for more information.4pm**BPL: Free Tax Preparation (Drop-Off & Remote Only)**Click [here](#) to register & for more information.**THURSDAY, FEBRUARY 10**1pm**BPL Virtual: Lunchtime****Science Fiction/Fantasy Short Story Club**Click [here](#) to register & for more information.2pm**BPL Virtual: Breathwork and Meditation**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.**FRIDAY, FEBRUARY 11**10am-12noon**BPL Virtual: Drop-in Office Hours: Legal Services Center**Click [here](#) to register & for more information.11:30am**Age Strong Virtual Meditation w/ Latika**

No registration necessary

Join by Zoom link [here](#)12:30pm**Parks: Virtual Fitness: Chair Meditation**Click [here](#) to register & for more information.**SATURDAY, FEBRUARY 12**10am-1pm**Dorchester Winters Farmers Market**

6 Norfolk Street, Dorchester

Click [here](#) for more information.2-4pm**Moakley Park Winter Warmer**

Field House, Moakley Park

450 Old Colony Avenue, South Boston

Click [here](#) to register & for more information.**SUNDAY, FEBRUARY 13**12noon-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.

Walk Up

# Free COVID-19 Testing

**Bruce C. Bolling Building**  
2300 Washington Street  
Roxbury, MA 02119

**Tuesdays - Saturdays**  
12 p.m. - 8 p.m.



OTHER TESTING SITES AVAILABLE HERE: [BOSTON.GOV](http://BOSTON.GOV)

Call the Mayor's Health Line at 617-534-5050  
for more information



## 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](http://boston.gov/alert-boston)

## WRITING YOUR FAMILY STORIES

Write and share stories about family members, your roots, and growing-up memories in this two-week, online workshop facilitated by Write the World instructors.

**JOIN US:**

Wednesdays from 11AM to NOON on February 9 and February 16

**OR**

Thursdays from 7PM to 8PM on February 10 and February 17

**TO REGISTER, OR FIND OUT MORE CONTACT:**

Renee Frechette [renee.frechette@boston.gov](mailto:renee.frechette@boston.gov) 617-635-4168

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Age Strong Commission  
Mayor Michelle Wu



**FREE!**  
MEETS  
ONLINE!



# Free COVID-19 Testing

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Walk Up

**Jubilee Christian Church  
1500 Blue Hill Avenue,  
Mattapan**

**Tuesday, Wednesday, Thursday:**

**12:00 pm. – 7:00 p.m.**

OTHER TESTING SITES AVAILABLE HERE: [BOSTON.GOV](https://www.boston.gov)



Call the Mayor's Health Line at  
617-534-5050 for more  
information

**BECOME AN  
AMERICORPS  
RSVP VOLUNTEER**



Let's Help Boston's Older Adults  
Get Access to Food

**Make Local Deliveries or  
Volunteer at a Local Pantry**

- Must be 55+
- Pass a CORI check
- Have a valid driver's license & reliable vehicle
- Flexible schedule



**To Register, Call:**  
Monique Carvalho at 617-635-4374

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City of Boston  
Age Strong Commission  
Mayor Michelle Wu



AmeriCorps

**GIVE BACK**

As an AmeriCorps  
Volunteer Tax Preparer!!!

Help older adults maximize  
their state and federal refunds.



- Help provide **no-cost tax preparation** services for income-eligible residents.
- Free training to become an RSVP Tax Preparer.



No tax preparation experience required!



- Must Be 55+
- Complete a CORI check

For more information, contact  
Monique Carvalho 617-635-4374  
Monique.Carvalho@Boston.gov

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Mayor Michelle Wu



AmeriCorps  
Seniors



**WINTER SAFETY TIPS**

If you see individuals out in the cold who appear immobile, disoriented, or underdressed for the cold, please call **911**.

[Boston.gov/cold](http://Boston.gov/cold)

CITY of BOSTON

## Am I eligible for a COVID-19 booster shot?

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### 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](https://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](https://boston.gov)

# Need help paying for heat this winter?

## You're not alone.

**Find out if YOU qualify for fuel assistance discounts!**

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



City of Boston  
Immigrant Advancement

# FREE IMMIGRATION CONSULTATIONS

Ask a lawyer for advice

[immigrantadvancement@boston.gov](mailto:immigrantadvancement@boston.gov)

617-635-2980



## 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](http://boston.gov/seniors-save) to apply today.



# Free COVID-19 Testing

Walk Up

**Lilla G. Frederick Pilot  
Middle School**

**270 Columbia Rd., Boston, MA 02121**



**Friday: 5-9pm**

**Saturday: 12-8pm**

**Sunday: 10am-6pm**

OTHER TESTING SITES AVAILABLE HERE: [BOSTON.GOV](https://www.boston.gov)



Call the Mayor's Health Line at  
617-534-5050 for more  
information



# 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](http://boston.gov/cold)**