

Weekly Digest

May 16 - May 22, 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

Creative Aging Project's City-Wide Poetry Prompt

Inviting Boston's Older Adults to Write & Share Original Poems

The top 3 submissions will be published in *Boston Seniority* magazine!

Submission Deadline: Wednesday, May 25, 2022 at 5:00pm

**Older adults are invited to submit original poetry
based on any of these prompts:**

- Write a recipe describing a specific emotional feeling
- Write the autobiography of your grandparent's hands
- Write about a moment in history (your own or global)



How to submit your poetry:

Email: AgeStrong@Boston.gov

Fax: 617-635-3213

Mail: Age Strong Commission,
Boston City Hall, Room 271

1 City Hall Sq., Boston, MA 02201

All poems are welcome, even if not in line with the suggested "prompt."

*For more information call Renee Frechette at 617-635-4168 or
email renee.frechette@boston.gov*

CITY of BOSTON

AGE+

Age Strong



Arts & Culture

AGE+

City of Boston
Age Strong
Commission



MONDAY, MAY 16

9am

Age Strong Virtual Chair Yoga

No registration necessary

Join by Zoom link [here](#).

11:30am

Age Strong Virtual Meditation

No registration necessary

Join by Zoom link [here](#).

12pm

Weekly Chess Club

BPL: North End

25 Parmenter St, North End

Click [here](#) for more information.

1:30pm

BPL: Tai Chi

BPL: East Boston

365 Bremen St, East Boston

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

3pm-4pm

BPL Virtual: How to Use Headspace: Meditation and Mindfulness Are Easy

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

TUESDAY, MAY 17

10:30am

A Quilting Circle

BPL: Codman Square

690 Washington Street, Dorchester

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

11am-1pm

Knit/Crochet Circle

BPL: Roslindale Branch

4246 Washington Street, Roslindale

Click [here](#) for more information.

11am-12pm

Device Help by Appointment

BPL: Lower Mills

27 Richmond St., Dorchester

Click [here](#) for more information.

11am-12pm

Older Adults Chair Yoga

BPL: Codman Square

690 Washington St., Dorchester

Click [here](#) for more information.

11:30am -12:30pm

Age Strong Virtual Latin Dance

No registration necessary

Join by Zoom link [here](#).

2:30pm -5:30pm

West Roxbury Branch Knitting Group

BPL West Roxbury

1961 Centre St., West Roxbury

Click [here](#) for more information.

6:30pm-7:45pm

Hatha Yoga

BPL: Fields Corner

1520 Dorchester Ave., Dorchester

Click [here](#) for more information.



WEDNESDAY, MAY 18

9:30am-10:30am

Neighborhood Coffee Hours - Fenway/Kenmore

Ramler Park, 130 Peterborough St., Fenway

Click [here](#) for more information.

11:30am

Age Strong Virtual Yoga

No registration necessary

Click [here](#) for more information.

3pm

BPL Virtual: Shelf Service Live: Recommendations from BPL Librarians

Click [here](#) for more information.

3pm-4pm

Lower Mills Makers

BPL Lower Mills

27 Richmond St., Dorchester

Click [here](#) for more information.

THURSDAY, MAY 19

1pm

BPL Virtual: Lunchtime

Science Fiction/Fantasy Short Story Club

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

2pm-3pm

BPL Virtual: Breathwork and Meditation with Jesse Rosinski

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

2pm-4pm

Chess and Checkers with Charlies

BPL: Hyde Park

35 Harvard Ave., Hyde Park

Click [here](#) for more information.

3pm-4pm

West End Book Club

BPL: West End

151 Cambridge St., West End

Click [here](#) for more information.

5pm-8pm

Yarn & Book Sale

BPL: Roslindale

4246 Washington St., Roslindale

Click [here](#) for more information.

5:30pm-7:30pm

Beginner Sewing

BPL: Uphams Corner

35 Harvard Ave., Hyde Park

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

6:30pm-7:30pm

Sheffield Chamber Players Concert

30 South St., Jamaica Plain

Click [here](#) for more information.

FRIDAY, MAY 20

9:30am-10:30am

Neighborhood Coffee Hours - West Roxbury

Billings Field, 369 Lagrange St., West Roxbury

Click [here](#) for more information.

Mayor Michelle Wu's
NEIGHBORHOOD
COFFEE HOURS
 9:30am-10:30am

2022



boston.gov/coffee-hours

Wednesday, May 4: East Boston Memorial Park

Porter and Orleans Streets, East Boston

Friday, May 6: McLaughlin Playground

239 Parker Hill Avenue, Jamaica Plain

Monday, May 9: Doherty Park

349 Bunker Hill Street, Charlestown

Friday, May 13: Mozart Park

10 Mozart Street, Jamaica Plain

Wednesday, May 18: Ramler Park

130 Peterborough Street, Fenway-Kenmore

Friday, May 20: Billings Field

369 LaGrange Street, West Roxbury

Wednesday, May 25: Commonwealth Avenue Mall

15 Commonwealth Avenue, Back Bay

Friday, May 27: Garvey Park

995 Morrissey Boulevard, Dorchester

Thursday, June 2: Elliot Norton Park

295 Tremont Street, Boston

Wednesday, June 8: Smith Playground

235 Western Avenue, Allston-Brighton

Thursday, June 9: Fallon Field

910 South Street, Roslindale

Friday, June 10: Peters Park

230 Shawmut Avenue, South End

Monday, June 13: Horatio Harris Park

Walnut Avenue and Monroe Street, Roxbury

Wednesday, June 15: Langone Park

529 Commerical Street, Boston

Wednesday, June 22: Ronan Park

Mount Ida Road and Marie Street, Dorchester

Friday, June 24: Iacono Playground

150 Readville Street, Hyde Park

Wednesday, June 29: Medal of Honor Park

East 3rd and M Streets, South Boston

Thursday, June 30: Walker Playground

550 Norfolk Street, Mattapan

Sponsored by



Parks and Recreation

DUNKIN'

CITY of BOSTON



11am-12pm

Device Help by Appointment

BPL: Lower Mills

27 Richmond St., Dorchester

Click [here](#) for more information.

11:30am

Age Strong Virtual Zumba

No registration necessary

Join by Zoom link [here](#).

SATURDAY, MAY 21

9am-2pm

Household Hazardous Waste, Paper, Shredding, Textiles, and Electronics Drop-Off

Central DPW Facility

400 Frontage Rd., Boston

Click [here](#) for more information.

If it's been at least four months since your first booster, you are eligible for a second booster if you are:

- 50 years or older; or
- 12 years or older and moderately to severely immunocompromised; or
- 18 years or older AND received 1 Johnson & Johnson's Janssen COVID-19 primary dose and 1 booster dose

Boosters are essential for preventing severe illness from COVID-19. **Stay up to date on your vaccinations by getting your COVID-19 booster!**

boston.gov/covid19-vaccine



Mayor's Health Line:
617-534-5050

**DID YOU KNOW YOU COULD
SAVE UP TO \$1,500
ON YOUR PROPERTY TAXES?**



JOIN AGE STRONG'S PROPERTY TAX WORK-OFF PROGRAM

*Our mission is to enhance the lives of
Boston's older adults with meaningful
programs and resources.*

ABOUT PTWOP

- Qualified older homeowners could volunteer up to 106 hours for the City of Boston, in exchange for a property tax abatement of up to \$1,500 per fiscal year.

REQUIREMENTS

- Age 60+
- Gross income:
\$40,000 or less if single
\$55,000 or less if married
- You must own & occupy property 3+ years & occupy property as a primary residence.

HOW IT WORKS



Step 1

Submit your application with all supporting documents by July 1, 2022.



Step 2

If approved, we'll match you with a volunteering opportunity.



Step 3

When you complete the hours, you'll receive a property tax abatement.

AGE+

City of Boston
Age Strong Commission
Mayor Michelle Wu

617-635-5741
lisa.martins@boston.gov

BECOME A BUS BUDDY!

**Bus Buddies teach older adults
how to safely navigate
public transportation**

Bus Buddy Volunteers:

- receive practical training
- receive some reimbursement for travel/meals
- receive free accidental/liability insurance
- are CORI cleared
- are invited to our yearly volunteer recognition

Interested?

**Call Monique Carvalho at 617-635-4374
or email monique.carvalho@boston.gov**

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Age Strong Commission
Mayor Michelle Wu





The Boston Parks and Recreation Department is updating our

OPEN SPACE AND RECREATION PLAN

boston.gov/open-space

Take our survey! We'd like to hear from you.



City of Boston
Parks and Recreation

Medicare Covers Over-The-Counter Covid-19 Tests

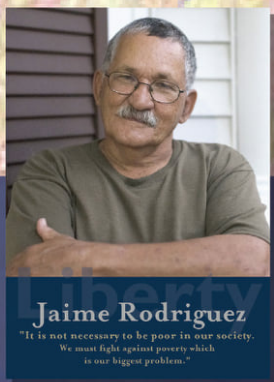
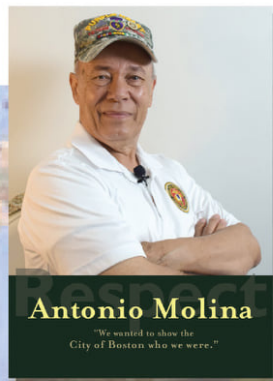
During the COVID-19 public health emergency, people with Medicare can get up to 8 over-the-counter COVID-19 tests per month for free from participating pharmacies and health care providers.

Visit [medicare.gov/medicare-coronavirus#300](https://www.medicare.gov/medicare-coronavirus#300) for more information.



LATINO Pioneers in Boston

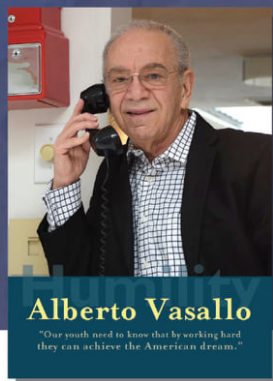
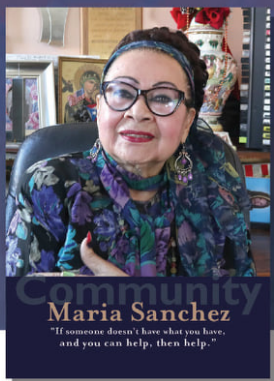
Documentary Premiere



Resilience

THURSDAY
May 26, 2022
5:30pm
Boston Public Library
Central Library
in Copley Square
700 Boylston Street,
Boston, MA

Boston is a great place. What I admire most is the resiliency and capacity for struggle across generations and across groups. It's really admirable and I am hoping it will continue.



THURSDAY, MAY 26, 2022

Boston Public Library - Copley Square, 700 Boylston Street. Boston, Massachusetts

www.quelindoboston.com

INTERESTED IN FREE OR DISCOUNTED INTERNET?

The Affordable Connectivity Program offers eligible households up to \$30 per month for internet service, and up to \$100 in a one-time discount for a digital device.

Learn more and submit an application online at **[ACPBenefit.org](https://www.acpbenefit.org)**.

CITY of BOSTON



Innovation and Technology



"One small act

can create an

enormous impact"

Become a Respite Volunteer!

AmeriCorps Seniors RSVP volunteers offer friendship and are attentive to an individual living with dementia, while giving the gift of respite to a caregiver.

We offer reimbursement for some out-of-pocket expenses.

**Must be 55+*

AGE+



City of Boston
Age Strong Commission
Mayor Michelle Wu



**AmeriCorps
Seniors**

**For more information,
call Monique!!
617-635-4374**

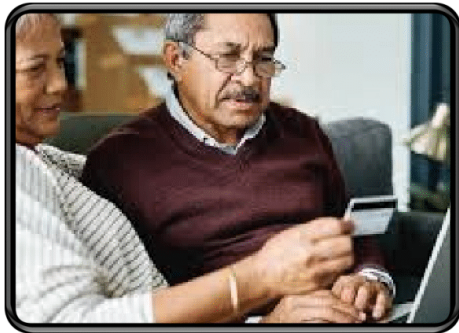


City of Boston
Age Strong
Commission

AmeriCorps Seniors is offering two new engaging workshops

Let's Connect Virtually!!

Schedule a Group Workshop with Boston RSVP Today!



Money Smart

- Learn best practices on how to manage your money
- Recognize and reduce the risk of financial exploitation
- Guard against identity theft

Opioid Prevention & Education

- Learn more about Opioids & the effects they have on the body
- How to prevent overdose
- How to communicate with and support loved ones who are living with addiction



To learn more or schedule a workshop contact:
Monique Carvalho at 617-635-4374
Monique.carvalho@boston.gov

ALL ABOARD

Starting Tuesday,
March 1, the 23, 28 and
29 MBTA buses will be
fare-free for two years.

OFFICE of MAYOR WU



Hearing Loss?

Will you hear your smoke alarm?

The Boston Fire Department will install a free bed shaker alarm with smoke and CO detectors to ensure you will be able to respond in the event of an emergency. For installation and additional information please call 617-343-3337 or email michelle.mccourt@boston.gov



Here is how the HLAC works:

Ordinary T-3 smoke alarm

Patented Lifetone™ technology constantly listens for your smoke alarm

Bright orange screen flashes "FIRE"

Powerful pulsating bed shaker vibrates



The LOUD low-frequency 520 Hz T-3 alarm sounds
A baritone voice says "FIRE! GET OUT!"



EVACUATION

REQUEST FOR
INFORMATION

(RFI)



The Office of Emergency Management is seeking the community's help to find innovative ways to approach and improve our evacuation planning through the **Evacuation Request For Information!**

Please respond to this RFI and help us improve the way we think about evacuation in Boston by visiting :

[Bit.ly/BostonEvacuation-RFI](https://bit.ly/BostonEvacuation-RFI)



BE INFORMED, PLAN AHEAD, STAY READY!



2022 BOSTON ANNUAL RESIDENT LISTING

The Boston Annual Resident Listing is how you, as a Bostonian, ensure that our City works for all of its people.

Learn more at boston.gov/census or call 617-635-VOTE (8683)

CITY of **BOSTON**



Elections



THIS WEEK'S WALK-IN COVID-19 VACCINE & BOOSTER CLINICS AND COVID-19 TESTING SITES



Visit boston.gov/covid19-vaccine for vaccine clinics.
Visit boston.gov/covid19-testing for testing sites.
Call the Mayor's Health Line: 617-534-5050



2nd Boosters for Eligible Patients Now Available!



Request FREE High Speed Internet & a Chromebook Laptop through the Boston Public Library's Long Term Lending Program

If you are an adult Boston resident who either has no home Internet service — or if the Internet service you have is too slow for online learning — you may be able to access free high-speed home internet via an LTE enabled home wi-fi router through June 2023 from the Boston Public Library. Those who qualify may also receive a new Google Chromebook laptop!



A limited number of spaces exist for this program. Apply now at www.bpl.org/long-term-lending.



2022 FREE IMMIGRATION CONSULTATIONS

currently by telephone

To schedule an appointment:

Call: 617-635-2980

Email: immigrantadvancement@boston.gov

Ask a volunteer lawyer for immigration advice on the first and third Wednesday of every month from 12 - 3 p.m.



Interpretations and disability accommodations are available. Consultations are maximum of 15 minutes.

January 5 & 19	February 2 & 16	March 2 & 16
April 6 & 20	May 4 & 18	June 1 & 15

For more information:
Call: 617-635-2980, Website: boston.gov/immigrants
Facebook & Twitter: @BOSImmigrants



CITY of BOSTON RENTAL RELIEF FUND

Help for Boston residents at risk of losing their housing due to the pandemic

\$35 million distributed



each of Boston's 20 neighborhoods represented

more than 5,000 households assisted



99 percent of households earn less than \$58,000 per year



households received an average of \$8,776