

Boston's Age Strong Commission

Weekly Digest

May 23 - May 29, 2022

Information & opportunities for Boston's older adults

**Submission deadline
extended until June 6!**

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: Monday, June 6, 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) you wish you could change & change the ending



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, in any language, 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

WEEKLY DIGEST
Table of Contents

[Creative Aging Project
Poetry Prompt](#)

[Events May 23- May 29](#)

[Creating Connections &
Reducing Social
Isolation Grantees](#)

[Bus Buddy Volunteer](#)

[Affordable Connectivity
Program](#)

**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

CITY of BOSTON

AGE+

Age Strong



Arts and Culture

AGE+

City of Boston
Age Strong
Commission



MONDAY, MAY 23

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.

12pm-7:30pm

Friends of the West Roxbury Branch Library

Used Book Sale

BPL: West Roxbury

1961 Centre St., West Roxbury

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.

TUESDAY, MAY 24

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](#).

2pm - 3pm

BPL Virtual: Tai Chi for Wellness with Eddie Watkins

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

3pm-4pm

Tech Help by Appointment

BPL: Jamaica Plain

30 South St., Jamaica Plain

Click [here](#) for more information.



CONGRATULATIONS TO OUR GRANTEEES!

The City of Boston & the Age Strong Commission have awarded \$360,000 in funding to 16 nonprofit community organizations to provide programming that creates connection & reduces social isolation of older adults. Below are the grantees:

- Boston Project Ministries
- Boston Public Housing Corporation
- Central Boston Elder Services
- Dorchester Bay Economic Development Corporation
- Little Brothers Friends of the Elderly/Boston
- Madison Park Development Corporation
- Maverick Landing Community Services
- Nigerian-American Multi-Service Association
- Operation P.E.A.C.E. Northeast
- Orchard Park Tenants Association/Saida's Community Garden
- Somali Development Center
- The Urban Farming Institute of Boston
- Tzu Chi Foundation
- Urban Edge Housing Corporation
- Voice of the Tabernacle Multi Service Center
- Whittier Street Health Center Committee



WEDNESDAY, MAY 25

9:30am-10:30am

Neighborhood Coffee Hours - Beacon Hill/Back Bay

15p Commonwealth Avenue Mall, Back Bay
Click [here](#) for more information.

11:30am

Age Strong Virtual Yoga

No registration necessary
Click [here](#) for more information.

1pm-4pm

MassHire Career Help

BPL Grove Hall
41 Geneva Ave., Dorchester
Click [here](#) for more information.

3pm

BPL Virtual: Shelf Service Live: Recommendations from BPL Librarians

Click [here](#) for more information.

THURSDAY, MAY 26

1pm

BPL Virtual: Lunchtime

Science Fiction/Fantasy Short Story Club
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

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

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

5:30pm-7:30pm

Beginner Sewing

BPL: Uphams Corner
35 Harvard Ave., Hyde Park
Click [here](#) to register & for more information.

5:30pm-8pm

Latino Pioneers in Boston

BPL: Copley
700 Boylston St., Back Bay
Click [here](#) to register & for more information.

6pm-7:30pm

"City as Canvas: Above the Free Walls" Film Screening and Director Q&A

30 South St., Jamaica Plain
Click [here](#) for more information.

FRIDAY, MAY 27

11:30am

Age Strong Virtual Zumba

No registration necessary
Join by Zoom link [here](#).

11am-12pm

Device Help by Appointment

BPL: Lower Mills
27 Richmond St., Dorchester
Click [here](#) for more information.

2pm-3:30pm

Tricky Trivia Challenge

BPL: Mattapan

27 Richmond St., Dorchester

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

3pm-4pm

Introduction to Container Gardening with Mass Audubon

BPL: East Boston

365 Bremen St., East Boston

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

SATURDAY, MAY 28

9:30am-10:30am

Morning Yoga Flow

BPL: Honan-Allston

300 North Harvard St., Allston

Click [here](#) for more information.

10am-2pm

Egleston Farmer's Market

179 Amory St., Jamaica Plain

Click [here](#) for more information.

11am-12pm

Hatha Yoga for Active Adults

BPL: South Boston

646 East Broadway, South Boston

Click [here](#) for more information.

11am-12:30pm

Dance Workshop: Latino Genres

BPL: East Boston

365 Bremen St., East Boston

Click [here](#) for more information.

12pm-2pm

Concert: Rara El Poze

BPL: Codman Square

690 Washington St., Dorchester

Click [here](#) for more information.

SUNDAY, MAY 29

10am-2pm

Leaf and Yard Waste Drop-Off

500 American Legion Highway, Mattapan

Click [here](#) for more information.

Mayor Michelle Wu's

NEIGHBORHOOD COFFEE HOURS

9:30am-10:30am

For more info:
boston.gov/coffee-hours



Sponsored by  Parks and Recreation **DUNKIN'** CITY of BOSTON 

**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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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

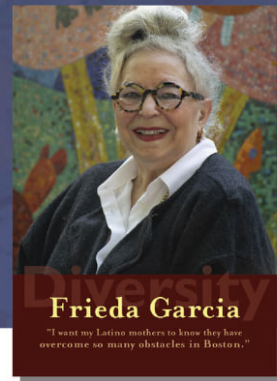
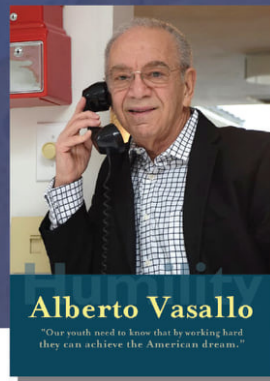
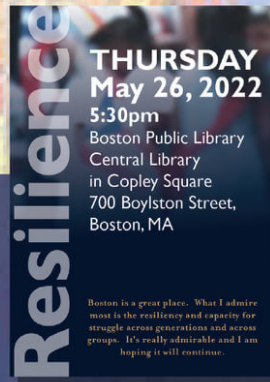
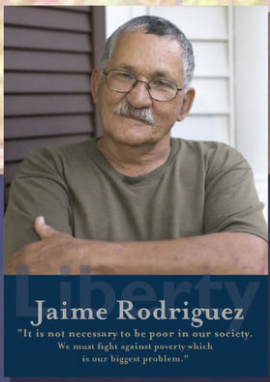
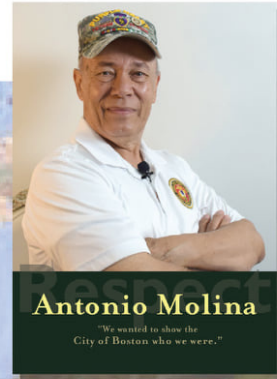
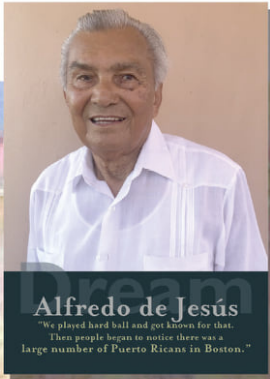
During the COVID-19 public health emergency, people with Medicare can get up to 8 over-the-counter COVID-19 tests per month for free from participating pharmacies and health care providers.

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



LATINO Pioneers in Boston

Documentary Premiere



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**

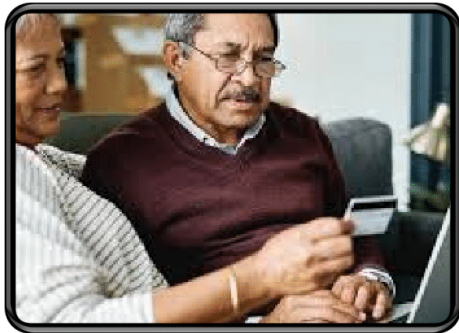


City of Boston
Age Strong
Commission

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!"



Save THE Date

JUNE 4th | 2022

The MOMS Club of South Boston



FOLLOW @SOUTHBOSTONMOMSCLUB FOR UPDATES



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		 households received an average of \$8,776
99 percent of households earn less than \$58,000 per year		