

# Boston's Age Strong Commission

# Weekly Digest

May 30 - June 5, 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](mailto: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](mailto:renee.frechette@boston.gov)*

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



@AgeStrongBos

CITY of BOSTON

AGE+

Age Strong



Arts and Culture

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City of Boston  
Age Strong  
Commission



## MONDAY, MAY 30 (MEMORIAL DAY)

6:30pm-8:30pm

### ***Honor and Remembrance Vigil of Peace***

Veterans Memorial Park Dr., Back Bay

Click [here](#) for more information.

## TUESDAY, MAY 31

9:30am-10:30am

### ***Neighborhood Coffee Hours - Dorchester***

Garvey Playground

340 Neponset Ave., Dorchester

Click [here](#) for more information.

10:30am

### ***A Quilting Circle***

BPL: Codman Square

690 Washington St., Dorchester

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

11am-1pm

### ***Knit/Crochet Circle***

BPL: Roslindale Branch

4246 Washington St., 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](#).

3pm-4pm

### ***Tech Help by Appointment***

BPL: Jamaica Plain

30 South St., Jamaica Plain

Click [here](#) for more information.

## WEDNESDAY, JUNE 1

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.

3pm-4pm

### ***Lower Mills Makers***

BPL: Lower Mills

27 Richmond St., Dorchester

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



5pm

### ***Boston Pride Kick-Off***

1 City Hall Square, Boston

Click [here](#) for more information.

## **THURSDAY, JUNE 2**

9:30am-10:30am

### ***Neighborhood Coffee Hours - Bay Village/ Chinatown***

Elliot Norton Park

295 Tremont St., Chinatown

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

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.

5:30pm-7pm

### ***2022 Parks Summer Fitness Series Launch Event***

Dartmouth Street and St. James

Ave., Back Bay

Click [here](#) for more information.

## **FRIDAY, JUNE 3**

10:30am-11:30am

### ***East Boston Computer Basics Class***

BPL: East Boston

365 Bremen St., East Boston

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

11am

### ***Device Help by Appointment***

BPL: Lower Mills

27 Richmond St., Dorchester

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

11:30am

### ***Age Strong Virtual Zumba***

No registration necessary

Join by Zoom link [here](#).

## **SATURDAY, JUNE 4**

10am-12pm

### ***2022 Watercolor Painting Workshops: Jamaica Pond Boathouse***

507 Jamaicaway, 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.

## **SUNDAY, JUNE 5**

9am-10am

### ***Park Summer Fitness: Strength Training***

A Street Park, 135-141 A St., South Boston

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

6pm-7pm

### ***Park Summer Fitness: Virtual Yoga***

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

Mayor Michelle Wu's

# NEIGHBORHOOD COFFEE HOURS

9:30am-10:30am

For more info:

[boston.gov/coffee-hours](https://boston.gov/coffee-hours)



Sponsored by



Parks and Recreation

**DUNKIN'**

CITY of **BOSTON**



## 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.



**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](mailto:monique.carvalho@boston.gov)**

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# 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+**



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**AmeriCorps  
Seniors**

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

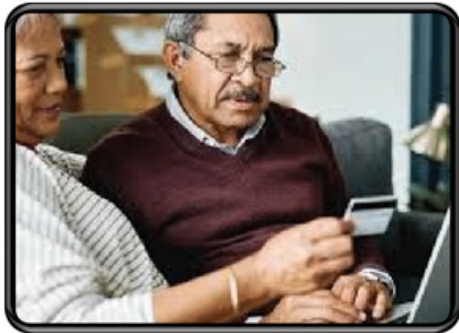


City of Boston  
Age Strong  
Commission

# 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

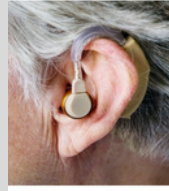


To learn more or schedule a workshop contact:  
Monique Carvalho at 617-635-4374  
Monique.carvalho@boston.gov

# 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](mailto: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!"



## 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](https://boston.gov/census) or call 617-635-VOTE (8683)

# MINI-GRANTS 2022



## APPLY ONLINE NOW

[bit.ly/LYB-Grants](https://bit.ly/LYB-Grants)

Deadline June 10, 2022



City of Boston  
Civic Organizing



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



Visit [boston.gov/covid19-vaccine](https://boston.gov/covid19-vaccine) for vaccine clinics.  
Visit [boston.gov/covid19-testing](https://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](http://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](mailto: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](http://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**