

Weekly Digest

May 9 - May 15, 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) you wish you could change & change the ending



Teaching artists will host in-person & virtual office hours for assistance/feedback on submissions, no registration required.

▶ **Monday, May 9, 10am-12noon**
In-Person Office Hours with Eleanor
Boston Public Library, Mattapan Branch
1350 Blue Hill Avenue, Mattapan

▶ **Tuesday, May 10, 10am-12noon**
Virtual Office Hours with Pampi
Zoom Link: bit.ly/PoetryWorkshopBos

▶ **Wednesday, May 11, 10am-12noon**
In-Person Office Hours with Eleanor
Boston Public Library: Jamaica Plain Branch
30 South Street, Jamaica Plain

▶ **Thursday, May 12, 10am-12noon**
Virtual Office Hours with Pampi
Zoom Link: bit.ly/PoetryWorkshopBos

▶ **Saturday, May 14, 10am-12noon**
Virtual Office Hours with Mattia
Zoom Link: bit.ly/PoetryWorkshopBos

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*



MONDAY, MAY 9

9am

Age Strong Virtual Chair Yoga

No registration necessary

Join by Zoom link [here](#).

9:30 am

Neighborhood Coffee Hours - Charlestown

9 St. Martin St., Charlestown

Click [here](#) for more information.

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.

2pm-4pm

Teacup Floral Art with Artful Meditation Workshop

BPL: Roxbury

149 Dudley St., Roxbury

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

TUESDAY, MAY 10

10:30am

A Quilting Circle

BPL: Codman Square

690 Washington Street, Dorchester

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

11am-12pm

Older Adults Chair Yoga

BPL: Codman Square

690 Washington Street, Dorchester

Click [here](#) 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.

11:30am - 12:30pm

Age Strong Virtual Latin Dance

No registration necessary

Join by Zoom link [here](#).

6:30pm-7:45pm

Hatha Yoga

BPL: Fields Corner

1520 Dorchester Ave., Dorchester

Click [here](#) for more information.



WEDNESDAY, MAY 11

11:30am

Age Strong Virtual Yoga

No registration necessary

Click [here](#) for more information.

1pm-4pm

MassHire Career Help

BPL: Grove Hall

41 Geneva Avenue, Dorchester

Click [here](#) for more information.

130pm-3:30pm

Arts and Crafts with Jan Louissant: Wall Floral Art

BPL: Mattapan

1350 Blue Hill Ave., Mattapan

Click [here](#) for more information.

3pm

BPL Virtual: Shelf Service Live: Recommendations from BPL Librarians

Click [here](#) for more information.

2-3:30pm

Disability Community Forum

120 Tremont St., Boston

Click [here](#) for more information.

5pm

Webinar: Breathing Through Trauma

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

6pm

Hyde Park Neighborhood Social

Antonios Bacari

5 Fairmount Avenue, Hyde Park

Click [here](#) for more information.

THURSDAY, MAY 12

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-7:30pm

Beginner Sewing

BPL: Uphams Corner

35 Harvard Ave., Hyde Park

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

FRIDAY, MAY 13

9:30am-10:30am

Neighborhood Coffee Hours - Jamaica Plain

Mozart Street Playground

10 Mozart St., Jamaica Plain

Click [here](#) for more information.

11:30am

Age Strong Virtual Zumba

No registration necessary

Join by Zoom link [here](#).

4pm-5pm

BPL Virtual: Reading the Rainbow: An LGBTQ Book Group

Click [here](#) to register & 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**



SATURDAY, MAY 14

9am-1pm

Paint and Motor Oil Drop-Off

Roxbury Public Works Yard
280 Highland Avenue, Roxbury
Click [here](#) for more information.

10am-2pm

Dog Licensing and Low-Cost Rabies Clinic

BCYF Condon Community Center
200 D St., South Boston
Click [here](#) for more information.

11:30am-1:30pm

Community Learning Tech Course

BPL: Mattapan
1350 Blue Hill Ave., Mattapan
Click [here](#) for more information.

SUNDAY, MAY 15

10am-2pm

Leaf and Yard Waste Drop-Off

500 American Legion Highway, Mattapan
Click [here](#) for more information.

For more information on City events, visit boston.gov/events

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



DISABILITY COMMUNITY FORUM

CITY of BOSTON

YOU ARE INVITED

To the City of Boston Mayor's Commission on Disabilities
2022 Disability Community Forum.

Please join us for an opportunity to meet City of Boston government officials, learn about accessibility initiatives, and provide input about accessibility priorities. To submit questions in advance visit: bit.ly/DisabilityBOS



MAY 11, 2022
2:00-3:30PM



SUFFOLK UNIVERSITY
LAW SCHOOL
120 TREMONT ST.
BOSTON MA 02108



The Boston Parks and Recreation Department is updating our

OPEN SPACE AND RECREATION PLAN

boston.gov/open-space

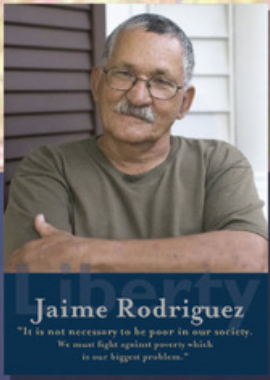
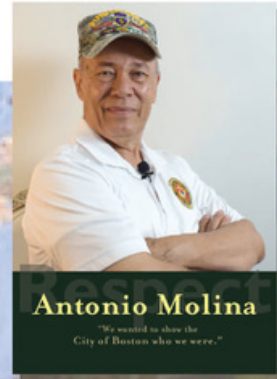
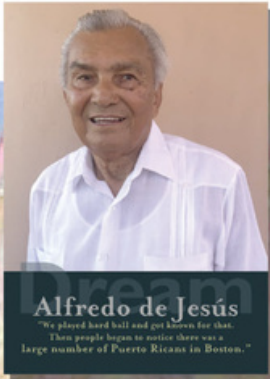
Take our survey! We'd like to hear from you.




City of Boston
Parks and Recreation

LATINO Pioneers in Boston

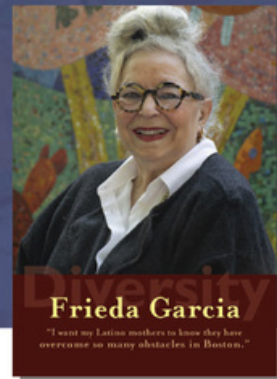
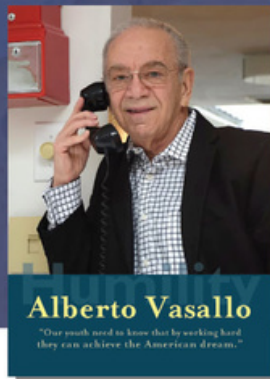
Documentary Premiere



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

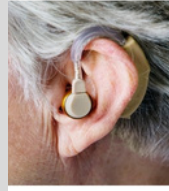


**For more information,
call Monique!!
617-635-4374**

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**

2022 DOG LICENSING AND PET VACCINE CLINICS

FOR BOSTON RESIDENTS ONLY | SATURDAYS | 10 A.M. - 2 P.M.

<p>DORCHESTER MARCH 5 BCYF Perkins Community Center 155 Talbot Ave.</p>	<p>JAMAICA PLAIN APRIL 30 BCYF Curtis Hall Community Center 20 South St.</p>	<p>DOG LICENSING FEES</p> <ul style="list-style-type: none"> • \$15 spayed/neutered (please provide proof) • \$30 intact male/female • No charge for seniors 70 and older
<p>WEST ROXBURY MARCH 19 BCYF Roche Community Center 1716 Centre St.</p>	<p>SOUTH BOSTON MAY 14 BCYF Condon Community Center 200 D St.</p>	<p>VACCINE FEES</p> <ul style="list-style-type: none"> • Rabies: \$5 • Distemper: \$5 • Microchipping: free Microchips donated by Homeagain
<p>EAST BOSTON APRIL 2 BCYF Pino Community Center 86 Boardman St.</p>	<p>ROXBURY JUNE 4 BCYF Tobin Community Center 1481 Tremont St.</p>	
<p>CHARLESTOWN APRIL 16 BCYF Charlestown Community Center 255 Medford St.</p>		

• Three-year rabies vaccines will be given if you are able to show proof of previous rabies vaccines.
• All pets must be accompanied by a person 18 years or older and on a leash or in a carrier.

For more info visit boston.gov/animals, call 617-635-1800, or find us on Facebook @bostonanimal





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.

