

# Boston Seniority

Age Strong Commission

City of Boston

Mayor Michelle Wu



## Summer Fun

p.16-23

Summer 2023  
Issue 6  
Vol. 47

FREE PUBLICATION



MAYOR'S LETTER  
P. 4



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# Boston Seniority

Published by the City of Boston's Age Strong Commission

Michelle Wu  
*Mayor*

Emily K. Shea  
*Commissioner*

Ami Bennitt  
*Director of Communications*

Martha Rios  
*Editor and Photographer*

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Main number: (617) 635-4366



Website: [boston.gov/age-strong](http://boston.gov/age-strong)  
Email: [agestrong@boston.gov](mailto:agestrong@boston.gov)



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Twitter: [@AgeStrongBos](https://twitter.com/AgeStrongBos)

Do you have a story to share?  
We want to hear from you!

Email us at [BostonSeniority@boston.gov](mailto:BostonSeniority@boston.gov)





# From the Mayor's Desk

## Hello, Boston!

We finally got here, summer in the city!

Welcome to the summer issue of Boston Seniority Magazine, where we will share lots of ideas for summertime fun as well as tips to beat the heat here in Boston.

Whether packing a picnic lunch to enjoy at Franklin Park, or enjoying a free concert at Boston Public Library's Courtyard, there are so many free and fun things to do throughout our city this summer. There's nature walks, movies, outdoor picnic areas, bird watching, theater, festivals, and more to keep you and your family engaged outdoors. Don't forget to visit the dozens of farmers markets throughout the neighborhoods – filled with fresh, colorful, healthy fruits and veggies!

Also, look through the issue for information on how to stay cool and safe this summer. Always remember to wear sunscreen, a hat/visor, and drink lots of water. Take breaks out of the sun. You can enjoy outdoor activities but stay safe and healthy.

Looking forward to seeing you out in community this summer,

*Michelle Wu*

Michelle Wu  
Mayor of Boston




# BPL BINGO 2023

## June 1 - August 31



ONLY ONE CARD PER PERSON • FOR READERS AGES 18 AND OLDER  
BOOK TITLES AND ACTIVITIES MAY ONLY BE USED ONCE PER CARD

<b>VISIT YOUR LIBRARY</b> Where did you go?	<b>INDIGENOUS AUTHOR</b> What book did you read?	<b>BOOK ABOUT BOOKS OR LIBRARIES</b> What book did you read?	<b>CHILDREN'S BOOK</b> What book did you read?	<b>READ ALOUD</b> What did you read?
<b>LEARN SOMETHING NEW</b> What did you learn?	<b>RECOMMEND A BOOK</b> Who did you recommend it to?	<b>DISABLED OR NEURODIVERGENT AUTHOR</b> What book did you read?	<b>BOOK IN TRANSLATION</b> What book did you read?	<b>AUTHOR OF COLOR</b> What book did you read?
<b>LGBTQ+ AUTHOR</b> What book did you read?	<b>EXPERIENCE A PIECE OF ART</b> What artwork did you experience?	 <b>FREE TO ALL</b>		<b>BORROW A BOOK</b> Who did you borrow it from?
<b>LOG IN AT BPLORG</b> When did you log in?	<b>BOOK WITH A RED COVER</b> What book did you read?	<b>READ OUTSIDE</b> Where did you go?	<b>BANNED OR CHALLENGED BOOK</b> What book did you read?	<b>DEBUT AUTHOR</b> What book did you read?
<b>EXPLORE YOUR NEIGHBORHOOD</b> Name one new thing you found	<b>LEARN ABOUT NATURE</b> What did you learn?	<b>SUGGESTION FROM A LIBRARIAN</b> What book did you read?	<b>ESSAYS OR SHORT STORIES</b> What book did you read?	<b>TELL SOMEONE ABOUT BPL BINGO</b> Who did you tell?

 **READ**  **ACT**  **DISCOVER**

**PARTICIPATION DETAILS ON SIDE 2**

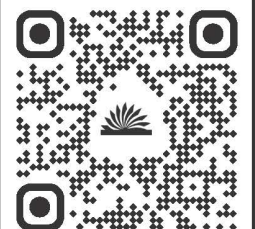
NAME : \_\_\_\_\_ LIBRARY CARD #: \_\_\_\_\_

WOULD YOU LIKE TO RECEIVE THE SUMMER READING NEWSLETTER?

YES  NO

IF A LIBRARY STAFF MEMBER HELPED YOU WITH YOUR BINGO CARD, WHAT IS THEIR NAME? \_\_\_\_\_

I RECEIVED MY TOTE BAG FROM: \_\_\_\_\_  
(BRANCH NAME OR STAMP)



**SIGN UP NOW!**

**SIGN UP AT BPL.ORG/BINGO - TELL A FRIEND!**



# BPL BINGO 2023

Del 1 de junio al 31 de agosto

SOLO UNA TARJETA POR PERSONA • PARA MAYORES DE 18 AÑOS  
LOS TÍTULOS DE LIBROS Y ACTIVIDADES SOLO PUEDEN UTILIZARSE UNA VEZ POR TARJETA



<b>VISITA TU BIBLIOTECA</b> ¿A dónde fuiste?	<b>AUTOR INDÍGENA</b> ¿Qué libro leíste?	<b>LIBRO SOBRE LIBROS O BIBLIOTECAS</b> ¿Qué libro leíste?	<b>LIBRO INFANTIL</b> ¿Qué libro leíste?	<b>LEE EN VOZ ALTA</b> ¿Qué leíste?
<b>APRENDE ALGO NUEVO</b> ¿Qué aprendiste?	<b>RECOMIENDA UN LIBRO</b> ¿A quién se lo recomendaste?	<b>AUTORES DISCAPACITADOS O NEURODIVERGENTES</b> ¿Qué libro leíste?	<b>LIBRO EN TRADUCCIÓN</b> ¿Qué libro leíste?	<b>AUTOR DE COLOR</b> ¿Qué libro leíste?
<b>AUTOR LGBTQ+</b> ¿Qué libro leíste?	<b>EXPERIMENTA UNA OBRA DE ARTE</b> ¿Qué obra de arte viste?	<b>COMODÍN</b>	<b>PIDE UN LIBRO PRESTADO</b> ¿A quién se lo pediste prestado?	<b>ESCUCHA UNA NUEVA CANCIÓN</b> ¿Qué canción escuchaste?
<b>INICIA SESIÓN EN BPL.ORG</b> ¿Cuándo iniciaste sesión?	<b>LIBRO CON PORTADA ROJA</b> ¿Qué libro leíste?	<b>LEE AL AIRE LIBRE</b> ¿A dónde fuiste?	<b>LIBRO PROHIBIDO O CUESTIONADO</b> ¿Qué libro leíste?	<b>AUTOR DEBUTANTE</b> ¿Qué libro leíste?
<b>EXPLORA TU BARRIO</b> Nombra algo nuevo que hayas encontrado	<b>APRENDE SOBRE LA NATURALEZA</b> ¿Qué aprendiste?	<b>SUGERENCIA DEL PERSONAL DE LA BIBLIOTECA</b> ¿Qué libro leíste?	<b>ENSAYOS O CUENTOS</b> ¿Qué libro leíste?	<b>CUÉNTALE A ALGUIEN SOBRE EL BINGO BPL</b> ¿A quién le contaste?

LEER ACTUAR DESCUBRIR

DETALLES DE PARTICIPACIÓN EN EL LADO 2

NOMBRE: \_\_\_\_\_ # DE TARJETA DE LA BIBLIOTECA: \_\_\_\_\_

¿TE GUSTARÍA RECIBIR EL BOLETÍN DE SUMMER READING? SÍ  NO

SI RECIBISTE AYUDA DE UN MIEMBRO DEL PERSONAL DE LA BIBLIOTECA CON TU TARJETA DE BINGO, ¿CÓMO SE LLAMA? \_\_\_\_\_

RECIBÍ MI BOLSA DE: \_\_\_\_\_

(NOMBRE O SELLO DE LA SUCURSAL)



**INSCRÍBETE EN BPL.ORG/BINGO - ¡CUÉNTALE A UN AMIGO!**

## ► Age Friendly Walk Challenge Winner Announcement

In our March issue of *Boston Seniority* magazine, we announced our Age Friendly Walk Challenge. We invited Boston's older adult residents to do as many "Age Friendly" certified walks around Boston as possible, sharing photos at each location. We're proud to share that Diane Bellevance from Charlestown is the winner! Congratulations to Dianne! Stay tuned, we'll do another walk challenge this fall, too!

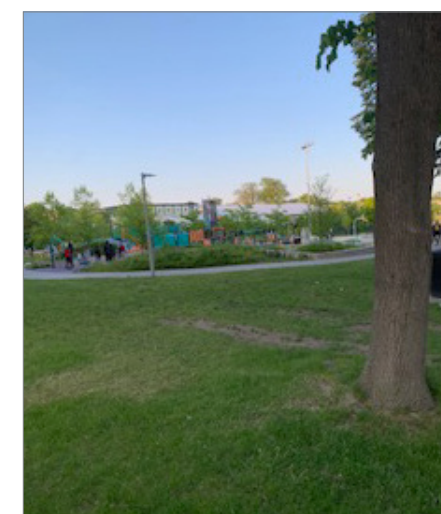


*Age-Friendly walks challenge winner Diane Bellevance*

Did you know the city has a map of "age-friendly" walks? We consider walks age-friendly that are smooth, with gentle grades and loops of different lengths, good signage with parking nearby. A bonus is public restrooms and public water fountains. Getting outside for a walk is a great way to get fresh air and exercise, meet people and explore Boston.

Also, you don't need to wait for an Age Friendly walk challenge to get out in the fresh air and move around. View a map of age-friendly walking locations at [boston.gov/agefriendlywalks](http://boston.gov/agefriendlywalks).

Age Friendly Walk Challenge participant John Howard shares his walk photos below.





► Upcoming Events

## Open Streets Boston

**WALKING, ROLLING, BIKING, AND CONNECTING WITH NEIGHBORS AND LOCAL BUSINESSES**

Open Streets Boston events help people experience streets as public spaces where communities thrive. City streets transform into vibrant, pedestrian-friendly boulevards where people can dream, play, and explore.



**SATURDAY, AUGUST 19 - ALLSTON / BRIGHTON**

Brighton Avenue and Harvard Avenue  
Between: Cambridge Street to Commonwealth Avenue  
10am–3:30pm

**SUNDAY, SEPTEMBER 17 - DORCHESTER**

Dorchester Avenue  
Between Ashmont Street and Freeport Street  
10am–3:30pm

**SUNDAY, OCTOBER 15 - EAST BOSTON**

Meridian Street from Maverick to Porter and Bennington Street,  
from Porter to Day Square \*subject to change  
10am–3:30pm

Visit [openstreetsboston.org](https://openstreetsboston.org) to learn more.

**MEET YOUR AGE STRONG  
ADVOCATES IN-PERSON  
THROUGHOUT BOSTON'S  
NEIGHBORHOODS...**

Learn about benefits, resources and programs you may be eligible for to save money.

Call the Age Strong Commission at **617-635-4366** to connect with your neighborhood Advocate or visit [boston.gov/agestrong](https://boston.gov/agestrong) to view the days/times Age Strong advocates are in your neighborhood.

**For Ages  
60+**

**CITY of BOSTON**

**AGE+**

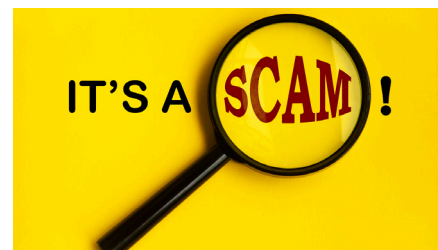
Age Strong



## ► Scam Alert

# 7 Ways Criminals Try to Scam Older Adults

Source: AARP



Many people believe they are too smart to be taken in by a scam. But they miss the key point: scammers mostly bypass your intellect and rely on psychological and emotional manipulations to get you to say yes. Scammers use strategies that all of us are susceptible to. Specifically, they weaponize universal human instincts such as fear of loss, love, and trust in others. Here are some of their techniques to watch out for.

### 1. Scammers establish familiarity.

“So sorry to hear about the loss of your husband. You know, my own wife passed away last year as well. It’s been hard.” Scammers will echo your religion, political affiliation, military background or life situation to get you to feel “he’s just like me.” We tend to lower our defenses.

### 2. Scammers play on your aversion to loss.

“You’ve won the sweepstakes! But if you don’t act fast ...” Many people fear missing out on good opportunities, given how infrequently they appear. The criminal amplifies the uniqueness of the idea, or the dwindling of availability of the product or service, scaring people to act.

### 3. Scammers flatter you.

“I can tell you know a lot about finance, so surely you know what a great opportunity this is.” At the beginning of the scam, criminals shower us with compliments

hoping to gain our trust. “If this person likes me, well, then I can trust this person.”

### 4. Scammers make you feel anxious.

“This message means your bank account has been compromised. Someone could steal from it very easily now.” It’s pretty easy to get people to agree to do what it takes to make the fear go away.

### 5. Scammers create instant terror.

“Grandpa, help! I’ve been arrested and need money for bail right away!” Criminals want you to act emotionally, not reasonably. When your emotions kick in, logic swaps out. In such moments of powerful emotion, you are far more likely to think you hear a loved one’s voice and to fall for a scam.

### 6. Scammers seduce you.

“I love talking to you. I have not felt so close to someone in so long.” In a romance scam, we say more intimate things, and that creates a sense of closeness, even love.”

### 7. Scammers intimidate you.

“I’m with the police; you’ve missed jury duty again. Either pay a \$900 fine now or go to jail.” They present as a feared authority (police, IRS or Medicare). Criminals can program their caller ID so it says “Boston Police Department.”

If you have been scammed, call the Elder Abuse Hotline 1-800-922-2275.

## ► Recipe

# Radish Asparagus Salad

Source: Provided by Melissa Carlson, MS, RD

Deputy Commissioner of Programs and Partnerships, Age Strong Commission

### Ingredients:

- 1 pound fresh asparagus, trimmed and cut into 2-inch pieces
- 7 radishes, thinly sliced
- 2 tablespoons sesame seeds

### Dressing:

- 2 tablespoons olive oil
- 2 tablespoons thinly sliced green onion
- 1 tablespoon white wine vinegar
- 1 tablespoon lemon juice
- 2 teaspoons honey
- 1 teaspoon Dijon mustard
- 1/4 teaspoon garlic powder
- 1/4 teaspoon grated lemon zest
- 1/4 teaspoon pepper

### Directions:

1. In a large saucepan, bring 6 cups of water to a boil. Add asparagus; cover and boil for 3 minutes. Drain and immediately place asparagus in ice water. Drain and pat dry.

2. Transfer to a large bowl; add radishes and sesame seeds. Place dressing ingredients in a jar with a tight-fitting lid; shake well. Pour over salad; toss to coat.



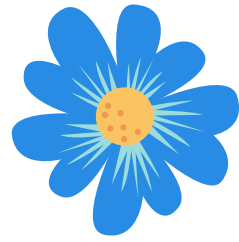
### Nutrition Facts:

2/3 cup: 73 calories, 6g fat (1g saturated fat), 0 cholesterol, 28mg sodium, 5g carbohydrate (3g sugars, 1g fiber), 2g protein.

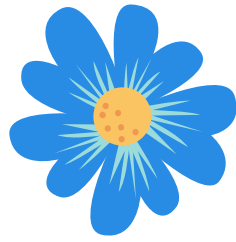
Source: [tasteofhome.com](https://www.tasteofhome.com)



# AGE STRONG COMMISSION'S FREE VIRTUAL PROGRAMS AND CLASSES



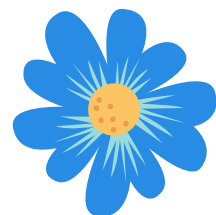
For Ages  
55+



DAY OF WEEK	TIME	PROGRAM
MONDAY	9:00AM - 10:00AM	CHAIR YOGA
MONDAY	11:30AM - 12:30PM	MEDITATION
TUESDAY	11:30AM - 12:30PM	LATIN DANCE
WEDNESDAY	11:30AM - 12:30PM	YOGA
THURSDAY	11:30AM - 12:30PM	LATIN FIESTA
FRIDAY	11:30AM - 12:30PM	ZUMBA

Join the classes listed above by zoom link here:

[bit.ly/ZoomAgeStrongVirtual](https://bit.ly/ZoomAgeStrongVirtual)



For more information on our events call 617-635-3979  
or visit [boston.gov/age-strong-events](https://boston.gov/age-strong-events)

## ▶ Quilt Club

### Codman Square Quilt Show

*By Andrea Burns, Director of Age-Friendly Boston, Age Strong Commission*

The end of season Quilt Club celebration at the Codman Square branch library in Dorchester was a joyous event. Quilts adorned walls and draped across tables. Each one was colorful and unique, most created from stories behind them. There were new quilters, experienced quilters, women of all ages. A jazz keyboardist and saxophonist wove their own sound against the backdrop of a geometric quilt. Marcos Beleche of Four Corners Main Streets served made-to-order tortillas on a little stove, with a variety of delicious fillings.

The Quilt Club has been meeting for decades, originally right across the street at Kit Clarke Senior House. “Your foot could be falling off, but you come in anyway,” said quilting teacher Elenora Thompson (or “ET” as some in the group call her). “Everybody’s so happy. We break bread together, we help one another on our quilting projects. No matter what’s going on in all of their lives, they leave it behind for a little while. It’s a breath of fresh air,” she says.

The Quilt Club meets every Thursday at 10:30 a.m. the Codman Square branch library, except during the summer.



*Resident and textile artist Susan Thompson*



*Teacher Elenora Thompson with a quilt she made for her daughter's wedding*





# Summer Happenings: Get Out and About in Boston!

*\* Please note not all events are free and are subject to change*

**August 18**  
**Special Collections Sampler: Magic!**  
**Time:** 9:30 am - 4:30 pm  
**Location:** Central Library in Copley Square, 700 Boylston St., Boston  
**Contact Info:** Kathleen Monahan, specialcollections@bpl.org

**August 19**  
**Crochet Club**  
**Time:** 11:00 am - 12:30 pm  
**Location:** BPL Lower Mills, 27 Richmond St., Dorchester  
**Contact Info:** Elise, 617-298-7841

**August 21**  
**Movie Mondays at West End**  
**Time:** 2:00 pm - 4:30 pm  
**Location:** BPL West End, 151 Cambridge St., West End  
**Contact Info:** Casey, cabbott@bpl.org

**August 23**  
**Mercedes Escobar — Concerts in the Courtyard Series**  
**Time:** 6:00 pm - 7:00 pm  
**Location:** Central Library in Copley Square, 700 Boylston St., Boston  
**Contact Info:** Programs Department, 617-859-2129

**August 24**  
**Melissa Ocasio & Andrea Cruz Concert**  
**Time:** 5:00 pm - 6:00 pm  
**Location:** BPL Connolly, 433 Centre St., Jamaica Plain  
**Contact Info:** Emily, 617-522-1960

**August 25**  
**Drop-In Gaming Time**  
**Time:** 12:30 pm - 4:30 pm  
**Location:** BPL Chinatown, 2 Boylston St., Chinatown  
**Contact Info:** Morgan, mhoward@bpl.org

"Do anything, but let it produce joy."

-Walt Whitman

**August 26**  
**Art & Architecture Tour**  
**Time:** 11:00 am - 12:00 pm  
**Location:** Central Library in Copley Square, 700 Boylston St., Boston  
**Contact Info:** Art & Architecture Tours Office, 617-859-2216

**August 28**  
**Weekly Chess Club for Adults**  
**Time:** 2:30 pm - 3:30 pm  
**Location:** BPL North End, 25 Parmenter St., North End  
**Contact Info:** 617-227-8135

**August 31**  
**Hyde Park Book Club**  
**Time:** 1:00 pm - 2:30 pm  
**Location:** BPL Hyde Park, 35 Harvard Ave., Hyde Park  
**Contact Info:** 617-361-2524

## Age Strong Commission Events

We can connect you to programs and outings that enrich your life in Boston. You can also take part in our virtual programs and classes.



For more information, call 617-635-4366 or visit [boston.gov/age-strong-events](https://boston.gov/age-strong-events)





# *Summer Fun*

In the summer, there's so many ways to have fun in Boston! Inside we'll share lots of ideas for picnics, concerts, fitness/wellness, historic tours, and more! But, always remember to wear sunscreen, bring a hat, and hydrate while having fun in the summer sun!

-Boston Seniority Team





# Summer Fun 2023

Hey Boston! Here's just a few of many free, fun activities to do this summer around the city! (always call ahead to confirm times/locations)

## **Mayor's Movie Nights Throughout Boston**

[boston.gov/departments/parks-and-recreation/parks-movie-nights](https://boston.gov/departments/parks-and-recreation/parks-movie-nights)

## **Mass Audubon: Summer Bird Walks on Bird Isle, East Boston**

Registration required: [massaudubon.org/programs](https://massaudubon.org/programs)

## **African Festival of Boston: Boston Common**

[africanfestivalofboston.org/](https://africanfestivalofboston.org/)

## **Tai Chi on Castle Island, South Boston**

[bostonharbornow.org/events/](https://bostonharbornow.org/events/)

## **Boston Landmarks Orchestra On the Hatch Shell, Back Bay**

[landmarksorchestra.org/events/current-season/](https://landmarksorchestra.org/events/current-season/)

## **Concerts in the Courtyard: Boston Public Library, Copley Square**

[bpl.org/concerts-in-the-courtyard/](https://bpl.org/concerts-in-the-courtyard/)

## **Nature Exploratory at Forest Hills Cemetery, Jamaica Plain**

[foreshillscemetery.com/hours-directions/](https://foreshillscemetery.com/hours-directions/)



## **Picnic Locations throughout Boston**

[thebostoncalendar.com/events/15-best-picnic-spots-around-boston](https://thebostoncalendar.com/events/15-best-picnic-spots-around-boston)

## **Arboretum: Museum of Trees, Jamaica Plain**

[arboretum.harvard.edu/visit/](https://arboretum.harvard.edu/visit/)

## **Family Flicks: Prudential Center's South Garden, Back Bay**

[prudentialcenter.com/experiences/events/summer-flicks/](https://prudentialcenter.com/experiences/events/summer-flicks/)

## **North End Feasts: Fishermans & St. Anthony**

[thebostoncalendar.com/events/2022-north-end-feasts](https://thebostoncalendar.com/events/2022-north-end-feasts)



# Staying Cool in Summer, with Dementia

By Corinne White, Dementia-Friendly Staff Assistant, Age Strong Commission

Summer brings days of longer sunlight, increased heat and humidity, and an influx of activities outdoors. As we age, we become more sensitive to direct sunlight and hotter temperatures.

Recreation outdoors is most comfortable with the opportunity for shade, a place to sit, and a cool beverage. Without these options, the summer heat can quickly become unpleasant and even dangerous to health.

Most of us are able to determine when we've had enough sun or time in the heat, but it might be harder to recognize for someone living with dementia. Without missing the lovely outdoor activities taking place around Boston due to the heat, what are the safe options?

Here are some important tips to remember, especially if you are a care partner to someone with cognitive impairment.

- Spend time outdoors in the morning and evening hours in order to avoid the highest temperatures mid-day.
- Drink more water no matter how active you are, don't wait until you or the person you are caring for are thirsty to drink.
- Wear light layers of clothing and sunscreen.

- Rest often in cool, shaded areas.
- Spend time near water - community center pools, spray decks or parks' water areas.
- A few hours in air conditioning can help your body recover and stay cool.

Boston's Centers for Youth and Families (BCYF) community centers become cooling centers and are open to the public during periods of extreme heat. Senior centers and public libraries also have air conditioning and are wonderful community resources with ongoing engagement programs.

Local markets, businesses, coffee shops, and restaurants are likely to be able to keep you cool while you enjoy some time browsing or sampling delicious food as you care for those with dementia. Though the heat causes an additional challenge to being outdoors for extended periods of time, there are plenty of options to stay cool and engaged.

You can find a list of the Age Strong Commission's Age and Dementia Friendly Businesses here: [boston.gov/departments/age-strong-commission/age-friendly-businesses](https://boston.gov/departments/age-strong-commission/age-friendly-businesses)



## BEAT THE HEAT

Information for People over 65

AGE+



Stay cool. Spend time in air conditioned spaces.



Make sure a friend or neighbor knows to check on you.



Seek medical care if you start to feel unwell.

### DID YOU KNOW?

- A single hot day can lead to health problems, but multiple hot days in a row bring the most risk.
- Older people may not adjust as well as younger people to sudden changes in temperature.
- Chronic medical conditions and some medications can affect the body's ability to control its temperature or sweat properly. Talk to your doctor in advance and seek help early if you feel unwell.
- Mobility issues may be worsened by hot weather, which can make it more difficult to travel to cooling centers when it's hot. Please plan ahead.
- Those who live alone are at heightened risk. Consider asking a friend or neighbor to check on you.

### RESOURCES

1

Stay cool. Find public cooling centers, public pools, parks, beaches, and Boston Public Libraries.

2

Meals on Wheels & Home Health Aides can visit on hot days.

3

You may be able to get a ride with MBTA The RIDE or Senior Shuttle. Call 3-1-1 to see if you qualify.

For more information on these resources, call 3-1-1 or visit [boston.gov/heat](https://boston.gov/heat)





# COMBATIR EL CALOR AGE+

Información para personas mayores de 65 años



## THE BOSTON PARKS SUMMER FITNESS SERIES

May 7 - September 2, 2023

Learn more at [boston.gov/fitness](https://boston.gov/fitness)



Manténgase fresco. Pase tiempo en espacios con aire acondicionado.



Asegúrese de que un amigo o un vecino vean cómo se encuentra.



Busque atención médica si empieza a sentirse mal.

### ¿SABÍA QUE...?

- Un solo día caliente puede conllevar a problemas de salud, pero varios días seguidos de calor confieren un mayor riesgo.
- Es posible que los adultos mayores no se adapten tan bien como los jóvenes a los cambios repentinos de temperatura.
- Las afecciones médicas crónicas y algunos medicamentos pueden afectar la capacidad del cuerpo para controlar su temperatura o transpirar correctamente. Hable con su médico con anticipación y busque ayuda tan pronto como empiece a sentirse mal.
- Los problemas de movilidad pueden empeorar frente a las altas temperaturas, lo que puede dificultar el desplazamiento a los centros de reparo contra el calor si el día es caluroso. Tome recaudos con anticipación.
- El riesgo es mayor para las personas que viven por su cuenta. Considere la posibilidad de pedirle a un vecino o amigo que vea cómo se encuentra.

### RECURSOS

**1** Manténgase fresco. Visite los centros públicos de refrescamiento, las piscinas públicas, los parques, las playas y las Bibliotecas Públicas de Boston.

**2** Meals on Wheels (comidas a domicilio) y los asistentes de cuidado en el hogar pueden visitarlo en los días calurosos.

**3** Puede que consiga transporte con The Ride, o el transporte para adultos mayores, de MBTA.

Para obtener más información sobre estos recursos, llame al 3-1-1 o visite el sitio web [boston.gov/heat](https://boston.gov/heat).

	TIME	CLASS	LOCATION, NEIGHBORHOOD
<b>SUNDAY</b>	8:00 a.m. 9:00 a.m.	HIIT Strength & Conditioning	VIRTUAL Ronan Park, Dorchester
<b>MONDAY</b>	5:00 p.m. 5:00 p.m. 6:00 p.m. 6:00 p.m. 6:00 p.m.	Yoga Dance Fit Strength & Conditioning Kick It by Eliza Yoga	Winthrop Square, Charlestown VIRTUAL Christopher Columbus Park, North End Brighton Common, Allston-Brighton Adams Park, Roslindale
<b>TUESDAY</b>	6:00 p.m. 6:00 p.m. 6:30 p.m. 7:00 p.m.	Afrobeats Cardio Beginner Salsa Zumba Yoga	Marcella Playground, Roxbury Peters Park, South End Almont Park, Mattapan VIRTUAL
<b>WEDNESDAY</b>	7:30 a.m. 6:00 p.m. 6:00 p.m. 6:30 p.m. 6:30 p.m.	Tai-Chi Yoga Pound Afrobeats Line Dancing	Elliot Norton Park, Chinatown Medal of Honor Park, South Boston Mission Hill Playground, Mission Hill (Tremont St. side) VIRTUAL Franklin Park, Dorchester (Near the Golf Clubhouse)
<b>THURSDAY</b>	7:00 a.m. 10:00 a.m. 6:00 p.m. 6:00 p.m. 6:00 p.m.	Strength & Conditioning Chair Yoga Zumba Tone Yoga Zumba	VIRTUAL Symphony Park, Fenway Billings Field, West Roxbury Boston Common, Downtown Mozart Park, Jamaica Plain
<b>FRIDAY</b>	12:00 p.m.	Chair Yoga	VIRTUAL
<b>SATURDAY</b>	9:00 a.m. 10:00 a.m. 10:00 a.m.	All levels Bootcamp Family Zumba Zumba	Ross Playground, Hyde Park LoPresti Park, East Boston (Basketball Court) VIRTUAL

No classes will be held on 5/29, 6/19, & 7/4

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CITY of BOSTON



Parks and Recreation





## ► In Boston, we Age Strong.

As part of the City's Human Services cabinet, The Age Strong Commission's mission is to enhance your life with meaningful programs, resources, and connections so we can live and age strong together in Boston.



*We can help with:*

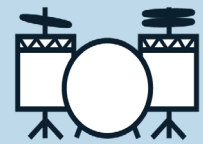
Call us for more details at 617-635-4366.



### Access to Information and Benefits:

Our Community Advocates connect older adults to a comprehensive array of resources, benefits, and information. We can:

- Assist with applications for public benefits like Supplemental Nutrition Assistance Program (SNAP) and fuel assistance.
- Ease the process of applying for, and receiving, Medicare benefits.
- Assist older adults in accessing several tax relief exemptions and programs like the Elderly Exemption 41C, Senior Circuit Breaker Tax Credit, and others.
- Assist older adults with navigating systems including the aging network and city services.



### Outreach and Engagement:

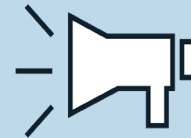
The Commission organizes many **in person and virtual** events and programs throughout the year.



### Transportation:

We are committed to helping older adults continue to lead independent lives by connecting them to transportation resources. We offer:

- Free wheelchair-accessible shuttles that provide door-to-door service for non-emergency doctor's appointments. Call 617-635-3000 for more information.
- Taxi Coupons at discounted rates.



### Volunteer Opportunities:

We operate volunteer programs that impact our work across the city:

- *RSVP* matches seniors with valuable volunteer opportunities in Boston.
- The *Senior Companion Program* matches seniors with homebound persons who need assistance and companionship.
- *Senior Greeters* volunteer their time to greet guests of City Hall.
- *Senior Property Tax Work-Off Program*: Qualified senior homeowners may work-off up to \$1,500 on their property tax bill by volunteering for a City agency.



### Housing:

The Age Strong Commission works to ensure that older adults are able to find and maintain housing. We can:

- Assist with housing applications.
- Connect older adults with other City and community agencies that can provide resources for home repair and other challenging situations like hoarding.
- Provide mediation and court advocacy.



### Alzheimer's and Caregiver Support:

Know that you are not alone; we are here to support you. We:

- Host Memory Cafés, places where individuals experiencing memory loss and their caretakers can meet in a safe, social environment.
- Provide referrals and offer workshops, training, and support groups for those who are supporting an older loved one.



Boston's Age Strong Commission Offers Discount

# TAXI COUPONS

- For Boston residents age 65+ & persons with disabilities
- Valid for taxis licensed by City of Boston
- Please show ID proving Boston residency
- Each coupon book costs \$5 (worth \$10)
- Please pay with cash
- Coupons don't expire (for a limited time each resident may buy 4 books/month)

Coupons may be purchased in person at the Age Strong Commission, Rm 271 City Hall, 1 City Hall Square in Boston, 9am-5pm.

Visit [boston.gov/agestrong](http://boston.gov/agestrong) for a list of sites where taxi coupons may be purchased.

## AUTHORIZED TAXI COMPANIES

There are 7 authorized cab associations in Boston:

- |   |  |
|---|--|
| 1. <b>Top Cab</b><br>617-266-4800             | 4. <b>City Cab Assoc.</b><br>617-536-5100  |
| 2. <b>Boston Cab Assoc.</b><br>617-536-3200   | 5. <b>Metro Cab Assoc.</b><br>617-782-5500 |
| 3. <b>I.T.O.A. Cab Assoc.</b><br>617-825-4000 | 6. <b>Tunnel Taxi</b><br>617-567-2700      |
|   | 7. <b>617TaxiCab Inc.</b><br>617-829-4222  |



AGE+

City of Boston  
Age Strong Commission

# City of Boston Farmers Markets & Farmstands 2023

ENGLISH

## Back Bay

**Copley Square Farmers Market**  
227 Dartmouth St, 02116  
5/12 - 11/21  
Tuesday & Friday  
11am-6pm

## Brighton

**Brighton Farmers Market**  
30 Chestnut Hill Ave,  
02135  
6/14 - 10/25  
Wednesday  
2pm-6:30pm

## Charlestown

**Charlestown Farmers Market**  
Main and Austin St,  
02129  
6/28 - 10/25  
Wednesday  
2pm-6pm

## Chinatown

**Chinatown Farmers Market**  
Chin's Park @ Rose  
Kennedy Greenway,  
02111  
7/8 - 10/14  
Saturday  
9am-2pm

## Dorchester

**Ashmont Farmers Market**  
1900 Dorchester Ave,  
02124  
7/15 - 10/27  
Friday  
3pm-7pm

**Codman Square Farmers Market**  
360 Talbot Ave,  
02124  
7/15 - 10/14  
Saturday  
11am-2pm

**DotHouse Farmers Market**  
1353 Dorchester Ave,  
02122  
7/11 - 10/10  
Tuesday  
11:30am-1:30pm

## Fields Corner Farmstand

Dorchester Ave & Park  
St, Shopping Center  
Parking Lot, 02122  
7/15 - 10/28  
Saturday 9am-12pm

## Revision Urban Farmstand

38 Fabyan St, 02120  
6/22 - 10/26  
Thursday  
3pm-6pm

## East Boston

**East Boston Farmers Market**  
200 Border St, 02128  
7/12 - 10/18  
Wednesday  
3pm-6:30pm

## Hyde Park

**We Grow Microgreens Farmstand**  
21 Norton St, 02136  
5/18 - 11/16  
Thursday  
2:30pm-6:30pm

## Jamaica Plain

**Egleston Farmers Market**  
179 Amory St, 02130  
7/1 - 10/28  
Saturday  
10am-2pm

**JP Centre St Farmers Market**  
677 Centre St, Bank of  
America Parking Lot, 02130  
6/17 - 11/18  
Tue 12-5pm, Sat 12-3pm

## Mattapan

**Fowler Clark Epstein Farmstand**  
487 Norfolk St, 02126  
6/30 - 11/17  
Friday  
1pm-5pm

## Mattapan Square Farmers Market

882 Cummins Hwy, 02126  
7/8 - 10/29  
Saturday  
10am-1pm

## Mission Hill

**Mission Hill Farmers Market**  
725 Huntington Ave,  
02120  
6/8 - 12/14  
Thursday  
11am-6pm

## Roslindale

**Roslindale Farmers Market**  
4225 Washington St,  
02131  
6/3 - 11/18  
Saturday 9am-1:30pm

## Roxbury

**Nubian Square Farmers Market**  
149 Dudley St,  
02119  
7/15 - 10/21  
Saturday 11am-3pm

**Dudley Town Commons Farmers Market**  
427 Dudley St, 02119  
6/15 - 10/26  
Thursday  
2:30pm-6:15pm

## Roxbury Crossing Farmers Market

Roxbury Crossing T  
Station  
1420 Tremont St 02120  
6/6 - 12/15  
Tuesday & Friday  
11am-6pm

## South Boston

**South Boston Farmers Market**  
446 W Broadway, 02127  
6/5 - 10/30  
Monday 10am-5pm

## Downtown

**BPM at Dewey Square on the Greenway**  
600 Atlantic Ave,  
02210  
6/6 - 11/21  
Tuesday 11am-4pm

## South End

**SoWa Open Market**  
*\*Does not accept OFJ coupons*  
500 Harrison Ave, 02118  
5/7 - 10/29  
Sunday 11am-4pm







## SIGN-UP TODAY

Check out the latest news from Age Strong! We include events for older adults, volunteer opportunities, and much more.

Sign-up for updates at:  
[boston.gov/departments/age-strong-commission](http://boston.gov/departments/age-strong-commission)



## YARD WASTE COLLECTION

Have yard waste? Don't forget — curbside yard waste will only be collected on Saturdays from July 15 - August 26 in the City of Boston due to the Sumner Tunnel closure.

Learn more at [boston.gov/yard-waste](http://boston.gov/yard-waste)



## RECYCLING CARTS

A reminder to residents that if your recycling cart is damaged, you can dial 3-1-1 or 617-635-4500 to have a replacement delivered. Our new carts are engineered with 40% recycled material - including 10% of ocean bound plastics found near beaches, lakes & waterways.



## OPEN NEWBURY STREET

Enjoy Open Newbury Street which will be car-free from Berkeley Street to Massachusetts Avenue every Sunday through October 15, 10am-8pm!

Learn more at [boston.gov/open-newbury](http://boston.gov/open-newbury)

## MATTRESS RECYCLING

The City of Boston requires an appointment for collection of all mattresses and box springs. If you live in a building with six units or less, to schedule your appointment, please dial 3-1-1 or 617-635-4500.



## CLOTHING AND TEXTILES ARE NOT TRASH, BOSTON!

The City of Boston recycles unwanted clothing, shoes, and linens. Find the list of accepted items and schedule a pickup at [boston.gov/textiles](http://boston.gov/textiles).





# ▶ SEEN AROUND TOWN







HAVE A  
SAFE  
&  
FUN  
SUMMER!

**AGE+**



City of Boston  
Age Strong Commission