

Boston Seniority

Age Strong Commission

City of Boston

Mayor Michelle Wu

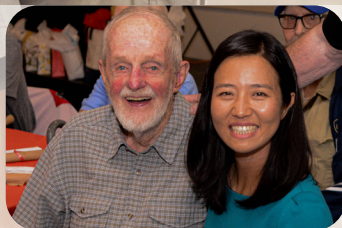


SUMMER FUN

p.16-23

Summer 2022
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Free Publication



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In This Issue...

Welcome to the summer edition of Boston Seniority Magazine! Inside you'll find things to do, useful articles, and information on Boston's Age Strong Commission.



Boston Seniority

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Stay Connected with the Age Strong Commission:



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Email: agestrong@boston.gov



Facebook: [@AgeStrongBos](https://www.facebook.com/AgeStrongBos)



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



From the Mayor's Desk

Hello, Boston!

Welcome to the Summer 2022 issue of Boston Seniority Magazine. I hope you've been staying cool and hydrated while taking in the summer sun! After celebrating the fourth with fireworks and festivities, we have plenty of programming for you to enjoy.

Inside, you'll learn about free summer fitness programming. You can participate in-person at our neighborhood parks and online through Age Strong's virtual wellness classes. It's a great way to try something new, or to return to an old hobby—like tai chi, yoga, zumba, and more!

You can also learn more about two senior centers that Age Strong operates—the Veronica B. Smith Senior Center in Brighton and the brand new East Boston Senior Center, which will be opening this summer. There are many resources for older adults available at these centers and we're so excited to share them with you!

We'll also be sharing submissions from our poetry prompt from May & June. You can read the beautiful poems that Boston's older adults have written. There are also photos from our LGBTQ+ Pride Senior Luncheon from June, where we celebrated the advocacy and community building of our queer elders!

We hope the rest of your summer is restful & refreshing. Our city has so many treasures for you to enjoy from our parks and museums to our theaters and waterfront. The very best of Boston is waiting for you!

Sincerely,

Michelle Wu

Michelle Wu
Mayor of Boston

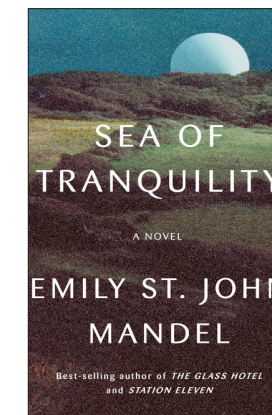


Books

BPL Staff Book Picks

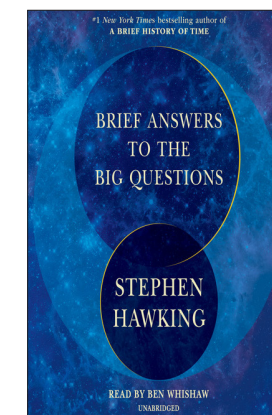
Source: Boston Public Library

Every month staff from across the Boston Public Library system recommend their favorite books for all ages across a variety of genres. We hope this list inspires you to keep reading!



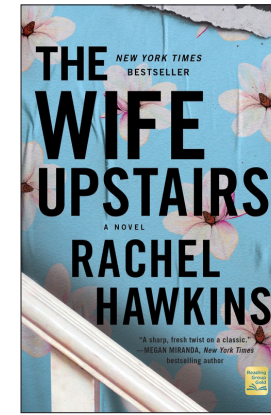
Sea of Tranquility
by Emily St. John Mandel

The award-winning, best-selling author of Station Eleven and The Glass Hotel returns with a novel of art, time, love, and plague that takes the reader from Vancouver Island in 1912 to a dark colony on the moon five hundred years later, unfurling a story of humanity across centuries and space.



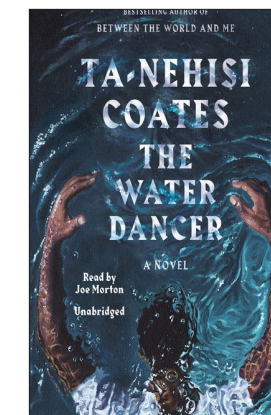
Brief Answers to the Big Questions
by Stephen Hawking

Hawking highlights his belief in the rationality of nature and in our ability to uncover its secrets—and a faith in science's ability to solve humanity's biggest problems.



The Wife Upstairs
by Rachel Hawkins

Supplementing her modest income by stealing small valuables from her gated-community clients, a broke dog-walker endeavors to win the heart of a wealthy bachelor before learning his late wife's own rags-to-riches story.



The Water Dancer
by Coates Ta-Nehisi

A Virginia slave narrowly escapes a drowning death through the intervention of a mysterious force that compels his escape and personal underground war against slavery.



Oona Out of Order
by Margarita Montimore

A young woman destined to wake up on her birthday to a random year in her life struggles through an out-of-order existence to reconcile her inner youth with the realities of shifting external identities, appearances, and period norms.

 **BOSTON PUBLIC LIBRARY**
For more titles or BPL info, visit bpl.org or call 617-536-5400.

New East Boston Senior Center Opening Soon!



After much planning, the Age Strong Commission is proud to announce its new East Boston Senior Center will be opening soon. It will be the second Age Strong-run center, in addition to the Veronica B. Smith Senior Center in Brighton.

The new East Boston Senior Center is located at 7 Bayswater Street, the former East Boston branch of the Boston Public Library. The new center includes room for programs and activities, lunches, and outdoor space for older adults. Studies have shown that the more people socialize, connect with others, and belong to a community, the healthier they are and

the longer they live. When open, activities will include fitness/wellness classes, lectures, games, outings, and more.

The new center will be run by Lina Tramelli, a longtime resident of East Boston who formerly served as the East Boston neighborhood liaison for the Office of Neighborhood Services.

This effort has been with the support of many city departments, including Public Facilities, Property Management, Mayor's Office of Housing, and others. Programming for the new center is funded in part by MassPort.

Music & Mental Wellness

*Provided by Libby Arsenault, LCSW, Behavioral Health Manager,
Age Strong Commission*



One way to help maintain positive mental health is to develop healthy coping skills. Coping skills are actions we take and thoughts that we use to manage unpleasant situations. Coping skills can be used to change uncomfortable emotions such as stress, fear, loneliness, or anger. Listening to music is one coping skill that you may find useful in maintaining mental wellness.

Much of what we know about the healing benefits of music is backed by scientific research. Music therapy began to formalize in the United States after the World Wars. Musicians volunteered to perform for veterans in hospitals. Doctors and nurses noticed that the spirits of veterans lifted when music was played. Some veterans healed faster from their wounds. More musicians were hired to work in veterans' hospitals.

Have you ever noticed a change in your mood after listening to music? Maybe you started tapping your feet, feeling

more energized. If you listen to music with a quick beat, it can increase your heart rate. On the other hand, music can decrease stress hormones (cortisol) and lead to calm feelings, helping with relaxation. You may notice that feelings of happiness (endorphins) increase when you are exposed to music that you prefer. When we sing together with other people, a chemical responsible for human bonding (oxytocin) increases in the brain. This may cause us to feel closer or more bonded to one another.

Music is a universal language that speaks to people of all ages, cultures, and ethnicities. People who are deaf or hard of hearing may be able to experience music through the physical vibration of its beat. Next time you want to feel more energized, calmer, or happier, try turning on your favorite radio station or attending one of Boston's free concerts in the parks. Visit [boston.gov/departments/parks-and-recreation/parkarts](https://www.boston.gov/departments/parks-and-recreation/parkarts) for listings.

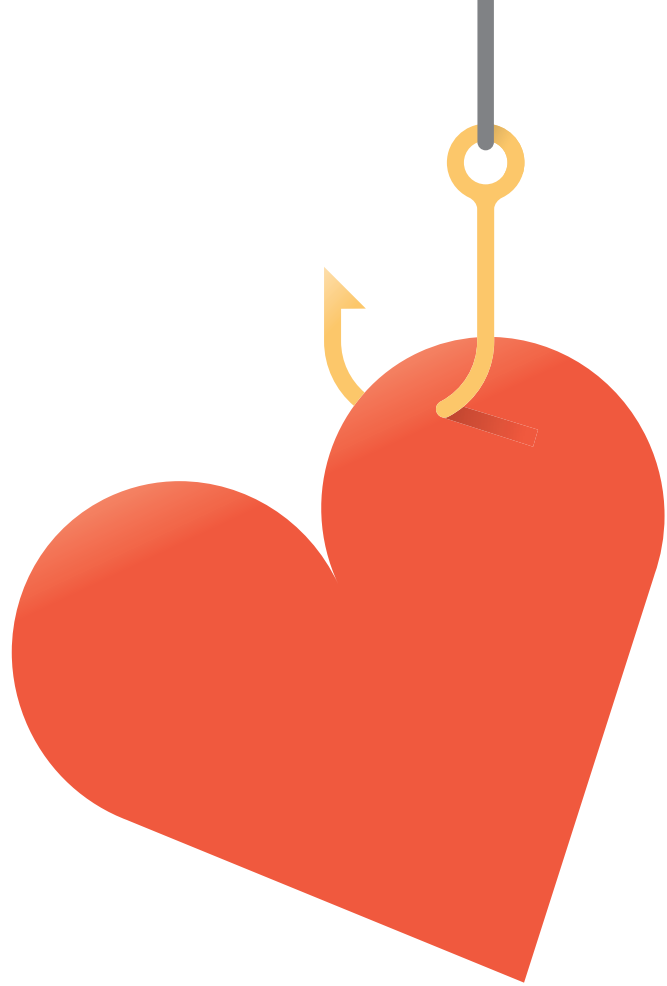
Romance Scams

Source: AARP

Online dating and social media sites have become one of the most popular ways for people of all ages to connect with new friends and potential partners. While many people have good intentions when meeting others online, scammers also increasingly use these sites and apps (Facebook, Instagram, Words with Friends, etc.) to obtain money, gifts or personal information.

When meeting people online, it's important that you always consider the possibility that the person you are chatting with is not the person they claim to be. The following are some "red flags" to help determine if the person who you are chatting with is a scammer:

- You are asked to send money, purchase gift cards, send goods (ex. a phone or computer) or even open a bank account before meeting in-person.
- They are contacting you from thousands of miles away, have inconsistent information in their profile and/or they have an unrealistic photo.
- You are asked to move the conversation outside of the dating website to a messenger app (like Hangouts or WhatsApp), phone, text or email.



- They ask you for personal information such as your bank account, credit card number or Social Security number.
- They express strong emotions toward you very early.

If you recognize any of these warning signs or suspect unusual behavior, report it to the website's administrator and cease all communication immediately. You can also file complaints with the Federal Trade Commission at [ftc.gov](https://www.ftc.gov) or call 877-382-4357. For more information on scams, visit [aarp.org/scams](https://www.aarp.org/scams).

The Senior Community Service Employment Program at Operation ABLE

Helping Mature Workers Return to the Workforce Through Community Service Assignments

Provided by Joe Laskowski from Operation ABLE

Imagine the difficulty finding a job in the post-pandemic era if you don't have the skills that today's employers require. In a recent "Needs Assessment Survey" conducted jointly by Encore Boston Network, 50+ Job Seekers in MA, and the Boston College School of Social Work, 51% of participants felt they lacked the skills needed to be competitive in today's marketplace. That's the reality facing many older jobseekers trying to re-enter the workforce as the pandemic and current economic conditions forced them to rethink their priorities. Others are simply not ready for retirement and want to re-engage, or may need some income to help with bills.

The Senior Community Service Employment Program (SCSEP) is the nation's oldest employment program for older adults. It was authorized under the Older Americans Act in 1965 by President Lyndon B. Johnson in response to high poverty rates and an increasing aging population. Over its 57 years, it has proven to be a stepping stone to employment for thousands of low-income, unemployed individuals 55+. Through a mix of training and support services, this

U.S. The Department of Labor-funded program helps older job seekers overcome obstacles, build confidence, and gain the skills needed to return to work.

Operation ABLE, celebrating its 40th Anniversary this year, has been both an administrator and host agency of SCSEP since the 90's, and helped thousands of older workers find employment throughout Greater Boston. SCSEP participants are placed in paid internships for up to 20 hours/week in area nonprofits and government agencies, where they not only provide needed support to the community, but also gain the skills, experience, and confidence they need to transition to paid employment. Examples of training assignments include Office and Admin Support, Community and Social services, Hospitality, Customer Service, and many more. ABLE staff work closely with participants providing case management, job counseling, and connections to hiring employers.

If you are a job seeker age 55+ and looking for employment, this program may be the one for you. Visit [operationable.net/scsep/](https://www.operationable.net/scsep/).

Creative Aging Project's City-Wide Poetry Prompt

These poems were picked from many that were submitted in our "Poetry Prompt" invitation earlier this year.

Sonnet of My Son

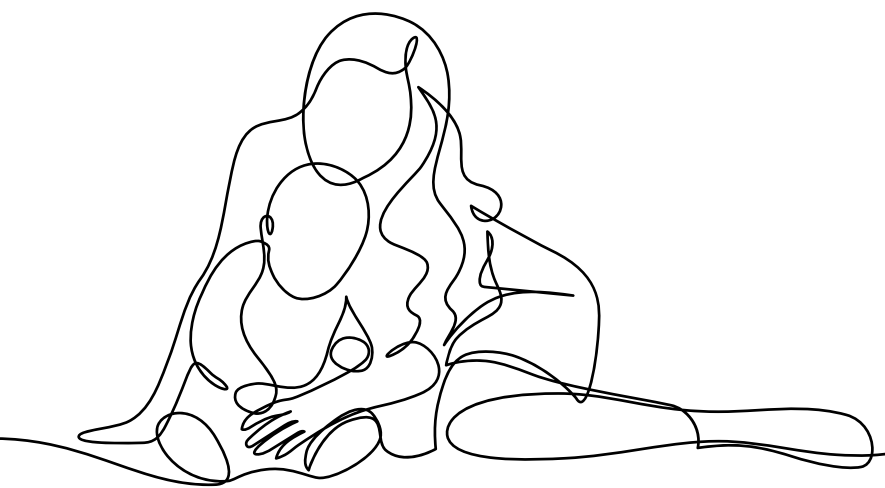
By Rita Pagliuca, 75, North End

I wonder if he thinks of me
And all the things I did
I wonder if with eyes of glee
He remembers being a kid

If he thinks of all the fun he had
Trips to play an arcade game
And every time that he was sad
We'd pray "In Jesus Name"

Now dad himself a child to grow
I wonder if he took my lead
And buys cool toys just to show
That learning is a special need

I wonder; with emotions tossed to and fro
Because perhaps I may never know.



NOT JUST A WEED

By Mary Hirsch, 76, Beacon Hill

Here I sit
A single dandelion
Bright yellow, full of life,
Joy and love.
Here I sit
Smiling at the sun
Dressed like me, yellow bright!
The smile comes back
Here I sit
Surrounded by companion weeds
All tired, brown and wilted
Drying daily more and more
We all thirst
But I persist
I fervently insist
I am watered from within
God feeds my thirst
And so I not only exist
But I shall thrive!
I am God's creation
I'm alive!
Bright and yellow
I smile UP
Above the trees,
Beyond the sun
I smile at God
I smile at God!



Grandma's Hands

By Barbara Defoe, 78, Dorchester

Grandma's hands, when young and strong, plucked wispy clouds of cotton without complaint. They cared for many children, and to them, she was a saint.

Grandma's delicate hands guided breached babies from a frightened young mother's womb. Several were saved and she watched them, like lilies, begin to bloom.

Her hands gently diapered and fed a half dozen kids that she did not birth. And into her hands appeared six more that she introduced to this earth.

These skilled hands labored late into the night from early in the day. They gracefully folded in prayer and kept the enemy of souls at bay.

These hands belonged to one who always said a kind word. On Sabbath they worshipped and were folded when prayer was heard.

Grandma's hands floated and glided over burns like the player of a lyre. Their synergy provided the anesthesia before talking out the fire.

These hands made teas, salves and concoctions from the ground. Her hands provided the best source of healing that could be found.



Grandma's hands cooked, canned, and wrung the necks of chickens. Her hands fought off starvation, and even scrubbed putrid chitlins.

With a fifth-grade education, these hands made the most of school. As a lifetime learner, they gave no audience to any self-proclaimed fool.

As grandma's hands aged, they became gnarly and slender. They left their mark on many, without respect to gender.

Her skeletal tendrils had matured by nature and from above. There's no dispute that they were guided by The Master's love.

I wept and cradled those mahogany hands while she took her last breath. But the aura and loveliness of Grandma's hands linger, even in the throws of death.

► Initiative

Age Friendly Benches

Provided by Eliza Nicholson, Age Strong Commission, Communications Intern



Boston's Age Strong Commission houses the city's Age Friendly initiative, whose work is to make Boston a healthy and accessible place for residents to age. One such effort is Age Friendly Benches, making our streets more walkable, placed throughout Boston, encouraging older adults to get out more — for better health and well-being.

They're located where they're most needed: near libraries, community centers, senior centers, main streets and business districts. Making Boston Age Friendly means adapting structures and services to provide accessibility and inclusion to residents of all ages and abilities.

Age Friendly benches have raised armrests on the ends and center of the bench, raised seats and backs for easy support, are temperature-resistant, and



meet all spacing and ADA requirements. Boston's Age Friendly benches are supported in part by AARP, Tufts Health Plan Foundation, and Walk Boston. Want to sponsor a bench? Contact us at agefriendlybench@boston.gov.

For more information visit boston.gov/departments/age-strong-commission/age-friendly-boston/age-friendly-benches or call 617-635-4366.



► Recognition

National Senior Citizens Day is August 21

Provided by Pat Kelleher

The first declaration of National Senior Citizens Day came with it a bit of celebration and irony. The President who first recognized the day was Ronald Reagan, who at the time was the oldest person elected President in U.S. history. Reagan held this distinction until Donald Trump's election. Trump was, in turn, bypassed by President Joe Biden.

The day's purpose is to recognize a community of adults that Reagan's proclamation said "have achieved so much for our families, communities, and country." The proclamation acknowledged the role of older Americans in "giving younger Americans a fine example of responsibility, resourcefulness, competence, and determination."

Yvonne Quinama, President of the Franklin Park/Grove Hall Chapter of American Association of Retired Persons (AARP) in Dorchester, has plenty of ideas about what it could be. "Let's use the day to recognize the huge contributions of older adults in our local communities," she says. At 80 years old, her volunteer work with AARP involves collecting clothing and other necessities for homeless shelters, knitting blankets for shelters and hospitals, and getting food to those suffering food insecurity in her



She also thinks it would be a great day to encourage intergenerational interaction. Her AARP chapter awarded two \$1,000 scholarships this spring to local high school seniors, specifically to involve younger generations in AARP's community work. "We have knowledge to share with younger people," she says.

As she thought more about the meaning of August 21, she declared her long-standing opinion that mothers should be appreciated not once a year, but everyday. "So, why not seniors," she asks. "Let's make it a practice to smile or say hello every day to an older person you encounter. A good day to start is August 21, 2022."

Summer Happenings: Get Out and About in Boston!

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

JULY
29
Friday Afternoon Concert
Series: Latin Trident
Time: 12:00 pm - 2:00 pm
Location: Sam Adams Park,
Congress St., Boston
Contact Info: 617-635-3911

JULY
30
Walking Tour of Green Street
Time: 11:00 am - 12:00 pm
Location: Southern JP Health
Center, 640 Centre St., Jamaica
Plain **Contact Info:** jphs.org -
Jamaica Plain Historical Society
**Tours are canceled in case of
heavy rain*

August
2
Hatha Yoga
Time: 6:30 pm - 7:45 pm
Location: BPL Fields Corner,
1520 Dorchester Ave.,
Dorchester
Contact Info: 617-436-2155

August
3
Parks Summer Fitness:
305 Dance Class
Time: 6:00 pm - 7:00 pm
Location: Christopher Columbus
Park, 110 Atlantic Ave., North End
Contact Info: Parks and
Recreation - Jennifer,
617-635-4505

August
4
Parks Summer Fitness:
Zumba Tone - Time: 6:00 pm
- 7:00 pm **Location:** Billings
Field (Behind the Tennis
Courts), 369 Lagrange St., West
Roxbury **Contact Info:** Parks
and Recreation - Jennifer,
617-635-4505

August
11
ICA Free Thursday Night
Time: 5:00 pm - 9:00 pm
Location: 25 Harbor Shore Dr.,
Boston **Contact Info:**
617-478-3100 **Tickets will be
available at icaboston.org/tickets
at 10am on that Thursday
morning.*

August
19
**Erin Harpe Country Blues
Duo - Concerts in the
Courtyard Series**
Time: 12:30 pm - 1:30 pm
Location: Central Library in
Copley Square, 700 Boylston
St., Boston **Contact Info:**
Programs Dept., 617-859-2129

August
26
Friday Films - Mamma Mia
Time: 1:00 pm - 3:00 pm
Location: BPL West End,
151 Cambridge St., West End
Contact Info: Casey, email
cabbott@bpl.org or call
617-523-3957

August
30
**Summer Concerts in the
Library Park**
Time: 6:30 pm - 7:45 pm
Location: BPL South End,
685 Tremont St., South End
Contact Info: Lauren, email
llepanto@bpl.org or call
617-536-8241

*"Be like the sun;
shine your love on everyone."*

- Aine Belton

**Mayor Michelle Wu
presents the
Neighborhood Concert Series**
Enjoy free live music at your local parks

- **Wednesday, August 3**
Hunt Almont Park @ 7:00 pm
40 Almont St., Mattapan
Angelena n the Unit
- **Sunday, August 7**
Highland Park @ 5:00 pm
1530 Washington St., South End
*Jazz at the Fort featuring
Jacques Schwarz-Bart*
- **Monday, August 8**
Blackstone Square @ 7:00 pm
1535 Washington St., South End
Divas with a Twist
- **Wednesday, August 10**
Billings Field @ 7:00 pm
369 LaGrange St., West Roxbury
Rebels (Tom Petty Tribute)

Facebook: [@bostonparksdepartment](https://www.facebook.com/bostonparksdepartment)
Twitter: [@bostonparksdept](https://twitter.com/bostonparksdept)
617-635-4505
boston.gov/parks



Summer Fun



Welcome to summer! We hope you all enjoy the outdoors, parks, free summer concerts, and fun in the city sun. Don't forget to wear loose clothing, sunscreen, and even a hat. Make sure to hydrate often, sit/take a break, and take in all Boston offers this season.

-Boston Seniority Team

hello Summer



Hot Fun in the Summertime *By Pat Kelleher*

As difficult as it is to believe, it was 53 summers ago that Sly and his Family Stone gave us all the encouragement to get out and enjoy the beauty of summer. We can't be reminded of this enough in Boston and New England where summer feels like it comes and goes with the speed of a hummingbird's wings.

With the warmer weather comes an opportunity for lots of outdoor activities as the City of Boston comes alive with something for every age and in every neighborhood. Here are just a few ideas. All are free unless otherwise noted.

Get out and walk. Maybe try a new place or path. Two of the loveliest are Pope John Paul II Park in Dorchester and the Boston Nature Center and Wildlife Sanctuary on Walk Hill Street in Mattapan. Lots of free parking and walks for people of all abilities. On August 20 at 10:00 am drop in at the Nature Center for the Boston Beekeepers Association "Open Hives" show-and-tell on all things bees and honey-making.

See a free concert. The Boston Public Library and the Boston Parks and Recreation Department have lots of offerings from classical to jazz to pop. A couple of suggestions: Afrika Gente Trio in the BPL courtyard on July 29 at 12:30pm, for a taste of Latin and jazz-Caribbean style. Or in the same space and time on August 19th, the Erin Harpe Country

Blues. Get there early to claim your seat. Another is the performance of the Divas With a Twist at 1350 Washington Street in the South End on August 8 at 7pm. From this quintet of powerhouse vocalists expect anything from Aretha to Gloria Estefan, to Lady Gaga.

See a **free play.** Shakespeare on the Park returns to Boston Common this summer. *Much Ado About Nothing* runs July 20-August 7. Bring your own chair.

Explore. One of Boston's somewhat newer gems is the Rose Kennedy Greenway. Built on land recovered when the Southeast Expressway went underground in the Big Dig, the Greenway is a walking and gathering site from Chinatown to the North End, with something new almost every day. Some suggestions are the Age Strong Commission's Gentle Yoga Thursdays at 10:30am—for all abilities. The Greenway also hosts an Artisan Market on Saturdays. For those who like to get their hands a little dirty, the Greenway is always looking for volunteers for light gardening. Contact volunteer@rosekennedeygreenway.org.

Finally, **for an indoor event on a hot day:** anyone who has Hulu streaming, invite a few friends for a home concert and watch Questlove's documentary on the alternative Woodstock, *Summer of Soul*. The musical footage is all from the 1969 Harlem Cultural Festival, with Sly and His Family Stone being one of a number highlights. Enjoy!



City of Boston
Parks and Recreation
Mayor Michelle Wu



THE BOSTON PARKS SUMMER FITNESS SERIES

June 5 - October 1, 2022

No Class on 7/4 & 9/5



	Time	Class	Location, Neighborhood
Sunday	9:00 a.m.	STRENGTH TRAINING	A Street Park, South Boston
	6:00 p.m.	YOGA	VIRTUAL
Monday	5:00 p.m.	DANCE FIT	VIRTUAL
	6:00 p.m.	BARRE	Savin Hill Park, Dorchester (The Courts)
	6:00 p.m.	YOGA	Adams Park, Roslindale
Tuesday	6:30 a.m.	YOGA	Doherty Playground, Charlestown
	7:00 a.m.	HIIT	VIRTUAL
	6:00 p.m.	FAMILY FITNESS	LoPresti Park, East Boston (Sumner & New Street)
	6:00 p.m.	FAMILY ZUMBA	Hunt-Almont Park, Mattapan (Tennis Courts)
	6:00 p.m.	KICK IT	Brighton Common, Allston-Brighton
Wednesday	9:00 a.m.	STRENGTH & CONDITIONING	Elliot Norton Park, Chinatown
	5:30 p.m.	PRE- AND POSTNATAL FRIENDLY BARRE	VIRTUAL
Thursday	6:30 a.m.	FUSION FIT	VIRTUAL
	10:00 a.m.	CHAIR YOGA	Symphony Park, Fenway
	6:00 p.m.	AFROBEATS	Gertrude Howes Playground, Roxbury
	6:00 p.m.	ZUMBA TONE	Billings Field, West Roxbury (Behind the tennis courts)
	6:00 p.m.	POUND	Mozart Street Playground, Jamaica Plain
Friday	10:00 a.m.	GENTLE YOGA	McLaughlin Playground, Mission Hill (across from 170 Parker Hill Ave)
	12:00 p.m.	CHAIR YOGA	VIRTUAL
Saturday	8:00 a.m.	WALKING GROUP	Franklin Park, Dorchester (Near the Golf Clubhouse)
	10:00 a.m.	HIIT	Iacono Playground, Hyde Park
	10:00 a.m.	ZUMBA	VIRTUAL



Virtual Registration:
boston.gov/fitness

[@bosparksdept](https://www.boston.gov/parks)
www.boston.gov/parks

Blue Cross Blue Shield of Massachusetts is an independent licensee of the Blue Cross and Blue Shield Association

Cool off at Your Nearby Pool

Boston Centers for Youth & Families (BCYF) offer a variety of aquatics programs at their pools. BCYF aquatics programs offer the opportunity to come together, to develop swimming skills, make new friends, or just cool off.



Pool-specific guidelines:

- ▶ Due to capacity limits to enhance visitor safety, visitors must register for a swim time slot through a registration system. Walk-ins will not be allowed. Registration will go live 24 hours before the following day's sessions and will remain open until all spots are taken or until the session is half over, whichever comes first.
- ▶ Sessions will be time-limited. Visitors are asked to register for and attend one session per day. If visitors register for more than one session per day, we reserve the right to cancel their registration if there is a waitlist of individuals looking to attend.
- ▶ Preference will be given to Boston residents.
- ▶ Restrooms (if access is required) can be accessed through a locker room.

To sign up for a swim time slot, visit boston.gov/news/bcyf-program-and-registration-information

For more information, please contact the community center or pool directly.

Current available BCYF pool locations:

- BCYF Charlestown** - 617-635-5169
25 Medford St., Charlestown
- BCYF Curtis Hall** - 617-635-5193
20 South St., Jamaica Plain
- BCYF Flaherty Pool** - 617-635-5181
160 Florence St., Roslindale
- BCYF Leahy-Holloran** - 617-635-5150
1 Worrell St., Dorchester
- BCYF Mason Pool** - 617-635-5241
159 Norfolk Ave., Roxbury
- BCYF Mildred Avenue** - 617-635-1328
5 Mildred Ave., Mattapan
- BCYF Mirabella Pool** - 617-635-1276
475 Commercial St., North End
- BCYF Quincy** - 617-635-5129
885 Washington St.
Chinatown/Leather District

► Food Justice

Boston's Summer Farmers Markets

Affordable, fresh, healthy produce is available throughout the city

Summer is a great time to enjoy fresh fruits and vegetables, and Boston's neighborhoods offer a variety of farmers markets to shop. Through the Mayor's Office of Food Justice, Boston's residents can save while eating healthy -- **farmers markets accept SNAP (Supplemental Nutrition Assistance Plan) & HIP (Health Incentive Program).**

Farmers Market Locations:

[Ashmont Farmers Market](#)

1900 Dorchester Ave., Dorchester
Friday, 3pm-7pm

[Blue Hills Farmstand - Victory Programs](#)

38 Fabyan St., Dorchester
Thursday, 3pm-6pm

[Boston Nature Center](#)

500 Walk Hill St., Mattapan
Thursday, 3:30pm-6:30pm

[Boston Public Market at Dewey Square on the Greenway](#)

600 Atlantic Ave., Boston
Thursday, 11am-4pm

[Brighton Farmers Market](#)

30 Chestnut Hill Ave., Brighton
Wednesday, 2:00pm-6:30pm

[Charlestown Farmers Market](#)

Main and Austin St., Charlestown
Wednesday, 2pm-6:30pm

[Chinatown Farmers Market](#)

Auntie Kay and Uncle Frank Chin Park -
Rose Kennedy Greenway, Chinatown
Saturday, 10am-2pm (Accepts SNAP)

[Codman Square Farmers Market](#)

360 Talbot Ave., Dorchester
Saturday, 11am-2pm

[Copley Square Farmers Market](#)

Dartmouth and Boylston St., Back Bay
Tuesday & Friday, 11am-6pm
(Accepts SNAP)

[DotHouse Farmers Market](#)

1353 Dorchester Ave., Dorchester
Tuesday, 11:30am-1pm

[Dudley Town Farmers Market](#)

378 Dudley St., Roxbury
Thursday, 2:30-6:15pm

[East Boston Farmers Market](#)

Central Square Park
200 Border St., East Boston
Wednesday, 3pm-6:30pm

Did you know?

Food Justice

Healthy, nutritious food for all, including SNAP, farmers markets, & community fridges

[Egleston Farmers Market](#)

179 Armory St., Jamaica Plain
Saturday, 10am-2pm (Accepts SNAP)

[Field Corner Farm Stand](#)

500 Geneva Ave., Dorchester
Saturday, 9am-11:30am

[JP Center Farmers Market](#)

677 Centre St., Jamaica Plain
Tuesday & Saturday, 12pm-5pm
(Accepts SNAP)

[Mattapan Farmers Market](#)

Corner of Cummins Hwy and Fairway St.,
City Parking lot #14, Mattapan
Saturday, 10am-1pm

[Mission Hill Farmers Market at Brigham Circle](#)

725 Huntington Ave., Mission Hill
Thursday, 11am-6pm

[Nubian Square Farmers Market](#)

145 Dudley St., Roxbury
Thursday & Saturday, 11am-3pm
(Accepts SNAP)

[Revision Urban Farm](#)

1062 Blue Hill Ave., Dorchester
Thursday, 3pm-6pm

[Rosindale Farmers Market](#)

4236 Washington St., Rosindale
Saturday, 9am-1:30pm
(Accepts SNAP)

[Roxbury Farmers Market](#)

1400 Tremont St., Roxbury Crossing
Station, Roxbury
Tuesday & Friday, 11am-6pm

[South Boston Farmers Market](#)

446 West Broadway, South Boston
Monday, 12pm-6pm

The Age Strong Commission is a SNAP Outreach Center and our advocates can fully assist seniors with applying for SNAP benefits. Call Age Strong at 617- 635-4366.

For more information about Food Justice or farmers markets, visit boston.gov/food or call 617-635-3717.

For help signing up for SNAP or HIP call Age Strong at 617-635-4366.

► 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.



NEED HELP GETTING ONLINE?

The Long Term Lending Program now offers Chromebooks and wifi-enabled routers to those in need. Supplies are limited, apply at:

bpl.org/long-term-lending

"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+*

For more information, call Monique at **617-635-4374**.



Sign-Up Today

Check out the latest Age Strong *Weekly Digest*! We include events for older adults, volunteer opportunities, and much more. Sign-up for the weekly newsletter and read more at boston.gov/departments/age-strong-commission/age-strong-commission-weekly-digest.



Open Streets Boston

This summer, Boston neighborhoods will host Boston Open Streets, where busy main streets are closed to cars, where residents can come together in community, support local businesses, and be pedestrian/cyclist friendly.

The first took place earlier this month in Jamaica Plain. The next two are **August 6** in Roxbury–Blue Hill Avenue from Dudley Street to Warren Avenue in the Grove Hall and **September 24** in Dorchester – Dorchester Avenue from Freeport Street in Savin Hill to Gallivan Boulevard by Ashmont. Open Streets take place from **9am-3pm**. To learn more, visit openstreetsboston.org



Need a Replacement Recycling Cart?

BOS311 can help with that! Our new carts are engineered with 40% recycled material, including 10% of ocean bound plastics found near beaches, lakes, and waterways leading to the ocean.

Call 311 or download the BOS:311 app.

Memory Café

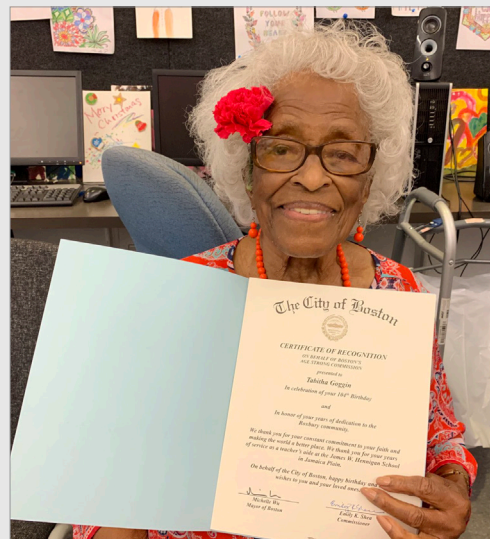
A Memory Café is for those living with memory loss, their loved ones and care partners. Engage in free social and artistic activities on every **2nd Wednesday of every month from 10-12pm**.

Aug 10 | Sep 14 | Oct 12 | Nov 9 | Dec 14

Location: Codman Square Library
690 Washington Street, Dorchester

Bilingual (Spanish) | Light refreshments served

For more information & to RSVP, contact Corinne White:
617-635-3745 or corinne.white@boston.gov



Happy 104th Birthday!

Ms. Tabitha Goggin of Roxbury, marked her 104th birthday in early July! What a world she's seen & helped build over the last century. We applaud your years of service as a teacher's aide at the James W. Hennigan School in Jamaica Plain.



Join Us!

Are you an older adult age 60+ living in Boston?
Are you interested in doing fun things in the community?
Are you looking to make friends & connect with others?

Age Strong has programs & events for you!
Call MaryBeth Kelly at 617-635-3959 or email marybeth.kelly@boston.gov.

CITY of BOSTON

AGE+

Age Strong

► Seen Around Town





STATE PRIMARY

Tuesday, September 6, 2022

NEW POLLING LOCATIONS

Boston has added 20 new voting precincts to adjust for population change over the past decade. The new voting precincts will make voting more convenient with reduced wait times and increased voter access.

Find your polling location here: sec.state.ma.us/WhereDoIVoteMA/

VOTING DATES AND DEADLINES

AUGUST 27

Voter Registration Deadline at 5 p.m.

AUGUST 27 - SEPTEMBER 2

Week of In-Person Early Voting

AUGUST 29

Deadline to Request a Vote By Mail or Absentee Ballot at 5 p.m.

SEPTEMBER 5

Deadline for In Person Absentee Voting Ends at 12 p.m. (Must Qualify)

SEPTEMBER 6 - State Primary Day

Deadline to Return All Ballots to a Drop Box or the Boston Election Department at 8 p.m.

For More information go to Boston.gov/election or Please Call **311**