

Boston Seniority

Age Strong Commission

City of Boston

Mayor Michelle Wu



**OLDER
AMERICANS
MONTH** p.16-21

May 2023
Issue 4
Vol. 47

FREE PUBLICATION



MAYOR'S LETTER
P. 4



FOOT HEALTH
P. 10



UPCOMING EVENTS
P. 14

CONTENTS

4 MAYOR'S SPOTLIGHT

5 BOOK PICKS

Check out this month's book list.

6 SCAM ALERT

Information on home improvement scam targeting older adults.

9 AGE-FRIENDLY

Learn about Age-friendly businesses.

14 EVENTS & ACTIVITIES

Here are some fun ways to fill your calendar this month.

16-21 OLDER AMERICANS MONTH

Celebrating older Americans for all of their contributions.

22 COMMISSION INFO

Programs & services for older adults.

28 THE BUZZ

Find out what this month's buzz is all about.

30 SEEN AROUND TOWN

See if we saw you!

In This Issue...

Inside you'll learn about saving money on broadband internet, ways to keep your feet healthy, and how fellow older adults celebrate aging in Boston.



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

1 City Hall Square - Room 271
Boston, MA 02201

Printed by Flagship Press, Inc.

Boston Seniority is supported in part by The Executive Office of Elder Affairs.

Although all material accepted is expected to conform to professional standards, acceptance does not imply endorsement by the City of Boston.

Stay Connected with the Age Strong Commission:



Main number: (617) 635-4366



Website: boston.gov/age-strong
Email: agestrong@boston.gov



Facebook: @AgeStrongBos



Twitter: @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 May, Bostonians,

Springtime in Boston brings with it longer hours of sunshine, blooming flowers and trees, Mother's Day, and graduations. We spend more time outdoors, with family, with neighbors, in community.

In May we also celebrate Older Americans Month. The 2023 theme is Aging Unbound, which offers an opportunity to explore diverse aging experiences and discuss how communities can combat stereotypes. We can all promote flexible thinking about aging – and how we all benefit when older adults are engaged, independent, and included.

In this issue, you'll learn about upcoming events, read about health tips, find recommended books to read to celebrate Asian/Pacific American Heritage Month, and more. You might even see yourself in the "around town" photos!

See you in the neighborhoods,

Michelle Wu

Michelle Wu
Mayor of Boston



Books

BPL Staff Book Picks

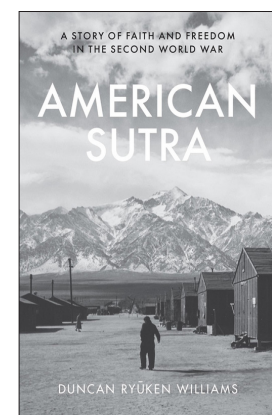
Source: Boston Public Library

May is Asian/Pacific American Heritage Month – a celebration of Asians and Pacific Islanders in the United States. While no one book (or even hundreds of books!) could fully reflect the diversity of the Asian American experience, we hope that this selection of recent releases will highlight current Asian American representation in print.



Anna May Wong
by Shirley Jennifer Lim

Nonfiction. This unorthodox, erudite biography of pioneering Chinese American actress Anna May Wong explores not only the events of her life but her role in constructing the image of the contemporary Chinese woman.



American Sutra
by Duncan Ryūken Williams

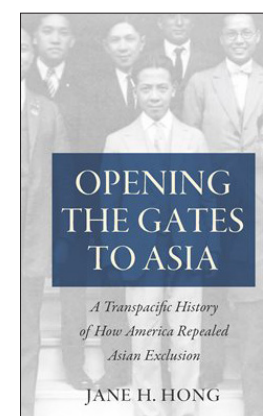
Nonfiction. Drawing attention to the experiences of Buddhist Japanese Americans during World War II, Williams shows how their faith made them a target of additional US suspicion even as it supported them through the trials of foreign combat and domestic incarceration.



I Was Their American Dream

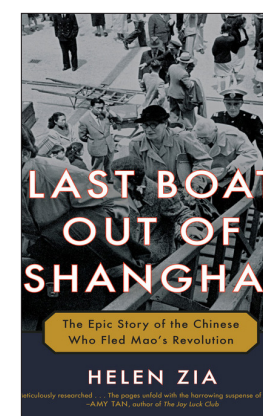
by Malaka Gharib

Memoir. Gharib's graphic memoir of growing up surrounded by her Filipino and Egyptian family is a triumphant tale of self-discovery, a celebration of her family's rich heritage, and a love letter to American immigrant freedom.



Opening the Gates to Asia
by Jane H. Hong

Nonfiction. Using sources from both Asia and the United States, Hong explores how and why the United States, which once restricted and even prohibited immigration from Asia, gradually reversed its stance and ultimately ended its exclusionary policies by the mid-twentieth century.



Last Boat Out of Shanghai
by Helen Zia

Nonfiction. Drawing on extensive interviews, Zia details the experiences of four individuals displaced from their homes in Shanghai during the Communist conquest of China. In Zia's hands, their stories serve as both deeply personal narratives of dislocation and as transcendent depictions of the hardships faced by refugees in all times.

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

► Scam Alert

Home Improvement Scam Targeting Older Adults

Source: Boston Police Department

Springtime often brings an increase in home repair offerings, especially door to door. Boston's older residents have paid tens of thousands of dollars for masonry, driveway paving, chimney sweeping, basement waterproofing, roofing/fence repair—only to be left with worse damage or little to no improvement. What starts with \$1500 paving or masonry repair expands into “reported foundation damage” costing tens of thousands of dollars. The Boston Police Department urges all residents to be aware of these tactics often used by scammers:

- Door-to-door solicitation/selling or slick flyers with unrecognized business names
- Offering discounts due to “leftover materials” from their other neighborhood jobs
- High pressure/scaring: will exaggerate the need for work to be done immediately
- They will ask that checks be made out to them personally and not the company name

Residents should know that many of these handymen are traveling to the U.S. under



a program that does not allow them to work during their 90-day visit. Most of the scammers identified are traveling from Ireland and the United Kingdom. Residents are also reminded that much of the work being done by these scammers require City of Boston Building Permits, which they likely don't have. These scammer companies are not registered with the city or state, do not carry insurance, and will not guarantee their work.

Residents who feel they have been scammed should contact their local police station.

Remember, when arranging home repair, you should request at least 2 estimates from reputable companies, who also carry the right insurance, have the right licenses, apply for the right permits, and provide references.

► Special Feature

The Return of the Ring

By Lauren Basler, Director, Veronica B. Smith Senior Center, Brighton

For many older adults, memories of their wedding day provide happiness and comfort as the years pass and time moves on. A symbol of that special day, the wedding ring, is something that evokes memories of that special day, and indeed a lifetime shared with a special spouse. Imagine then, the heartbreak of losing a wedding ring. That is exactly what happened to Lois Cohan, age 80 of Brighton, on an early spring day in March.

This ring bears special significance to Lois because of the memories associated with it. Lois was married to Joseph Cohan on August 17, 1963 at St. Gabriel's Church in Brighton. They went on to have four children and eleven grandchildren before Joseph passed away in 2009. They were married for 45 wonderful years.

This past March, somewhere on her walk to the Veronica B. Smith Senior Center for arts and crafts class, Ms. Cohan's ring slipped off her finger and was seemingly lost forever. She arrived at the Center understandably upset and sad. It was then that the property management employee for the Center, Geronimo Santiago, Jr. stepped in. “Gerry,” as he is affectionately called, took it upon himself to find this “needle in a haystack.”

Retracing Lois' steps from her doctor's appointment to the senior center, Gerry scoured the neighborhood multiple times. Just as he was giving up, he felt something tell him to try one more time. It was then that he found the gold ring at the end of Peaceable Street, a good distance from the center.



“I could not believe it,” Gerry said, “but I just had a feeling I was meant to find this ring.” When Gerry returned to the center and presented the lost ring to Lois, everyone broke into applause and Lois was moved to tears! “I was thrilled, absolutely thrilled,” she said. “I really thought I would never see it again. I would have been heartbroken if it was gone for good; I love Gerry for what he did!”

Lois continues to wear her ring with pride, now safely attached to a chain around her neck.

We thank and commend Gerry for going above and beyond for Lois, and providing such a happy ending!



Bay Village/Chinatown | Tuesday, May 2
Elliot Norton Park, 295 Tremont St.

Roslindale | Wednesday, May 3
Fallon Field, 910 South St.

Roxbury | Friday, May 5
Marcella Playground, 260 Highland St.

South Boston | Wednesday, May 10
A Street Park, 135-141 A St.

Dorchester | Friday, May 12
Doherty-Gibson Playground (Town Field)
1545 Dorchester Ave.

East Boston | Wednesday, May 17
Noyes Playground, 86 Boardman St.

Downtown/West End | Friday, May 19
City Hall Plaza, 1 City Hall Sq.

Allston-Brighton | Monday, May 22
Brighton Common, 30 Chestnut Hill Ave.

North End | Wednesday, May 24
Langone Park, 529 Commercial St.

South End | Thursday, May 25
Hayes Park, 158 Warren Ave.

Charlestown | Wednesday, May 31
McCarthy/Edwards Playground
10 Eden St.

Hyde Park | Thursday, June 1
Amatucci Playground, 1460 Hyde Park Ave.

Mattapan | Thursday, June 8
Hunt-Almont Park, 40 Almont St.

Fenway/Kenmore | Tuesday, June 13
Symphony Community Park, 30 Edgerly Rd.

West Roxbury | Wednesday, June 14
Billings Field, 369 LaGrange St.

Jamaica Plain | Friday, June 16
Mozart Street Playground, 10 Mozart St.

Mission Hill | Tuesday, June 20
Mission Hill Playground, 1497 Tremont St.

Back Bay/Beacon Hill | Wednesday, June 21
Commonwealth Avenue Mall, 15 Commonwealth Ave.
(Arlington Street entrance)



LEARN MORE AT BOSTON.GOV/COFFEE-HOURS

► Age Friendly

Boston-Area Age Friendly Certified Businesses

The Age Strong Commission's Age Friendly unit coordinates many efforts so that Boston is a more "friendly" place to age in place. Age Friendly work is part of each part of city living, including outdoor spaces, transportation, housing, health care, and civic life.

One initiative is training area businesses to become certified as "Age Friendly." This means that a business would take time to have Age Friendly staff come in to teach folks about different ways they can make their business more Age Friendly to older adult Boston residents.

An age-friendly business is one in which people of all ages and abilities can comfortably shop, dine, or receive services. These businesses intentionally act to make their spaces and their operations more inclusive for customers and patrons of all ages and abilities. Actions include ensuring that staff are respectful, patient, and well-trained to interact with all individuals; providing resting areas, non-slip flooring, and other physical attributes to ensure all are comfortable in the space; and using clear, easy-to-read type in signage and printed materials.



Age Strong has certified 50 businesses in Boston as Age Friendly, including new additions Rockland Trust and Ashmont Cleaners, in West Roxbury, who join others including restaurants, pharmacies, coffee shops, community centers and others.

If you own a business in Boston and want to learn more about becoming Age Friendly, call Andrea Burns at 617-635-4877 or email andrea.burns@boston.gov.

AGE+



City of Boston
Age Strong Commission



Focus on Your Feet! Take Steps to Protect Foot Health

Source: NIH News in Health

Most of us go through each day without ever thinking about our feet. It's only when something goes wrong that we tend to realize just how important our feet really are.

“Our feet are usually covered with shoes and socks, and they're easy to forget about, or we might take them for granted,” says Dr. David G. Armstrong, a podiatrist and professor of surgery at the University of Southern California. “But we shouldn't ignore them. Foot problems can really limit activity and make it hard to move through the world.”

Feet are surprisingly complex. Each foot has 26 bones, 33 joints, and a network of nerves and blood vessels. Your feet also have more than 100 muscles and connectors, called tendons and ligaments.

“All of these work together to give your whole body stability and balance as you move around every day,” says Dr. Stephanie C. Wu, a podiatrist at Rosalind Franklin University in Chicago. “Our lowly feet have big responsibilities.”

Pay Attention to Problems

Foot problems can range from annoying to devastating. There's skin problems like

athlete's foot, or warts, a viral infection. You can get a hammertoe (a stiff bend in a toe's middle joint) or bunion (a bony bump, usually on the outer side of the big toe). Plantar fasciitis causes sharp heel pain. Stiff joints in your feet or ankles could be a sign of arthritis elsewhere. Swollen feet could warn of high blood pressure or kidney or heart disease. Tingling, burning, or numbness might signal some type of nerve damage. And nerve damage in the foot is often a warning sign of diabetes.

Foot Health and Diabetes

Those with diabetes must pay special attention to their feet. Diabetes affects one in 10 Americans. Most with diabetes develop nerve problems, ranging from mild to severe. Diabetic nerve damage, or diabetic neuropathy, can make you lose feeling in your feet, which can be dangerous.

You may step on a nail and not realize it for days, because of lost feeling in the feet. Or you may step into a hot bath, but if the water's scalding hot and you can't feel it, you can develop burns. Delayed detection can lead to delayed treatment, which raises the risk of infection.



If the Shoe Fits

No matter your age or health conditions, wearing well-fitting, supportive shoes can have a big effect on your health. But research suggests that many of us wear shoes that are the wrong size or ill-fitting.

If your feet haven't been measured in a while, consider doing so. A foot-measuring device, available at shoe stores, called a Brannock Device, can measure both the length and width of your feet.

Experts suggest leaving a little space at the front of the shoe, because when we walk, our feet tend to shift forward. Make sure that the shoes are comfortable from the start. Pain is meant to be a cardinal sign to tell you that something is wrong. Any time you have foot pain that lingers, it's a good idea to see a health care provider.

Pea Pancakes

Source: Provided by Melissa Carlson, MS, RD
Deputy Commissioner of Programs and Partnerships, Age Strong Commission

Servings 4

Ingredients:

- 1 cup frozen peas cooked as per instructions on pack
- ½ cup rolled oats
- ¼ cup feta cheese
- ½ cup cottage cheese
- 2 eggs

Instructions:

1. Add all ingredients to a food processor or blender and blend until smooth
2. Heat a heavy-based pan on a medium-to-low heat
3. Lightly grease
4. Drop spoonfuls of the mixture into the pan
5. Wait for bubbles to appear on the surface and then flip
6. Cook until golden on both sides



Nutrition
Calories 165
Carbohydrates 14g
Protein 11g

Source:
mykidslickthebowl.com/pea-pancakes

Mental Health IS Health

Since 1949, many across the United States have observed May as Mental Health Month by reaching out to millions of people to spread the word that mental health is something everyone should care about. It's a time to share information, stories, and resources.

Here are some tips to boost your mental health:

- Track gratitude and achievement with a journal. Include 3 things you were grateful for and 3 things you were able to accomplish each day.
- Start your day with a cup of coffee. Coffee consumption is linked to lower rates of depression. If you can't drink coffee because of the caffeine, try another good-for-you drink like green tea.
- Keep it cool for a good night's sleep. The optimal temperature for sleep is between 60 and 67 degrees Fahrenheit.
- Experiment with a new recipe, write a poem, paint. Creative expression and overall well-being are linked.
- Show some love to someone in your life. Close, quality, relationships are key for a happy, healthy life.
- Take time to laugh. Hang out with a funny friend, watch a comedy or check out cute videos online. Laughter helps reduce anxiety.

- Dance around while you do your housework. Not only will you get chores done, but dancing reduces levels of cortisol (the stress hormone), and increases endorphins (the body's "feel-good" chemicals).

- Go ahead and yawn. Studies suggest that yawning helps cool the brain and improves alertness and mental efficiency.

- Has something been bothering you? Let it all out...on paper. Writing about upsetting experiences can reduce symptoms of depression.

- Spend some time with a furry friend. Time with animals lowers the stress hormone - cortisol, and boosts oxytocin - which stimulates feelings of happiness. If you don't have a pet, hang out with a friend who does or volunteer at a shelter.

- Take 30 minutes to go for a walk in nature - it could be a stroll through a park, or a hike in the woods. Being in nature can increase energy levels, reduce depression and boost well-being.

- Do your best to enjoy 15 minutes of sunshine, and apply sunscreen. Sunlight synthesizes Vitamin D, which experts believe is a mood elevator.

- Feeling stressed? Smile. It may not be the easiest thing to do, but smiling can help to lower your heart rate and calm you down.

May Happenings: Get Out and About in Boston!

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

MAY
15 **Gentle Yoga at Charlestown Branch**
Time: 11:00 am - 12:00 pm
Location: BPL Charlestown, 179 Main St., Charlestown
Contact Info: charlestown@bpl.org or call 617-242-1248

MAY
16 **Codman Square Quilting Circle**
Time: 10:00 am - 12:30 pm
Location: BPL Codman Square, 690 Washington St., Dorchester
Contact Info: Janice, 617-436-8214

MAY
17 **Special Collections Sampler: AAPI Heritage Month**
Time: 9:30 am - 4:30 pm
Location: Central Library in Copley Square, 700 Boylston St., Boston
Contact Info: Kathleen, specialcollections@bpl.org

MAY
18 **Meet with BPL's Community Support Team**
Time: 10:00 am - 12:00 pm
Location: BPL Fields Corner, 1520 Dorchester Ave., Dorchester
Contact Info: Taylor, 617-859-2166

MAY
19 **Boston's National Bike to Work Day Festival 2023**
Time: 7:00 am - 9:00 am
Location: Boston City Hall Plaza, 1 City Hall Sq., Boston
Contact Info: boston.bikes@boston.gov

MAY
20 **Household Hazardous Waste, Paper, Shredding, Textiles, & Electronics Dropoff**
Time: 8:30 am - 12:00 pm
Location: PWD District 1 Yard (D1), 400 Frontage RD., Boston
Contact Info: 617-635-4900

MAY
22 **Pine Street Drop-in Hours**
Time: 12:00 pm - 2:00 pm
Location: Central Library in Copley Square, 700 Boylston St., Boston
Contact Info: Taylor, 617-536-5400

MAY
23 **May Films: Celebrating Anne Baxter**
Time: 1:00 pm - 3:30 pm
Location: BPL South Boston, 646 East Broadway, South Boston
Contact Info: J. Bickford, 617-268-0180

MAY
24 **American Mahjong**
Time: 1:30 pm - 3:30 pm
Location: BPL West End, 151 Cambridge St., West End
Contact Info: Lauren, llepanto@bpl.org

"A flower blossoms for its own joy."

-Oscar Wilde

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



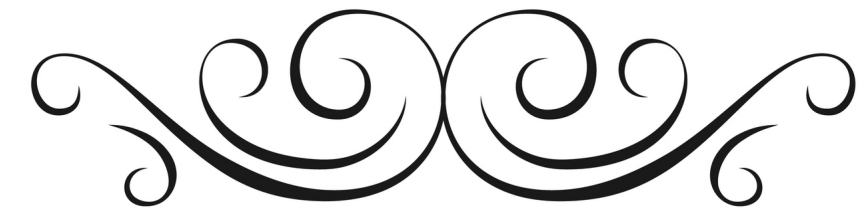
Older Americans Month 2023

We are grateful to the many older adults who contribute to our lives every day. This month, we recognize Older Americans and honor their many accomplishments.

-Boston Seniority Team



Aging Unbound



Older adults are a growing part of our country. The contributions they make to our communities are varied, deeply rooted, and include influential roles in the nation's economy, politics and the arts. Older Americans are striving for wellness, focusing on independence, and advocating for themselves and others. They expect to live their life to the fullest and age in place in a manner of their choice.

One of the challenges is that 24% of adults 65 and older are considered to be socially isolated, with 43% of adults over 60 reporting they feel lonely, according to a recent study. The effects of social isolation and loneliness have a major lasting impact on the mental and physical health of older Americans, as well as family caregivers. The health crisis of social isolation and loneliness has been severely worsened by the COVID-19 pandemic.

The theme of Older Americans Month 2023 is Aging Unbound. The focus is on aging in place, that is, how older adults can plan to stay in their home and live independently in their community for as long as possible. It's understood that what each person prefers and/or needs to be able to age in place is unique.

Here are some tips to help keep you healthy and connected so you may age as you like:

- Learn about improving balance and fall prevention
- Keep your mind engaged and active: talk to people, read more, do puzzles/games
- Be social: join a bookclub or exercise group, belong to a faith community, take a class or workshop
- Be of service, if you can: help a friend, volunteer your time and skills

May is Older Americans Month

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by the Administration for Community Living (ACL), OAM is a time for us to acknowledge the contributions and achievements of older Americans, highlight important trends, and strengthen our commitment to honoring our older citizens.

This year's theme, Aging Unbound, explores a wide range of aging experiences and promotes the importance of enjoying independence and fulfillment by paving our own paths as we age.

This year we recognize the 60th anniversary of OAM and challenge the narrative on aging. Here are some ways we can all participate in Aging Unbound:

- Embrace change. Find a new passion, go on an adventure, and push boundaries by not letting age define your limits. Invite creativity and purpose into your life by trying new activities in your community to bring in more growth, joy, and energy.

- Explore the rewards of growing older. With age comes knowledge, which provides insight and confidence to understand and experience the world more deeply. Continue to grow that knowledge through reading, listening, classes, and creative activities.

- Stay engaged in your community. Everyone benefits when everyone is connected and involved. Stay active by volunteering, working, mentoring, participating in social clubs, and taking part in activities at your local senior center or elsewhere in the community.

- Form relationships. As an essential ingredient of well-being, relationships can enhance your quality of life by introducing new ideas and unique perspectives. Invest time with people to discover deeper connections with family, friends, and community members.

For more information, visit acl.gov/oam/2023/older-americans-month-2023

Thoughts from Boston's Older Adults

Each May, the U.S. celebrates Older Americans. Here, Boston Seniority talks with a handful of Boston's own older adult residents on this topic.

Linna, 71, Dorchester

When asked about Older Americans Month, Linna, age 71 from Dorchester shares, "There's a lot to celebrate as we get older. For me, I don't have to work anymore, and have more time to spend with my family, especially my 2 grandchildren. I even help them with their homework after school." She continues "I sometimes visit with friends at Grove Hall senior center, too."

Hal, 69, Hyde Park

Hal is a longtime congregant at Bethesda Haitian Baptist Church in Hyde Park. "Getting older is okay, most of the time," he says. "It's getting a little harder to get around, as I now walk with a cane. But I still get around to church, and to visit with friends and family when I can. I enjoy cooking at home, and listening to jazz music. I don't really feel old, I feel happy."

Sophie, 76, Mattapan

Sophie, best known for her baking, says "I am grateful to be my age. As someone who attends the Mildred Community Center, I'm even on the younger side," she laughs. "We have friends and neighbors living past 90 and even Miss Anna is 102." Sophie says that baking with her grandchildren and great-grandchildren is one of her biggest joys. "I'm so proud that I can pass on my love for baking and our family's recipes to our younger ones and I'm grateful for the time I get to spend with them."

► 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:

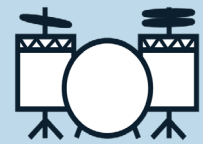
Call us for more details at 617-635-4366.



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:

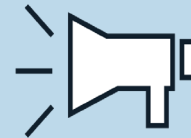
The Commission organizes many **in person and virtual** events and programs throughout the year.



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.

THE AFFORDABLE CONNECTIVITY PROGRAM

The Affordable Connectivity Program offers eligible households up to \$30/month for internet service (and \$100 as a one-time discount for a device).

WHAT IS IT?

The Affordable Connectivity Program (ACP) helps eligible households meet their digital needs for the next five years.

If eligible, the ACP pays up to \$30/month for broadband internet service or wireless data. If your bill is \$30 or less, that means you get free service!

The ACP also offers a one-time discount of up to \$100 towards a laptop, tablet, or desktop computer. A list of service providers that offer the device discount can be seen [at the link below](#)¹.

The Affordable Connectivity Program is limited to one monthly service discount and one device discount per household.²

HOW TO APPLY

- Submit an application online at AffordableConnectivity.gov.
- Through the mail in either [English](#) or [Spanish](#).³
- Contact an internet provider directly. Go to the [online tool](#)⁴ to find a participating provider near you if you do not have one.

To find out more about the ACP, check out the [program website](#)⁵, call Boston’s Broadband & Cable Office at 617-635-3112, or email Digital.Equity@boston.gov.

¹ fcc.gov/affordable-connectivity-program-providers#Massachusetts

² A household is a group of people who live together and share money, while those who live together and *do not* share money are each their own separate household. Households qualify for ACP if any member meets the eligibility criteria for a participating provider's existing low-income program.

³ affordableconnectivity.gov/how-to-apply

⁴ fcc.gov/affordable-connectivity-program-providers#Massachusetts

⁵ affordableconnectivity.gov

WHO IS ELIGIBLE?

Households with an income at or below 200% of the national poverty line.

Households where any member falls into one of these categories:

- You participate in certain assistance programs such as SNAP, Medicaid, SSI, Federal Public Housing Assistance, WIC, Veterans and Survivors Pension Benefits, or [Lifeline](#).
- You participate in one of several Tribal programs.
- You received a federal Pell Grant in the current award year.
- You received benefits through a school lunch or breakfast program.

Hey, Eastie! We're Open!



Join us at the brand new **East Boston Senior Center** for classes, workshops, activities, lunch, lectures, entertainment & more!

7 Bayswater Street, Orient Heights
 Mon-Fri | 8:30-4:30 | 617-961-3131
boston.gov/agestrong/ebsc

▶ Resource

The Long-term Care Ombudsman Program

Source: *Ethos*

The federally funded Long-term Care Ombudsman program protects the rights of all people in nursing homes. Specially-trained staff visit each nursing home in the City of Boston on a regular basis and meet with residents and their families.

Ombudsmen work with residents on quality of life issues such as nursing response time, facility cleanliness, and meals. While Ombudsmen do not directly respond to clinical care issues, they may refer questions to the Department of Public Health, whose inspections Ombudsman also contribute to.

For more information about individual facilities and to view the results of these inspections and resident satisfaction surveys, visit eohhs.ehs.state.ma.us/nursehome/default.aspx.

To contact the Long-Term Care Ombudsman Program at Ethos, call 617-477-6615.



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 for a list of sites where taxi coupons may be purchased.



CITY of BOSTON

AGE+

Age Strong Commission

**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** to view the days/times Age Strong advocates are in your neighborhood.

**For Ages
60+**

CITY of BOSTON

AGE+

Age Strong



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.



ANNUAL CENSUS

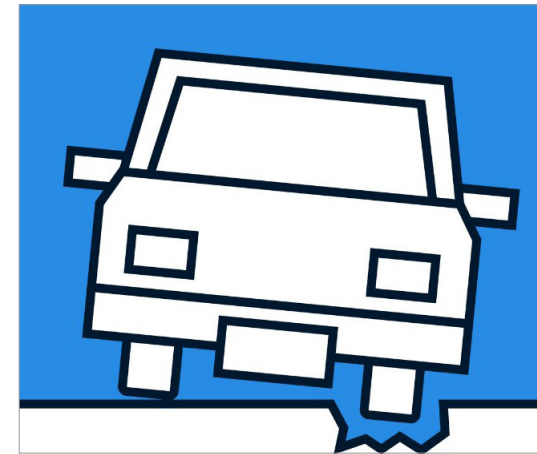
Have you replied to the 2023 Annual Residential Listing yet? Don't forget! We need your response to help us count all Boston residents and ensure the equitable distribution of City services. It's easy!

Be counted, visit boston.gov/census



WHAT'S IN YOUR NEIGHBORHOOD, BOSTON?

Search your address at boston.gov/my-neighborhood to connect to neighborhood services, locate nearby parks, find your trash & recycling schedule, and more!



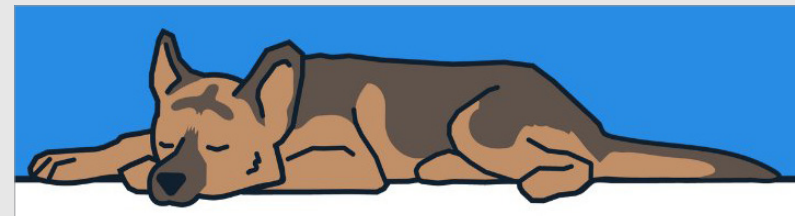
WE HATE POTHOLES, TOO, BOSTON!

Use Boston's 311 app to report potholes and keep our streets safe.

Learn more at boston.gov/311

ANIMAL CARE AND CONTROL

Stop by the BCYF Condon in South Boston on Saturday, May 13th from 10am-2pm for a dog licensing and low-cost pet vaccine clinic!



Learn more at boston.gov/animals

CURBSIDE COLLECTION

Winter is officially over, and leaf and yard waste collection is back!

Learn more at boston.gov/yard-waste



▶ SEEN AROUND TOWN





MAY
**ASIAN
AMERICAN
AND PACIFIC
ISLANDER**
HERITAGE MONTH