

# Boston Seniority

Age Strong Commission

City of Boston

Mayor Michelle Wu

**STEP INTO  
SPRING!**

p.16-21

April 2024  
Issue 4  
Vol. 48

FREE PUBLICATION



MAYOR'S LETTER  
P. 4



SCAM ALERT  
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# Boston Seniority

Published by the City of Boston's Age Strong Commission

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Stay Connected with the Age Strong Commission:



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Twitter: @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!

Welcome to April, when our days enjoy longer sunshine, flowers begin to bloom, and we all can start to return outdoors.

In this issue, we offer lots of ways to get outdoors including bird watching, at-home gardening, outdoor fitness, Age Friendly walking paths, and more.

We also note National ASL Day, National Library Week, and National Volunteer Week. Inside we highlight Age Strong's Americorps RSVP Volunteer Program offering free workshops on Money Smarts and Opioid Prevention.

As the weather warms, why not consider free outdoor fitness classes offered by our Parks and Recreation Department? You can get fit and make friends all in one shot!

See you out in the community soon,

Michelle Wu  
Mayor of Boston



### ► Books

## Love to Read? Join a Book Club!

Do you love to read and want to discuss books with others, but aren't sure where to start? There are several book clubs across Boston! Some meet weekly, some monthly, some discuss one particular book while others offer a casual social space to talk about whatever reads have interested you recently. To find a book club, reach out to your local library branch or BCYF center.

► **Veronica B. Smith Senior Center**  
20 Chestnut Hill Ave., Brighton  
Mondays at 2pm  
For information call 617-635-6120

► **BPL South End**  
(currently meeting at FOMU Ice Cream)  
655 Tremont St., South End  
Second Tuesday of the month at 2pm  
For information email Christina Jones at [cjones@bpl.org](mailto:cjones@bpl.org)

► **BPL West Roxbury**  
1961 Centre St., West Roxbury  
Final Monday of the month at 6:15pm  
For information call 617-325-3147

► **BPL Roxbury**  
149 Dudley St., Roxbury  
Second Monday of the month at 12:30pm  
For information call 617-635-3979

► **BPL Honan-Allston**  
300 North Harvard St., Allston  
Certain Saturdays at 11am  
For information call 617-787-6313

► **BPL North End**  
25 Paramenter St., North End  
Certain Wednesdays at 6pm  
For information call 617-227-8135

► **BCYF Roche**  
1716 Centre St., West Roxbury  
Second Thursday of the month  
at 11:30 AM  
For information call 617-635-5066



► BPL Information

## Did You Know? National Library Week is April 7-13!

*By Dillon Tedesco, Age Strong Staff*

April 7-13 is National Library Week, so we're highlighting some of the many resources offered by our Boston Public Library (BPL). We all love a good book, and the BPL helps make reading free, fun, and accessible. But, did you know that the BPL offers so much more than just books?

In addition to its book collection of over 23 million, the BPL offers movies and TV that may be viewed online (or checked out as a DVD), music that may be streamed online, newspapers, magazines, maps, and even a "Library of Things!" The "Library of Things" offers an Oral History Backpack, a Telescope Kit, a Bird Watching Kit, an Electricity Monitor, and even a Ukulele!

The BPL also offers several in-library resources like free Wi-Fi and use of desktop computers. All 26 BPL branches (except the Central branch) offer library card holders laptops to borrow for 2 hours of in-library use. With your card, you may also print up to \$20 free per month. When reserved in advance, the BPL offers free and discounted passes to several area museums, including the Museum of Fine Arts, the New England Aquarium, the Museum of Science, and more.



The BPL also offers hundreds of events and programs specifically for older adults, on topics including transportation, food and nutrition, exercise and wellness, arts, education, language learning, socialization, and more. Both the Mattapan and the Codman Square branch have a Senior Sewing program every week! Many branches offer English classes and conversation groups, and several branches have conversation groups in languages such as French, Spanish, Mandarin, and Cantonese! They offer wellness classes including yoga, tai chi, qi gong, or meditation as well as tech classes to help you get comfortable using your phone, laptop, or tablet.

For an expanded list of events for older adults at the Boston Public Library, check out the Age Strong Commission's Monthly To-Do at [boston.gov/departments/age-strong-commission/age-strong-commission-monthly-do](https://boston.gov/departments/age-strong-commission/age-strong-commission-monthly-do) or visit [bpl.org/events](https://bpl.org/events).

► ASL Day

## April 15 is National American Sign Language Day!

Every year, National American Sign Language (ASL) Day is observed on April 15th. This day is in recognition of the date that the first school for the Deaf opened in the United States. Opened in Hartford, Connecticut in 1817, this school offered the opportunity for Deaf children to join in community with each other, helping establish the American Sign Language that is used to this day.

The universality of sign language has helped people to communicate across language barriers. Though the written word is also a way to communicate, it is clunky, lacks expression, and is time-consuming — especially when a message needs to be given fast. American Sign Language is also used by those who can speak and hear but need to communicate with those who cannot. In some countries, sign language is also one of the official languages — as it is a necessary step toward inclusivity.

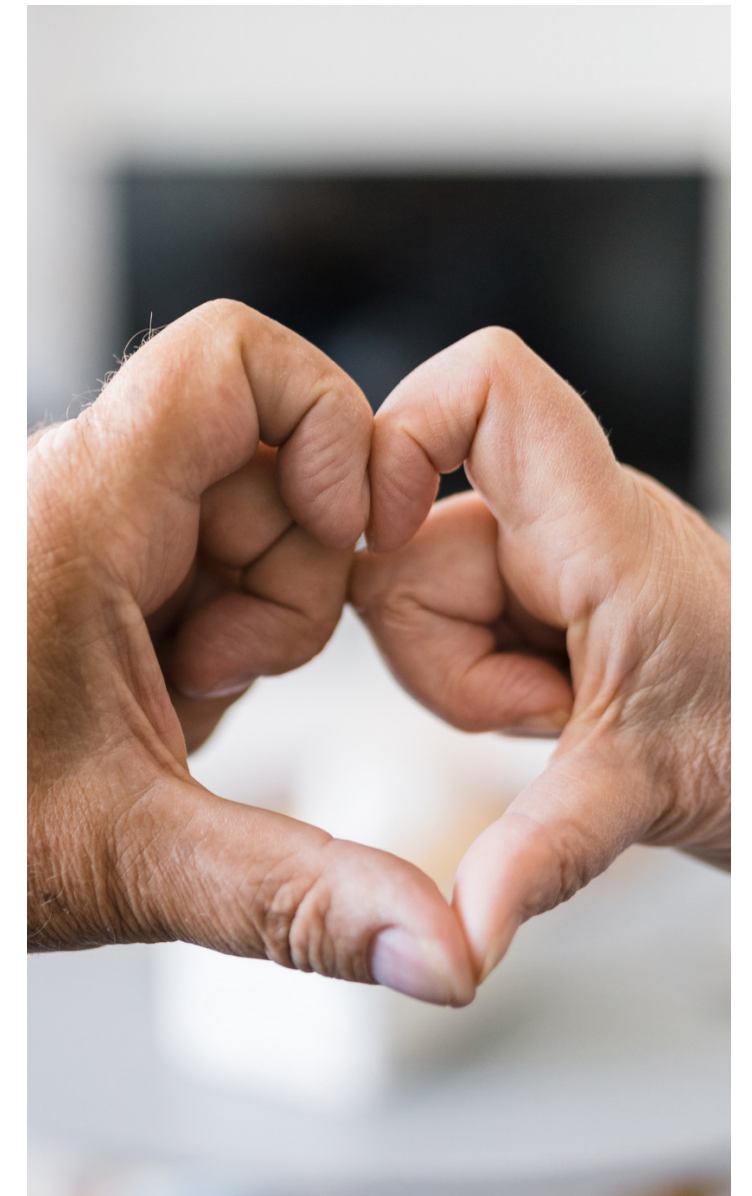
Here are some ways you can celebrate and recognize National ASL Day:

1. Talk to others in your community about your experience with ASL
2. Post about ASL on social media using #ASLday

3. Read an article or watch a video about the history of ASL

4. Learn a few signs, such as 'hello' and 'what is your name?'

For more information, visit [aslday.org](https://aslday.org).



# Understanding Stress

By Bob Linscott, Age Strong Staff

There are a few things that are practically unavoidable in life and stress is one of them. But if you have an understanding of stress, specifically what causes it and how to manage it, you can live a healthier and happier life.

We each live in an amazing “vehicle” known as the human body. One of its most important features is the nervous system, controlling the critical functions of life, including alerting us to potential danger or harm. The nervous system is divided into two parts; the sympathetic nervous system (the fight or flight response) and the parasympathetic nervous system (the rest and digest response). We need both of these working together to have a fully functioning nervous system.

Here’s an example. You’re enjoying a nice walk in Franklin Park one sunny afternoon. Suddenly a tiger, escaped from the Franklin Park Zoo jumps onto your path. Your heart rate rapidly increases, you feel adrenaline coursing through your body, your breathing gets faster, your pupils dilate, and you start to sweat. This is the fight or flight response, automatically charging into overdrive, giving your organs and muscles the fuel it



needs to either fight this tiger (not likely) or run to safety (more likely).

At the same time, and without thought, your kidneys are secreting cortisol, the stress hormone which helps regulate glucose, the fuel your muscles need to run, and blood pressure. This is the sympathetic nervous system at work.

Before you have time to react, a park ranger appears, tossing a net over the tiger and caging him. Within minutes your heart rate lowers, your breathing returns to normal and you slowly return to the state of calm you were experiencing during the walk in the woods. This is your parasympathetic nervous system taking over.

The problem for most of us is that it's not a tiger that jumps out that causes our stress, but daily worries like our health, finances, concern over loved ones, or other stressors. We sometimes ruminate for hours, days, or longer, never giving the parasympathetic nervous system a chance to kick in, leaving our bodies in constant stress. This puts tremendous strain on our system, wearing on our organs. Think of a car running continuously in high gear - the parts will wear out and break down in no time.

There are many ways to manage stress like yoga, Tai Chi, exercise, nutrition, sleep, meditation, and mindfulness. Age Strong offers classes in mindfulness to bring more calm into your life. Think

of it as a means to “manually engage” our nervous system. Stress is not easy to avoid, but with the right tools, you can better manage it.

To learn more about Age Strong’s mindfulness classes contact Bob Linscott at 617-635-4250 or email [robert.linscott@boston.gov](mailto:robert.linscott@boston.gov)



Age Strong Commission

## ► Scam Alert

### Don't Fall for a Scam!

#### Lottery/Sweepstakes Scam

Unfortunately, many older adults are the targets of scams. But, if you know what to look out for, you can lower your risk of falling into a trap. One recent scam gaining ground is the lottery scam. It sends you a fake message saying you have won a sweepstakes, lottery, or some kind of contest, when you actually haven't won anything. Here is what to look for to avoid a lottery scam:

► Did you enter a lottery or sweepstakes competition? If not, the person reaching out to you is definitely a scammer. People do not give away large amounts of money for no reason, so if someone is contacting you unexpectedly offering money, be suspicious.

► If you did enter a lottery or sweepstakes competition, you can reach out to the organization hosting it directly to check your status. If you have truly won, they will have your information. Always call yourself, as scammers can fake numbers and pretend they are calling you from a legitimate organization. If you are being contacted about state lottery winnings, you can always call the MA State Lottery office at 781-849-5555.

► Is the person contacting you asking for bank information, your social security



number, or other private information? NEVER give this information out to anyone that you aren't sure of. If you win a large sum of money from the MA State lottery, you are required to visit an in-person location to receive it. They will never send you money based on a phone conversation. If someone is pressuring you over the phone or email to send your private information, they are a scammer. Immediately hang up and block them.

While there are many scams out there, it becomes easier to avoid them the more you know about them. If you believe you may have been the victim of a scam, you should report it to your local police department and the Attorney General.

## ► Brain Health

### Choose Brain Healthy Habits

*By Corinne White, Age Strong Staff*

Did you know there are things we can start doing today that will benefit our brain, no matter our age? The Global Council on Brain Health identifies six points of brain health—simple actions that produce immediate brain benefits.

**Be social.** Keep in touch with friends and family. The pandemic made navigating social interactions difficult, but don't let yourself continue to be isolated. Even virtual contact is beneficial to staying connected. If you feel comfortable, a good place to be social is your local senior center, public library, or place of worship.

**Engage your brain.** Find ways to stimulate your thinking. Read an interesting article, talk to a friend about an important topic, or seek answers to questions. Explore new interests and hobbies. It is never too late to try something new.

**Manage your stress.** A stable, daily schedule can help diminish stress. Practice relaxation, meditation or other mindfulness. You don't need to carve out a lot of time, research shows even 10 minutes can help reduce stress.

**Ongoing exercise.** It's very important to get your body moving throughout the day in any way that is possible and

comfortable for you. A good target is 2½ hours a week of moderate physical activity.

**Restorative sleep.** Getting 7-8 hours of restful sleep every day is great for our brain health. Everyone is different, but if you have difficulty getting restful sleep, setting a regular sleep schedule, white noise, reducing screen time, or limiting caffeine intake can all be helpful.

**Eat well.** Choose a nutritious, heart-healthy diet of fish, vegetables, beans, and fruit. What is healthy for the heart is healthy for the brain.

You don't need to adopt all 6 points all at once. Set realistic goals and take actions toward them. Do what you enjoy. Take it step-by-step, day-by-day. Celebrate your wins, learn from your setbacks, involve friends and family. Most importantly, choose to focus on your brain health.



► Healthy Recipe

## Spring Salad of Asparagus, Ramps, Snap Peas, & Peas With Lemon Zest Vinaigrette

Provided by Melissa Carlson,  
Age Strong Staff



### Ingredients

#### For the Vinaigrette:

- 6 tablespoons extra-virgin olive oil
- 2 tablespoons juice from 1 or 2 lemons
- 2 teaspoons grated zest from 1 lemon, plus a few extra thin threads of zest for garnish
- 2 tablespoons finely minced fresh parsley leaves
- 1 small shallot, minced (about 1 tablespoon)
- Kosher salt and freshly-ground black pepper

#### For the Salad:

- 1 cup fresh shelled English peas or 1 cup defrosted frozen peas
- 2 cups fresh sugar snap peas, strings removed, ends trimmed, cut into 1/2-inch pieces on the bias
- 1 pound asparagus, stalks trimmed, tips removed, tips and stalks reserved separately

- 2 to 3 tablespoons extra-virgin olive oil
- 4 large very fresh eggs
- 2 tablespoons distilled white vinegar
- 2 tablespoons canola or vegetable oil
- 8 to 12 whole ramps, ends trimmed and cleaned
- 2 cups tender pea or snow pea shoots, thick stalks trimmed and discarded

### Directions

**For the Dressing:** Combine olive oil, lemon juice, lemon zest, parsley, and shallots together in a small sealable container. Mix together and season to taste with salt and pepper. Set aside.

**For the Vegetables:** Bring a large pot of salted water to a rolling boil. Prepare an ice bath. Blanch peas in water, boiling until bright green and just tender, about 1 minute. Transfer to an ice bath with a wire mesh strainer. Add snap peas to blanching water and cook until bright green and just tender, 1 to 1 1/2 minutes. Transfer to an

ice bath with a wire mesh strainer. Add asparagus tips (not the stalks) to blanching water and cook until bright green and just tender, about 1 minute. Transfer to an ice bath with a wire mesh strainer. Remove all vegetables from the ice bath and transfer to a rimmed baking sheet lined with a clean kitchen towel or paper towels to dry. Set vegetables aside.

**For the Asparagus:** Transfer asparagus stalks to blanching water and cook until completely tender, about 2 minutes. Transfer hot stalks to the jar of a blender. Add 2 tablespoons of olive oil. Start the blender at slow speed and gradually increase to high. Blend until asparagus purée is completely smooth, adding a tablespoon or two of blanching water and scraping down sides as necessary. Season purée to taste with salt and pepper and more olive oil if desired, then set aside to cool slightly. Discard blanching water.

**For the Eggs:** In a large saucepan, bring three inches of water to a simmer over high heat. Add vinegar and season with salt. Reduce heat until water is just barely quivering. Break one egg into a small bowl. Swirl water in a pot with a wooden spoon, then carefully lower the egg into the water. Repeat until all four eggs are in the water. Cook, gently swirling the water and turning the eggs occasionally, until whites are set but yolks are still liquid, about 2 minutes. Using a slotted spoon, carefully remove eggs and transfer to a

bowl filled with warm tap water. Set aside.

#### For the Ramps:

Heat canola or vegetable oil in a large heavy-bottomed skillet over high heat until smoking. Add ramps and reduce heat to medium. Cook, stirring and tossing occasionally until browned and lightly crisped. Season to taste with salt and pepper and transfer ramps to a plate lined with a paper towel.

**To Assemble the Salad:** Spread asparagus purée along the bottoms of four wide, shallow bowls or plates. Toss the peas, snow peas, snow pea greens, and asparagus tips with 3/4 of the dressing in a large bowl. Season to taste with salt and pepper. Divide salad evenly amongst the four bowls. Top each salad with sautéed ramps and a poached egg. Spoon remaining dressing over the egg and season the egg with salt. Serve immediately.

**Notes:** Feel free to substitute whatever fresh green vegetables you can find. Young broccoli stalks, brussels sprouts, fava beans, or fiddlehead ferns would all work well.

*Nutrition- Serves 4, 480 Calories, 39 g fat, 21g carbohydrates, 15g protein*



# April Happenings: Get Out and About in Boston!

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

APRIL

16

**April Films: Celebrating Spencer Tracy**  
**Time:** 1pm - 3:15pm  
**Location:** BPL South Boston  
646 East Broadway, South Boston  
**Contact Info:**  
J. Bickford, 617-268-0180

APRIL

17

**Knitting & Crafts Circle**  
**Time:** 2pm - 4pm  
**Location:** BPL Adams Street,  
690 Adams St., Dorchester  
**Contact Info:** Jackie,  
617-436-6900 ext. 1009

APRIL

18

**Creative Connections Computer Workshop**  
**Time:** 12pm - 2pm  
**Location:** BPL Fields Corner,  
1520 Dorchester Ave,  
Dorchester  
**Contact Info:**  
Alex, 617-217-1392

APRIL

19

**Emmanuel Music: Breathe with Bach**  
**Time:** 11am - 12pm  
**Location:** BPL Lower Mills,  
27 Richmond St., Dorchester  
**Contact Info:** Elise,  
617-298-7841

APRIL

20

**Poetry Open Mic with Deana Tavares**  
**Time:** 11am - 1pm  
**Location:** BPL Hyde Park,  
35 Harvard Ave, Hyde Park  
**Contact Info:** 617-361-2524

APRIL

22

**Gentle Yoga for All Ages at Charlestown Branch**  
**Time:** 11am - 12pm  
**Location:** BPL Charlestown,  
179 Main St., Charlestown  
**Contact Info:** 617-242-1248

APRIL

22

**Clothing Swap: An Earth Week Event**  
**Time:** 4pm - 5:30pm  
**Location:** BPL Parker Hill,  
1497 Tremont St., Roxbury  
**Contact Info:**  
Amy, alayton@bpl.org

APRIL

23

**World Book Day Pop-Up Event**  
**Time:** 1pm - 5pm  
**Location:** BPL South End,  
685 Tremont St., South End  
**Contact Info:** 617-655-2441

APRIL

27

**Mental Health Awareness Month Art Workshops**  
**Time:** 11:30am - 12:30pm  
**Location:** BPL East Boston,  
365 Bremen St., East Boston  
**Contact Info:** 617-569-0271

"There are always flowers for those who want to see them."

-Henri Matisse

## 8 Week Series: Mindfulness and Meditation for Older Adults

**April 12 to June 7**  
Fridays, 11am-12pm  
BPL West End Branch  
151 Cambridge Street, Boston

**To register, contact:**  
Wes Fiorentino, 617-523-3957







## STEP INTO SPRING!

As we move from darker, colder winter into brighter, warmer spring, mother nature calls us outdoors. Whether it's getting more fresh air, moving more, or reconnecting with friends & neighbors, getting outdoors benefits our overall well-being in so many ways.

-Boston Seniority Team

# Why Going Outside is Good for You

By Dillon Tedesco, Age Strong Staff

Spring has sprung in Boston! As the days get longer, it's important for older adults to get outside and soak up the sun. Spending time in nature is good for everyone, but here are some of the important benefits for older adults:

**1. Outdoor activities offer opportunities for socialization.** Many older adults experience isolation, and getting involved in outdoor activities can help you connect with others. You could join a birdwatching group (see next page), check out Boston's public parks, or visit [boston.gov/hike-boston](http://boston.gov/hike-boston) to join a hiking group to enjoy a day of conversation and walking with other Bostonians.

**2. Improved mental health.** Spending time outdoors has great mental health benefits. Those who regularly spend time in nature report lower levels of stress, depression, and anxiety, and overall feel more fulfilled in their lives.

**3. Improved physical health.** More time spent outdoors is associated with a higher life expectancy. Time spent outdoors has been found to reduce stress and cortisol levels, along with muscle tension and heart rates. All of these benefits are proven to help reduce risk of cardiovascular disease. Exposure to

Vitamin D is also important for your health, and just 15-30 minutes outside is usually enough.

To find opportunities to get outside, you can visit [boston.gov/parks](http://boston.gov/parks) or call your local library branch or BCYF center to learn about outdoor activities in your neighborhood.



# Spring is in the Air... and So Are the Birds!

By Jordan Rich, Age Strong Staff

Birdwatching has become a popular hobby for Bostonians of all ages and abilities. The city is host to a large variety of both migrating and resident birds. Now is the time to get outside and look for them.

As the weather warms, take a walk on the "wild side" and explore the adventure awaiting you in Boston's backyard. Accessible via public transportation, The Arnold Arboretum, Belle Isle Marsh reservation, Charles River, and Emerald Necklace Park system each provide countless opportunities to search for feathered friends. Belle Isle Marsh reservation is home to several saltwater species, making it a prime location for seabird sightings.

Never gone birdwatching? Don't worry. No experience is needed to have an enjoyable encounter. You can head out on your own or join one of the city's many birding groups. The Feminist Bird Club Boston Chapter, and Emerald Necklace Bird Club of Jamaica Plain both offer free activities open to all.

Little gear is needed to get started. Binoculars can be helpful on a nature walk, but are not required to participate. The Boston Public Library offers a Bird Watching Kit in their Library of Things, including binoculars and The Birds of



Massachusetts Field Guide. Call the main library branch at 617-536-5400 for additional information. With luck, a sighting of Massachusetts' state bird, the black-capped chickadee, is highly possible as it can be seen year-round. Other birds to look and listen for include the herring gull, red-tailed hawk, great blue heron, house sparrow, and blue jay.

Download the free Merlin Bird ID App to your device to identify birds in an instant. You might be surprised to learn how many species of birds are sharing our city. For more information about bird watching in Boston, visit [mass.gov/info-details/birdwatching-in-boston](http://mass.gov/info-details/birdwatching-in-boston)

Visit [feministbirdclub.org](http://feministbirdclub.org) to learn more about the Feminist Bird Club and search [friendsofjamaicapond.org/emeraldnecklacebirdclub.html](http://friendsofjamaicapond.org/emeraldnecklacebirdclub.html) or call 617-524-7070 for more information about the Emerald Necklace Bird Club of Jamaica Plain.

# These Groups are Made for Walkin’

By Jordan Rich, Age Strong Staff

Spring is a great time of year to lace up your sneakers and head outside for a stroll. Host to one of the most popular historic trails in the country, Boston is a pretty walkable city. From the Freedom Trail to the Esplanade there are many places to get your steps in.

Walking is a low-impact exercise that requires no equipment and can be done anywhere. The benefits of walking are endless. Improved balance, greater mobility, reduced blood pressure, decreased risk of depression, and stronger bones can all result from regular walks.

Why go alone when you can go together?

Walking groups are fun, safe, and free.

Walking with one or more people is a wonderful way to combat loneliness and improve your mental health. Group exercise encourages socialization and adds camaraderie to the experience.

Walking with others increases motivation and builds community connections.

Knowing that a walking partner is looking forward to your attendance can help you stay committed.

Several local walking groups are welcoming new members this spring. The Boston Police Department’s Walk

the Beat program has walking groups departing weekly through June at locations in the North End, Charlestown, and Dorchester. The North End group meets at the BCYF Nazzaro Center on Tuesdays at 10am. The Charlestown group meets on Wednesday at 10am at the Charlestown District A-15 Police Station. Call Christine Vraibel at 617-343-4627 for more information. BCE Officer Mercedes Parker offers walks at 9am on Fridays at 151 Hallet St. in Dorchester. Call 857-337-6629 for additional details. The East Boston Senior Center Walking Club meets Thursdays at 9am for walks through Constitution Beach. Contact Luz Leal at 617-961-3131 for the start date and sign up.

The Veronica B. Smith Senior Center (Brighton) restarts their “Joy Walks” program in May. Call Jackie McLaughlin at 617-635-6120 for more information. The East Boston Social Center Walking Group begins on May 28th at 11am. The group meets every Tuesday by the garden in front of the East Boston Branch of the Boston Public Library. Participation is free. Call Dawn Panos at 617-874-7360 for additional details.

Outdoor walks are an easy way to get acquainted with your neighborhood. Don’t wait, join a walking group near you or start a new one on your own! Contact your area community center, library branch or senior building for more information.



"After a day's walk, everything has twice its usual value."

-G.M. Trevelyan

## ► 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:*

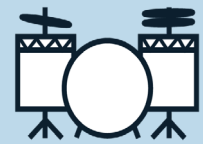
Call us for more details at 617-635-4366.



### 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:

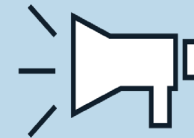
The Commission organizes many **in person and virtual** events and programs throughout the year.



### 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.

# AGE STRONG COMMISSION'S FREE VIRTUAL WELLNESS CLASSES



Join the classes listed below with the Zoom link:  
[bit.ly/ZoomAgeStrongVirtual](https://bit.ly/ZoomAgeStrongVirtual)



## CHAIR YOGA

Monday / 9AM-10AM



## LATIN DANCE

Tuesday / 11:30AM-12:30PM



## YOGA & MEDITATION

Wednesday / 11:30AM-12:30PM



## LATIN FIESTA

Thursday / 11:30AM-12:30PM



## ZUMBA

Friday / 11:30AM-12:30PM

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

## CITY OF BOSTON NEWS

### ► IN BOSTON, MUSEUMS ARE FREE ON SUNDAYS!

Several iconic Boston museums are now free on the first and second Sundays each month for Boston Public School students and three guests. They include The Children's Museum, Franklin Park Zoo, The Institute of Contemporary Art, The Museum of Fine Arts, The Museum of Science, and The New England Aquarium. The program runs through August. "Boston is home to some of the world's best cultural and educational institutions, and our students deserve to feel at home at these institutions without any barriers," Mayor Michelle Wu shared.

### ► SPEED HUMPS ACROSS BOSTON

Boston's Transportation Department has been installing speed humps across neighborhoods to make them more comfortable for people who live, walk, bike, and play there. They plan to install up to 500 speed humps annually—between 40 and 50 miles of traffic-calmed streets each year!

Speed humps are gradual mounds of asphalt built into the pavement, about 3 inches high and between 12 and 14 feet long. Speed humps are comfortable to drive over at 20 miles per hour or less. Speed humps are only used on smaller "side" streets. They are not appropriate for wider, busier streets or for streets with MBTA bus routes. If you have questions about speed humps call 617-635-4680.

### ► WHY NOT BECOME A LIFEGUARD?

Boston Centers for Youth & Families has positions open for lifeguards. They offer full-time, year-round, and seasonal positions. Email [bcyf@bosoton.gov](mailto:bcyf@bosoton.gov) for more information.

## ► Health Care Plan

### National Healthcare Decisions Day

Every year, National Healthcare Decisions Day is observed on April 16th. The goal is to ensure every adult has equal access to health care planning tools to make a personal plan short term and long term. Here are some steps to help develop a personal care plan for yourself:

**1. Who's your agent/proxy?** Accidents and illnesses can happen and often are unexpected. If you find yourself unable to communicate with doctors, you are able to have a designated Health Care Agent with the power to make medical decisions on your behalf. This can be anyone from a sibling to a friend to your adult child. The only exception is your Agent cannot be someone employed in a facility where you are a patient or resident, unless they are also a legal or blood relative.

**2. Create a personal directive.** A personal directive is also known as a Living Will. This is not a legal document, but is a list of important information that you want your Agent or doctors to know. To create a personal directive, think about what is important to you. Would you like to receive CPR if necessary, or would you prefer not to? What medications are you uncomfortable being administered if unconscious? A personal directive helps tell doctors the answers to questions like these if you are unable to answer. You can cancel or alter your personal directive at

any time, so make sure you always keep a copy.

**3. Talk to your healthcare providers.** While an agent and personal directive are important to have, you can always share the information in these documents with your healthcare provider at any time. If you have questions or concerns about what would occur if you were to be hospitalized, bring it up with your doctor now! The more information they have about your wishes, the more likely it is that they will be prepared to honor your requests.

To get started making your own personal health care plan, you can visit [honoringchoicesmass.com/multilingual-planning-documents](https://honoringchoicesmass.com/multilingual-planning-documents) to find worksheets in 15 different languages.



## ► Volunteer

### April Marks National Volunteer Week!

*By Dillon Tedesco, Age Strong Staff*

April 21-27 is National Volunteer Week, and this year, Age Strong highlights one of our important volunteer programs. Through the AmeriCorps RSVP Program, Age Strong volunteers are trained to give presentations to older adults on two relevant topics: Money Smarts and Opioid Prevention.

Our Opioid Prevention workshop teaches groups about the warning signs of opioid dependency and overdose, along with ways to keep yourself and those around you safe from opioids. Older adults often have a wider variety of medication in their homes, and learning about opioid safety helps prevent harm from these medications.

Our Money Smarts workshop educates older adults on important financial information and planning. Learn about scams targeting older adults, managing your credit cards, planning your retirement, and how to budget on a fixed income.

Age Strong Opioid and Money Smarts Workshops are intended for older adult audiences, and you can book an Opioid Prevention or Money Smarts workshop for your housing community, senior



center, library, or other group of older adults by calling 617-635-4366.

Are you interested in becoming an Age Strong volunteer? We would love to hear from you! For information regarding the RSVP program and other Age Strong volunteer opportunities, call 617-635-4366 or email [joseph.goncalves@boston.gov](mailto:joseph.goncalves@boston.gov).



## 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](https://boston.gov/departments/age-strong-commission)



## HEY BOSTON, GET YOUR TAXES DONE FOR FREE!

Hey Boston, get your taxes done for free! The Boston Tax Help Coalition provides free tax preparation services to residents earning \$70,000 or less a year.

Learn more at [boston.gov/tax-help](https://boston.gov/tax-help)

**TAX HELP**



## KUDOS TO THE WVBS PLAYERS!



Thank you to everyone who attended the WVBS Players: Live & On the Air! performance at the Veronica B. Smith Multi Services Senior Center! The cast had a blast putting on a show reminiscent of the 1950s, complete with songs and live sound effects.

## DO YOU NEED IMMIGRATION ADVICE FROM A LAWYER?

The Mayor's Office for Immigrant Advancement offers free one-time immigration consultations on the first and third Wednesday of every month. Consultations are currently by telephone.

You must register in advance.  
Call: 617-635-2980  
Email: [immigrantadvancement@boston.gov](mailto:immigrantadvancement@boston.gov)  
Website: [boston.gov/immigrants](https://boston.gov/immigrants)



## HAVE YOU STARTED SPRING CLEANING YET?

Don't forget, clothing and textiles are not trash! The City of Boston recycles unwanted clothing, shoes, and linens. You can drop off donations, or you can even schedule a pickup!

For more information, visit [boston.gov/textiles](https://boston.gov/textiles)



# ▶ SEEN AROUND TOWN





# AGE STRONG RESOURCE FAIR!

*Connecting Boston's older adults to information, resources,  
benefits, savings, programs, & more!*



*Free & open to the public!*

- Senior Discounts
- Transportation
- City of Boston Services
- Fuel Assistance
- In-Home Care
- Food Resources
- Health Insurance
- Volunteer Opportunities
- Memory Loss Resources
- Emergency Services

*Light refreshments & raffles*

**April 24, 11 AM - 2 PM (Drop in any time)**  
**Dewitt Center**  
**122 Dewitt Drive, Roxbury**

To RSVP, visit [bit.ly/AgeStrongResourceFair](https://bit.ly/AgeStrongResourceFair)  
or call Age Strong at 617-635-4366

**Scan here to RSVP**



**AGE+**

City of Boston  
Age Strong Commission

