

BOSTON SENIORITY

City of Boston
Issue 3

Age Strong Commission
April 2026

Mayor Michelle Wu
Vol. 50



MAYOR'S LETTER
P. 3

NATIONAL LIBRARY
WEEK P.24

UPCOMING EVENTS
P. 15



CITY of BOSTON



FREE PUBLICATION



AGE+ | Age Strong
Commission

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NATIONAL LIBRARY WEEK

BOSTON SENIORITY MAGAZINE

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**STAY CONNECTED
WITH THE AGE
STRONG COMMISSION!**



Main number: (617) 635-4366



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Website: boston.gov/age-strong



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MAYOR'S LETTER

APRIL 2026

Hello Boston!

At long last, the start of spring is here! The air is warming up, and green buds are starting to peek out from the gray, drawing us out of our homes and inviting us to reconnect with nature and our community.

In the spirit of the season, I'm pleased to announce that our fare-free bus program—which makes bus routes 23, 28, and 29 available to ride without payment—is being extended through the end of June. Take advantage of public transportation to get outside and enjoy the spring weather! I encourage you to ride the bus to explore the city or join us at one of the many exciting community activities we have planned for April.

Inside these pages, you'll meet Age Strong librarian Isabella De Gregorio and find a list of BPL reading recommendations as we celebrate Poetry Month. You'll also learn about Age Strong partner Boston Project Ministries, a non-profit based in Dorchester.

Keep reading for information about Boston Energy Saver, a new service from the City that helps you take advantage of cost-saving programs and energy upgrades for your home. And remember: Age Strong's Constituent Services team is here to help you with everything you need to age well—whether that's identifying benefits you might be eligible for, connecting you with local senior programs, or assisting with application processes. Contact your Age Strong Advocate today at 617-635-4366.

Hope to see you in the sun!

Mayor Michelle Wu

Michelle Wu 

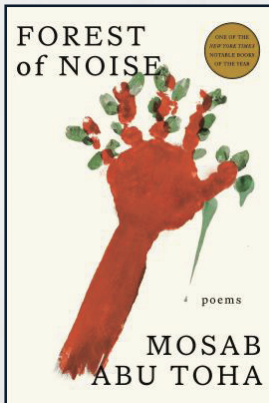


► BOOKS

BPL BOOK PICKS

Source: Boston Public Library

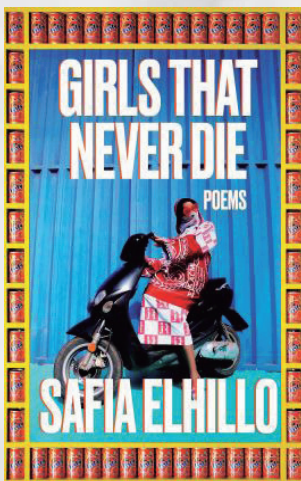
April is National Poetry Month, explore some of these poetry titles!



Forest of Noise by Mosab Abu Toha

Librarian, poet, and scholar Abu Toha brings readers into his own heart and mind as he

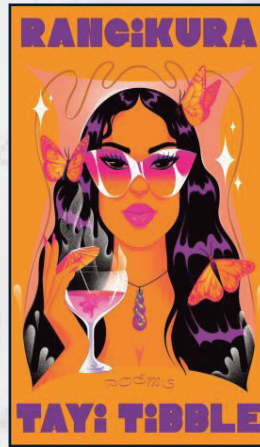
escapes his war stricken home.



Girls That Never Die by Safia Elhillo

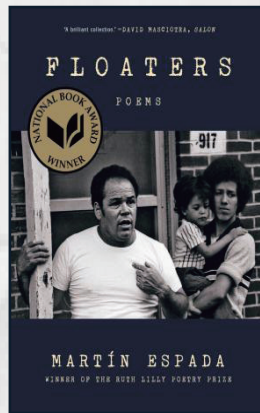
In Girls That Never Die, Elhillo critiques misogynist attitudes in culture that incite violence

against women while celebrating the power of friendships with other women.



Rangikura by Tayi Tibble

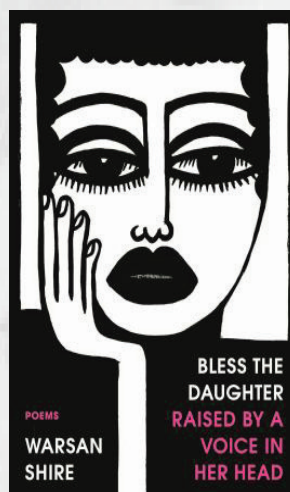
In her second collection, Tibble celebrates the guidance of her Māori ancestors, youth, and female friendships.



Floaters by Martín Espada

Espada's narrative poem collection is an ode to those facing anti-immigrant bigotry as well as an examination of his own

youth impacted by similar forces.



Bless the Daughter Raised by a Voice in Her Head by Warsan Shire

Shire wrestles with the impossible choices one makes to emigrate: "No one leaves home unless home is the mouth of a shark. You only run for the border when you see the whole city running as well."



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



SCAM CORNER: PROTECT YOURSELF FROM TRAVEL SCAMS

By Sophia Wang, Age Strong Staff

As you book your next trip, beware that scammers try to get your personal and financial information through fake websites, listings, and messages. Always do your research before booking or paying.

Common Travel Scams

- Fake travel company websites try to lure you into clicking a bad link to access your payment information.
- Scam emails, texts, or social media posts advertising travel deals or free trips, sometimes using the logos of legitimate businesses.
- Real rental listings are being hijacked by scammers, so when you show up, you may find that others have already booked the property.

How to Protect Yourself

- Only book from legitimate websites or agents, and verify that websites are real: If you're booking from a website you've never heard of, search the company's name with words like "scam," or "complaint" to see if there's anything suspicious. You can also ask someone you trust for referrals.
- Never pay with gift cards or by bank wire: Paying with a credit card is the safest method with the best fraud protections. It will be almost impossible to get your money back if you pay with gift cards or wire. Also avoid paying with Zelle, Venmo, or other similar service.
- Confirm ownership of rental: Search the rental address online, along with the name of the property owner or company, to see if the information matches.

You can report a scam through the FBI's Internet Crime Complaint Center at [IC3.gov](https://www.ic3.gov).

Source: [AARP](https://www.aarp.org)

AGE STRONG'S ADVOCATES CONNECTING OLDER ADULTS TO RESOURCES, BENEFITS & SERVICES

By Age Strong Staff



The Age Strong Commission serves Boston's older adults through a dedicated team of over 100 staff, including a team of twelve who are known as Advocacy & Benefits Specialists (Advocates). They are trusted guides who help older adults navigate the complex network of benefits, services, and resources available to them.

Age Strong Advocates work directly with older residents to connect them with critical programs that support economic security, health, and independence. They ensure older adults receive every cost-saving benefit they're eligible for. Most Advocates are bilingual, speaking Spanish, Vietnamese, Portuguese,

Haitian Creole, French, and Cape Verdean Creole. Advocates also have access to a free language line to help residents who speak other languages.

Advocates help older adults access food resources by helping apply for SNAP benefits, educating them about the Healthy Incentives Program (HIP), Double Up Food Bucks, congregate meal sites, home delivered meals, food pantries, and general nutrition services.

Age Strong Advocates also connect Boston's seniors to transportation assistance including the Age Strong Shuttle, providing free transportation, the taxi coupons program which allows older adults to buy taxi

rides at half price. Advocates can also share information on other transportation programs like the MBTA's The RIDE, and Senior and income-eligible reduced fare CharlieCards.

Age Strong Advocates are SHINE certified (Serving Health Insurance Needs for Everyone), making them able to help older residents to assess their health insurance needs each year. This annual review is important as health needs, insurance plans, prescription plans, deductibles, and co-pays change regularly. Advocates can also assess whether residents qualify for the Medicare Savings Program (MSP) which helps with insurance premiums.

Advocates can help older adults reduce household costs by assisting with applications for fuel assistance, tax exemptions and deferrals, and the Senior Circuit Breaker Tax Credit.

For residents who need support at home, Advocates can make referrals for services including home-delivered meals, personal care assistance, home repair, replacement of heating systems, and water sewer discounts. Advocates also connect older adults and caregivers to programs

and resources that support people living with memory loss, like Memory Cafes and support groups for care partners. Further, when necessary, Advocates can make referrals to Adult Protective Services, if an older adult is at risk or needs additional protection.

Beyond essential services, Age Strong Advocates help connect older adults to senior and community centers, events, programs, and activities as well as volunteer opportunities—all of which help folks stay active, socially engaged, and connected in the community.

Finally, Age Strong Advocates serve as a bridge to other city resources, connecting residents with various city departments like the Veterans Commission, Disabilities Commission, Boston Public Health Commission, Boston Centers for Youth and Families, Boston Public Library, and others.

If you're a Boston resident age 60+, there is an Advocate assigned to your neighborhood. Call **(617) 635-4366** or visit boston.gov/age-strong to connect with them directly and learn about their office hours in your community.

AGE STRONG PARTNER HIGHLIGHT: BOSTON PROJECT MINISTRIES

By Jordan Rich, Age Strong Staff

Annually, Boston's Age Strong Commission funds community projects that expand social engagement programming and outreach to Boston's older adults through the Age Strong Expanding Engagement Grant. Boston Project Ministries (BPM) has used these funds to increase their offerings to older residents. BPM Director of Community Engagement, Maridena Rojas, spoke to Age Strong about their mission and new grant-funded programming.



The Boston Project Ministries (BPM) began in 1995 with a group of Gordon College students mobilizing teenage volunteers in Christian service throughout Boston. Rooted in the Talbot-Norfolk Triangle of Dorchester, BPM quickly became recognized as a valuable community resource offering direct services to residents. Over the years, BPM offerings have expanded to include two programs specifically for older adults: Tea Time and Getting Connected. Created by BPM participant Norine Woods and launched before COVID-19, Tea Time began to bring older adults together over tea and has grown into a relaxed space where neighbors meet regularly to talk, share stories and experiences, learn about resources, and support one another.

Getting Connected was created in response to the pandemic as neighbors who'd been active in the community were suddenly absent from meetings and struggling to access services and information online. Recognizing this gap, BPM



developed a program to help older adults learn to use Zoom. Working with students, Maridena created the Getting Connected guide to support older adults in navigating virtual platforms to stay connected to their communities. The program continues evolving, now including guidance on using technology safely, including avoiding scams and protecting personal information online.

Through shared intergenerational activities, BPM intentionally brings together youth, adults, and older adults to engage in dialogue, support one another, and work collectively toward a stronger, more connected community. Age Strong's Expanding Engagement grant has allowed BPM to hire senior coordinators like longtime Dorchester resident Maria Ayala, to organize peer-led activities in both Dorchester and Mattapan.

By engaging community members in these roles, BPM ensures that programs are guided by those who understand the needs of the older adults. Funding has also expanded Tea Time gatherings to more locations, making it easier for more to participate and stay connected. BPM programming is free and open to the public. Programs are mobile and can be found at the following locations, from 12:00 PM-2:00 PM:

- **Codman Square Library**, 690 Washington Street, Dorchester, monthly on the last Thursday
- **The Community Room**, 86 Southern Avenue, Dorchester, monthly on first Wednesdays
- **Gallivan Community Center**, 61 Woodruff Way, Mattapan, monthly on the third Monday
- **Park Street Senior Building**, 526 Park Street, Dorchester, monthly on the first Tuesday

For more information call (617) 929-0925 or visit tbpm.org.



AGE STRONG FREE PROGRAMMING SPONTANEOUS CELEBRATIONS, JAMAICA PLAIN

By Age Strong Staff



Boston's Age Strong Commission offers free programs across Boston's neighborhoods, at senior centers, community centers, and library branches. We also activate a handful of neighborhood sites, including in-person wellness classes at Spontaneous Celebrations (SC) in Jamaica Plain.

On Tuesdays and Thursdays, Age Strong offers a variety of free wellness classes for Boston's older residents age 55+. Wellness classes can help you relieve stress, become more flexible, strengthen balance, and feel better overall.

Tuesdays

- Morning Stretch, 10-10:45AM
- Chair Yoga, 11AM-12noon
- Mindfulness: Finding Peace, 12:15-1:30PM

Thursdays

- Mat Yoga, 10-10:45AM
- Bollywood Dance, 11AM-12PM
- Senior Sound Bath, 12:15-1:15PM

Spontaneous Celebrations is located at 45 Danforth Street in Jamaica Plain. To learn more about wellness programs, call Bob Linscott at **(617) 635-4250** or email robert.linscott@boston.gov.



PUBLIC TRANSIT AS A PUBLIC GOOD FARE FREE BUSES THROUGH JUNE 30!

By Age Strong Staff

23

28

29

In February, Mayor Michelle Wu announced that the City of Boston has extended its successful fare-free transit program through the end of June. During the pilot, ridership grew faster on Routes 23, 28, and 29 than anywhere else in the MBTA system, while saving families money and improving bus speed and reliability.

“Fare-free bus service helps families, workers, and businesses, and also makes bus service faster and more reliable. Carrying 16% more riders than before the pandemic and cutting

dwell times by about 20% through all-door boarding, the buses have stayed on schedule even while carrying more passengers. We are extending this program through June, as we look to work with the MBTA to keep this going,” said Mayor Michelle Wu.

Since the beginning of the fare free pilot, nearly 24,000 trips are taken fare-free every weekday on Routes 23, 28, and 29. Ridership grew by 35% in the first year—more than double the MBTA system average—and these routes are now carrying 16% more riders than before the pandemic. All-door boarding has cut dwell times by about 20%. According to surveys, more than a quarter of riders save at least \$20 a month, money that residents now put toward groceries, medicine, or rent. Some riders say the program has helped them build emergency funds, or simply stay in their homes.

The City has allocated about \$340,000 per month to reimburse the MBTA for the pilot, which is funded through ARPA dollars. As the City uses its remaining American Rescue Plan Act (ARPA) dollars, the City has projected costs relative to budget availability, and is able to extend the program through June.

Anyone may board these three lines without any CharlieCard, bus pass, or payment. Fare free buses are paid for through the City of Boston's federal and ARPA funds.

To learn more about fare free bus routes, call **(617) 635-4680** or visit boston.gov/departments/transportation/free-route-23-28-and-29-bus-program.



APRIL IS POETRY MONTH! JOIN AGE STRONG'S POP-UP POETRY WORKSHOPS ACROSS BOSTON!

By Age Strong Staff

National Poetry Month is an annual celebration of poetry held every April, highlighting the cultural importance of poets and encouraging public engagement with poetry.

Age Strong invites Boston's older residents to participate in free Pop-Up Poetry workshops hosted by Denise Washington, a Roxbury native, earning degrees at both Emerson and Wheelock Colleges. She's an educator in Boston Public Schools.

Learn about poetry, write your own poems, and even share them at the culminating event on April 28.

Thursday, April 2, 10-11:30AM

Union Church

485 Columbus Avenue, South End

Tuesday, April 7, 1-2:30pm

Spontaneous Celebrations

45 Danforth Street, Jamaica Plain

Wednesday, April 8, 10-11:30am

Dewitt Center

122 Dewitt Drive, Roxbury

Friday, April 17, 11am-12:30pm

BCYF Holland Community Center

85 Olney Street, Dorchester

Tuesday, April 23, 10:30am-12pm

BPL Codman Square

680 Washington Street, Dorchester

Tuesday April 28, 2pm

Poetry Workshop Series

Culminating Event

Spontaneous Celebrations

45 Danforth Street, Jamaica Plain

For more information on the Pop-Up Poetry workshops call Edward Galan at **(617) 635-4431** or email edward.galan@boston.gov. To learn more about National Poetry Month, visit poets.org/national-poetry-month.



LOVE YOUR BLOCK

NEIGHBORHOOD CLEANUPS

FRIDAY, APRIL 24

DOWNTOWN

SATURDAY, APRIL 25

ALLSTON • BACK BAY • BEACON HILL • BRIGHTON •
CHINATOWN • DORCHESTER • FENWAY-KENMORE •
JAMAICA PLAIN • LEATHER DISTRICT • MID-DORCHESTER •
MISSION HILL • SOUTH BOSTON

SATURDAY, MAY 2

BAY VILLAGE • CHARLESTOWN • EAST BOSTON • HYDE
PARK • MATTAPAN • NORTH END • ROSLINDALE •
ROXBURY • SOUTH END • WEST END • WEST ROXBURY •
WHARF DISTRICT

Learn more at boston.gov/love-your-block.

CITY of **BOSTON**



Civic Organizing



Mayor Michelle Wu



APRIL IS STRESS AWARENESS MONTH

By Ami Bennett, Age Strong Staff

Stress Awareness Month is observed throughout April and focuses on raising awareness, identifying stressors, and learning to manage stress effectively.

Stress can significantly impact both mental and physical health, contributing to conditions such as

anxiety, depression, heart disease, and weakened immune system.

Stress Awareness Month provides an opportunity to reduce stigma, promote open conversations, and try new strategies before stress builds into more serious health issues.

Here are some tips on how to reduce stress:

- **Identify & Manage Stressors:** evaluate the sources of stress in your life and consider which you can change or reduce. Can you drop some responsibilities, adjust expectations, or ask for help? Learning to reframe your perception of stressors can also reduce their impact.
- **Practice Daily Self-Care:** tools like deep breathing, meditation, journaling, or time in nature into your daily routine to counteract tension and fatigue caused by stress.
- **Stay Physically Active:** regular exercise is a powerful stress reducer. Aim for at least 150 minutes of moderate activity per week, such as walking, biking, swimming, and strength training. Physical activity builds endorphins, improves sleep, and combats stress.
- **Eat Healthy:** a balanced diet rich in fruits, vegetables, whole grains, and healthy fats to support your body's stress response. Limit excessive caffeine, alcohol, and high-sugar foods, which can exacerbate stress. Prioritize 7+ hours of sleep per night, keeping a consistent sleep schedule to improve emotional regulation.

- **Stay Connected:** talking with trusted friends, family, or community to share concerns and receive support can help us feel less alone.
- **Express Gratitude:** taking a few moments each day to note the things you're thankful for can enhance emotional well-being and reduce stress levels.
- **Journaling:** expressing your thoughts and emotions can help process stress and clarify priorities.
- **Do What You Enjoy:** engage in self-care activities like listening to music, spending time with pets, or hobbies.
- **Help Others:** often helping others really helps ourselves.

Learning to identify and manage stress will help improve overall wellbeing. To learn more about stress prevention visit [cdc.gov](https://www.cdc.gov).



2026 DOG LICENSING AND LOW-COST RABIES CLINICS

DOG LICENSING FEES

- \$15 spayed/neutered (please provide proof)
- \$30 intact male/female
- No charge for seniors 70 and older

RABIES VACCINE FEES

for cats and dogs

- Boston residents: \$5
- Boston residents over the age of 70: \$2
- Non-residents: \$10

- Three-year rabies vaccines will be given if you are able to show proof of previous rabies vaccines.
- All pets must be accompanied by a person 18 years or older.
- Dogs must be leashed, cats must be in a carrier.

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

SATURDAYS | 10 A.M. - 2 P.M.

DORCHESTER | MARCH 7

BCYF Perkins Community Center | 155 Talbot Ave.

EAST BOSTON | APRIL 11

BCYF Pino Community Center | 86 Boardman St.

SOUTH BOSTON | MAY 30

BCYF Condon Community Center | 200 D St.

WEST ROXBURY | MARCH 21

BCYF Roche Community Center | 1716 Centre St.

CHARLESTOWN | APRIL 25

BCYF Charlestown Community Center | 255 Medford St.

ROXBURY | JUNE 6

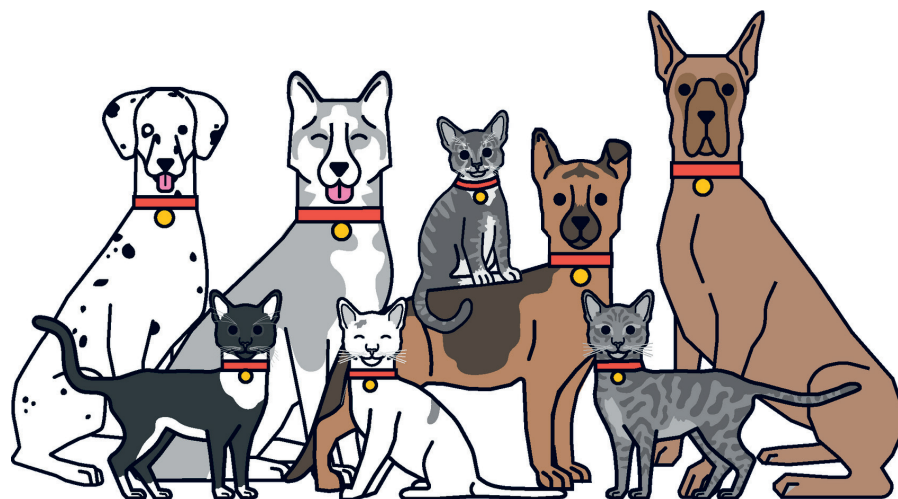
BCYF Tobin Community Center | 1481 Tremont St.

SOUTH END | MARCH 28

Animal Rescue League of Boston | 10 Chandler St.

JAMAICA PLAIN | MAY 9

BCYF Curtis Hall Community Center | 20 South St.



▶ **EVENTS + ACTIVITIES**

APRIL HAPPENINGS

** Please note events are free and are subject to change*

**APRIL
15**

**Free Immigration
Consultations**
12:00 PM – 3:00 PM
By Phone Call Only
(617) 635-2980
RSVP Required

**APRIL
23**

Senior Sewing
3:00 PM – 5:00 PM
BPL Mattapan
1350 Blue Hill Ave.,
Mattapan
(617) 298-9218

**APRIL
18**

Chess Club (All Ages)
10:00 AM – 11:30 AM
BPL Roslindale
4246 Washington St.,
Roslindale
(617) 323-2343

**APRIL
27**

Age Strong Memory Cafe
10:30 AM – 12:00 PM
BPL Jamaica Plain
30 South Street,
Jamaica Plain
(617) 635-3745

**APRIL
21**

Senior Quilting Group
10:30 AM – 12:30 PM
BPL Codman Square
690 Washington St.,
Dorchester
(617) 436-8214

**APRIL
30**

Tea Time
12:00 PM – 2:00 PM
BPL Codman Square
690 Washington St.,
Dorchester
(617) 436-8214

- ♥ **Facebook:** @AgeStrongBos
- ♥ **Twitter:** @AgeStrongBos
- ♥ **Instagram:** @AgeStrongBos
- ♥ **Bluesky:** @agestrong.boston.gov

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

Email us at:
Bostonseniority@boston.gov

MEET THE NEWEST AGE & DEMENTIA FRIENDLY CERTIFIED BUSINESS: NEWBURY YARN!

By Age Strong Staff

For more than two decades, Newbury Yarns has specialized in high-quality fibers and yarns, knitting tools and accessories, knitting and crochet workshops and classes, and handmade clothing designed by owner Aldrich Robinson.

“We specialize in helping customers to create beautiful garments,” Robinson explains. “And we also take special orders if a customer wants a custom garment for a special loved one. Most of our unpainted yarns are dyed in-house, making them one-of-a-kind.”

Ms. Robinson was inspired to knit by watching her aunt create garments with “yarn and two sticks. I knew then that I wanted to learn to knit, and make my own unique garments.” Newbury Yarns first started on Newbury Street in Back Bay, and is now located at 140 Beech Street across from South Station.

“I’m most proud when we teach new knitters how to knit, and they

return to show the work they’ve made with their own two hands,” Robinson says.

Its new location is supported in part by a Space Grant funded by Boston’s Office of Economic Opportunity and Inclusion. They’re open seven days a week, and can be reached at **(617) 572-3733** or *visiting newburyyarns.com*.

Enjoy this video about Newbury Yarns, produced by Boston’s Office of Economic Opportunity and Inclusion: [youtube.com/watch?v=ysuF8EnFBjk](https://www.youtube.com/watch?v=ysuF8EnFBjk).





NATIONAL HEALTHCARE DECISIONS DAY IS APRIL 16: DON'T FORGET TO MAKE YOUR PLAN/DIRECTIVE

By Age Strong Staff

National Healthcare Decisions Day (NHDD) 2026 is April 16, an annual initiative designed to educate older adults about advance care planning. The goal is to encourage people to express their healthcare wishes and ensure that providers and care facilities respect those decisions. It's run by the Conversation Project, an initiative of the Institute for Healthcare Improvement, a nonprofit leader in healthcare improvement worldwide.

NHDD seeks to normalize conversations about end-of-life care and advance care planning. It encourages individuals to choose a healthcare agent and communicate their preferences. They provide accessible tools and resources for patients, families, and providers to facilitate these discussions, and demystify healthcare decisions, reframing advance care planning as more than completing a living will; it is an ongoing process of communication and decision making.

Talking about what matters most

through the end of life isn't easy. According to the Conversation Project, 92% of Americans say it's important to discuss their wishes for end-of-life care—but only 32% have had that conversation; 95% say they'd be willing to have that conversation, and more than half say they'd feel a sense of relief in doing so.

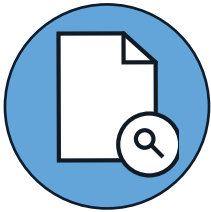
That's why they created the free Conversation Starter Guide, available in English, Spanish, Portuguese, and Chinese. The guide explains the importance of choosing a healthcare proxy, in case folks are not able to make their own choices for themselves. It also helps guide families and proxies to understand exactly what wishes their loved one wants, in different scenarios, at the end of life—from the amount of private information that is shared, to finances or property, the types of treatment desired when to stop treatment, funeral/memorial plans, and more.

To access the free Starter Guide, and to learn more, visit theconversationproject.org.

▶ IN BOSTON, WE AGE STRONG.

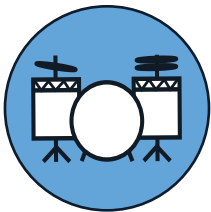
As part of Boston's Human Services cabinet, Age Strong aims to enhance the lives of older residents with meaningful programs, resources, and connections so we can live and age strong together in Boston. *Call us at (617) 635-4366 or visit boston.gov/age-strong.*

We can help with:



AGE STRONG ADVOCATES

Our Advocacy & Benefit Specialists connect older adults to resources, benefits & information including health insurance counseling, food access, referrals to fuel assistance, tax relief exemptions, protective services & more.



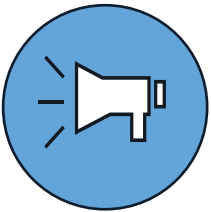
EVENTS & PROGRAMMING

Age Strong hosts dozens of events & programs for older residents, including celebrations for Black Heritage, Hispanic Heritage, LGBTQIA+ Pride & more. We host programs in community spaces across Boston including wellness, fall prevention, fitness, arts & more.



TRANSPORTATION

We help older adults connect to all transportation options available, like our Age Strong Shuttle, Taxi Coupons, and more.



VOLUNTEER OPPORTUNITIES

We connect older residents to many volunteer opportunities based on your interests, location & preferred time commitment.



AGE & DEMENTIA FRIENDLY BOSTON

Our Age & Dementia Friendly work helps create a Boston where residents can live & age well in community. We host Memory Cafes for those with memory loss and support groups for care partners to share resources & experiences.



HOUSING SUPPORT

Our housing advocates can help older residents learn about tenants rights, eviction prevention, navigate housing eligibility & assist with housing applications.

RENTERS, HOMEOWNERS & BUSINESSES MAY SAVE MONEY WITH THE BOSTON ENERGY SAVER PROGRAM

By Age Strong Staff



Did you know that Boston renters, homeowners, and businesses could upgrade energy systems and save money? Boston's new Energy Saver Program offers one-on-one support to help navigate the many programs and options available.

In addition to saving money, upgrading energy systems to newer, more efficient systems uses less energy, keeping homes and businesses warmer in winter and cooler in summer. Using less energy means less carbon emissions, cleaner air in your home or business, and helping fight climate change.

In your one-on-one appointment, Boston Energy Saver staff will explain the benefits of various programs through Mass Save, Boston Home Center, Boston

Community Choice Electricity, Massachusetts Community Climate Bank Energy Saver Home Loan, and Federal Tax Credits including electrical upgrades, electric vehicles, heat pumps, water heaters, induction stoves, solar, weatherization, and low-cost financing for upgrades.

Boston's Energy Saver program is in partnership with Eversource, National Grid, the Boston Climate Action Network, and the Boston Housing Authority. Their help desk is open Monday-Friday 9am-5pm with support offered in many languages. To learn more and set up your appointment call **(617) 635-7283** or visit boston.gov/departments/environment/boston-energy-saver.



In April, we recognize the diverse collection of resources, programs, and services, our library and its 25 branches offer Boston residents.

Established in 1848, the Boston Public Library (BPL) is the first public library in the United States, first to lend books, first to add branches, and first to have a children's room.

BPL holds one the 3 largest collections in the country, with 23 million items in possession, ranging from books to maps, manuscripts, letters, drawings, DVDs, e-books, magazines, and other original works dating back to the 10th century. Most are accessible to library patrons through free library membership cards, including access to digital collections, like e-books, movies, music, and audiobooks through Libby, Kanopy, and Biblio+.

With the free library card, residents may enjoy hundreds of free

programs from computer and tech help to gardening, language learning, art, wellness/fitness, book clubs, community history lessons, cooking classes, lectures, concerts, and much more. The Roxbury Branch of BPL even has a nutrition lab offering hands-on demonstrations and lessons on healthy eating and a space to develop life and work skills on nutrition and meal creation.

Some BPL programs are geared towards Boston's older adults to both improve skills and bring the community together. All upcoming classes and events are listed at bpl.bibliocommons.com/v2/events, and are sortable by date, location, activity type, and more.

BPL library cards also offer access to its "Library of Things" to borrow, like telescopes, bird watching kits, sewing machines, ukuleles, and more. BPL also offers access to



its “Seed Library” at a handful of branches, so residents can grow vegetables, herbs, and flowers.

Card holders may make appointments with librarians to learn how to use tools or get help with resources. To set up an in-person or online appointment, call **(617) 536-5400** or visit bpl.org/book-a-librarian/. If you’re an older adult with specific questions about technology, you may book an appointment with Age Strong Librarian, Isabella De Gregorio by calling **(617) 325-3147**.

Two years ago, Isabella was hired by BPL as its first Age Strong Librarian. she is housed at the West Roxbury Branch and focused on serving the needs of Boston's older residents. “We’re still testing the waters to see what’s working. Our goal is to create the best programming we can and offer the most helpful resources,” Isabella says. “We’re still spreading the

word about this new position.”

“Our most successful program so far,” she continues, “is our Book Cafe program – a book discussion group to connect with other book lovers over recommendations and conversations.”

She’s also hosting a speaker series including topics from retirement to Tax Aid, to estate planning.

“Everyone has been so welcoming to me, and I want to make them feel just as welcome by helping however I can. I’m available on site Monday through Friday and every other Saturday,” she shares.

From free museum passes, to assistance in getting your GED online, BPL offers the Boston community so many resources that we celebrate during this National Library Month. To learn more about the BPL and its branches, call **(617) 536-5400** or visit bpl.org.

MAYOR WU'S OFFICE HOURS: GETTING CITY HALL SERVICES OUT OF CITY HALL

By Age Strong Staff

Mayor Michelle Wu recently hosted a successful in-person, family-friendly, Office Hours event at the Bolling Building in Roxbury.

Residents may attend these one-stop opportunities to connect directly with the Mayor, city services, and department staff to get questions answered in real time.

Office Hours with the Mayor are created to bring City Hall out of City Hall and into neighborhoods. This event is an opportunity for Mayor Wu and city staff to connect directly with residents, hear what's working and what's not, and unstick city service issues in real time.



Instead of traveling downtown, or to 1010 Mass. Ave. constituents can meet with city staff in their own community to get assistance, ask questions, and connect with resources.

During Mayor's Office Hours,

- Census & voter registration
- Apply for On-Street Accessible Parking
- Artist permitting, housing certification, public art policy support, cultural infrastructure development, technical support
- Digital Equity Resources: application assistance for free/discounted laptops & home internet programs
- Enroll in Boston Community Choice Electricity, energy bill assessment, intake for Boston Energy Saver program, schedule in-home energy assessment
- Kids corner with fun, engaging activities
- Initiate permits
- Sign up for a library card
- Schedule inspections or follow-up appointments
- Print certified copies of birth, marriage & death certificates
- Support for school enrollment: complete on-site applications for Pre-K & Boston Public Schools
- Register for ESL, job readiness & tech help
- Speak with Age Strong Advocates about aging resources & cost savings

City Departments in Person at Office Hours

- 311
- Age Strong Commission
- Assessing
- Boston Fire Department
- Boston Police Department
- Boston Public Library
- Boston Public Schools
- Boston Public Health Commission
- Boston Water and Sewer Commission
- Elections
- Inspectional Services Department
- Mayor's Office of Arts and Culture
- Office of Emergency Management
- Mayor's Office of Housing
- Mayor's Office of Immigration Advancement
- Office of Neighborhood Services
- Office of Returning Citizens
- Parking Clerk
- Registry

To learn more about Mayor Wu's Office Hours, call 617-635-4500 or visit [boston.gov/departments/mayors-office/mayors-office-hours](https://www.boston.gov/departments/mayors-office/mayors-office-hours).



BOSTON'S WATER SEWER COMMISSION SEPARATION PROJECTS

By Age Strong Staff

The Boston Water and Sewer Commission (BWSC) manages the largest, oldest system of its kind in New England, providing drinking water and sewer services to more than one million people daily.

It aims to provide the best quality water and sewer services available in a way that's both protective of the environment and financially sound.

BWSC's system comes from an extensive and detailed water and sewer history in the City of Boston dating back to the 17th and 18th centuries, serving 20,500 acres, 70% of Boston's total land area. The drinking water system serves over 90,000 accounts, including residents, schools and universities, hospitals, businesses, industries, and private and public institutions.

BWSC has many water sewer separation and system upgrade projects underway, in South Boston, East Boston, Downtown, and other neighborhoods. The goals are to separate pipes for sewage and stormwater overall, replace/repair current pipes/drains, and reduce pollution levels in Boston Harbor and other water bodies.

In East Boston, the multi-year separation project involves installing new storm drains to carry stormwater and using the existing combined sewer to carry sewage. This work will improve water quality to Chelsea Creek and Boston Harbor, when heavy rainfall inundates the combined sewer. The Commission will also replace or repair deteriorated sewer pipes and replace aged water mains. Downtown, the Commission

will replace 1,070 linear feet of combined sewers, 4,885 linear feet of water mains, and the rehabilitation of 515 linear feet of sewers. The project will update and improve critical aging infrastructure to provide high quality water and sewer service in the downtown area.

The New Boston Main Interceptor Rehabilitation Project is a critical part of the BWSC's wastewater system, carrying sewage and stormwater from more than 3,000 acres in City neighborhoods. Due to severe degradation, the NBMI system needs to be rehabilitated. The goal of this project is to rehabilitate a 3,000-foot portion of the existing 102-inch NBMI and two major sewer structures. The sewer system is approximately 25 to 35 feet deep, and rehabilitation work is being done in a “trenchless” manner to avoid deep excavation along the entire pipe length and to minimize neighborhood and traffic disruption.

To learn more about BWSC and its projects, call **(617) 789-7000** or visit www.bwsc.org/.



▶ SEEN AROUND TOWN





THE BUZZ: FREE ACTIVITIES FOR BOSTON OLDER ADULTS FROM AGE STRONG PARTNERS



Check out a sampling of activities from our community partners across Boston's neighborhoods. You can also view our Monthly "To-Do" calendar via email, listing dozens of free activities across Boston for older residents.



Wellness & Social Program for Adults 60+

Tuesdays, 10am-12noon
(through April 21)
Charles Street AME Church
551 Warren Street, Dorchester
Weekly programming focused on mental, emotional & social well-being
(781) 803-3270
elderwellnessrhl@gmail.com

Revolution! 250 Years of Art & Activism in Boston

Mon-Thurs 10am-7pm, Fri-Sat 10am-4:45pm, Sun: 11am-4:45pm
(through April 21)
McKim Exhibition Hall,
BPL Central
700 Boylston Street, Back Bay
-Boston Public Library-
bpl.org/revolution-exhibition

2026 Boston Citizenship Day

May 2, 9am-5pm
Reggie Lewis Track & Athletic Center
1350 Tremont Street, Roxbury
-Mayor's Office of Immigrant Advancement & Project Citizenship-
(617) 694-5949
info@ProjectCitizenship.org



130th Boston Marathon

Monday, April 20
-Boston Athletic Association-
View along Commonwealth Avenue or along Boylston Street
baa.org



Age Strong's Neighborhood PROGRAMMING

BCYF Holland Community Center

Wed & Fri | 10am-1pm
85 Olney Street, Dorchester
(617) 635-5144

East Boston Senior Center

Monday-Friday | 8:30am-4pm
7 Bayswater Street, East Boston
(617) 961-3131

Veronica B. Smith Senior Center

Monday-Friday | 8:30am-4pm
20 Chestnut Hill Avenue, Brighton
(617) 635-6120

Codman Square Library

Tuesdays/Thursdays | 10am-1pm
690 Washington St, Dorchester
(617) 436-8214

The Elks Lodge #10

In partnership with Ethos
Tues, Wed, Thurs | 9am-3pm
1 Morrell Street, West Roxbury
(617) 323-1125

Dewitt Center

Mon & Wed | 10:30am-3pm
122 Dewitt Drive, Roxbury
(617) 275-7080

Union Church

Tues & Thurs | 9am-1pm
485 Columbus Avenue,
South End
(617) 536-0872

Spontaneous Celebration

Tuesdays/Thursdays | 10am-1pm
45 Danforth St, Jamaica Plain
(617) 635-4250



AGE+

City of Boston
Age Strong Commission
Mayor Michelle Wu