

# Boston Seniority

Age Strong Commission

City of Boston

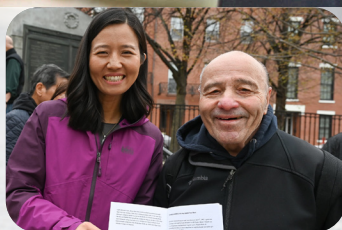
Mayor Michelle Wu



**MENTAL HEALTH  
AWARENESS  
MONTH** p.16-21

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Vol. 48

FREE PUBLICATION



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In this issue learn about book recommendations for Asian American and Pacific Islander Heritage Month from Boston Public Library, tips on better mental health, and Boston Bikes.



# 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

## Greetings Bostonians!

Can you believe it's already May?

As we start to get back outdoors and into the fresh air and sunshine, let's also note that May is National Mental Health Awareness month. It's a time to lessen stigma and extend support for the wellbeing of individuals and families affected by mental illness.

May is also Older Americans Month, and this year's theme is "Powered by Connection," noting the importance of staying connected to family, friends, and neighbors – whether in-person, virtually, or by phone. Studies show that strong social connections increase overall wellbeing and even health.

Inside this issue, we'll learn about depression and anxiety and with that, also the importance of socializing in community as one way to combat them. We'll also share benefits and savings opportunities for older adults, including our increased Property Tax Work-Off Program and Water and Sewer Discounts.

I look forward to seeing you at the Mayor's Coffee Hours across our neighborhoods, as well as Open Streets, starting soon.

Sincerely,

*Michelle Wu*

Michelle Wu  
Mayor of Boston



### ► Books

## BPL 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.



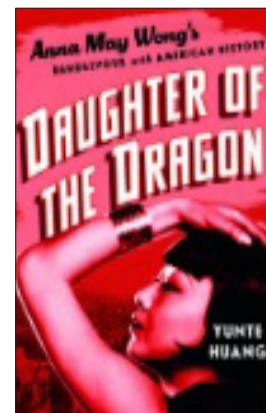
### *I Would Meet You Anywhere*

by Susan Kiyo Ito

Memoir. As a biracial child, Ito was always visibly different.

In her memoir, she chronicles an adopted child's journey and exploration of identity

complicated by her birth mother's ambivalence, unspoken secrets, and the legacy of internment.



### *Daughter of the Dragon*

by Yunte Huang

Nonfiction. This sympathetic close-up of Chinese American Hollywood trailblazer Anna May Wong details her life and career in the context

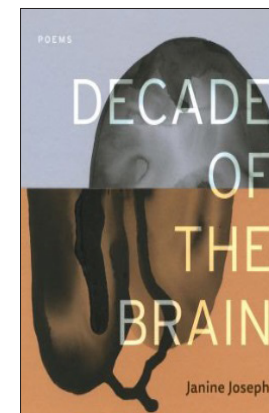
of her times.



### *The Girl in the Mist*

by Vinaya Bhagat

Fiction. After losing her parents to a car accident in Boston, Diya is left alone in the world. Soon she receives a letter from unknown relatives in India and finds herself on a mission to uncover her newfound family's secrets.

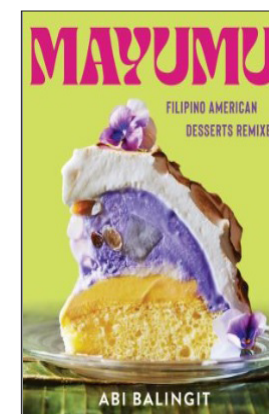


### *Decade of the Brain*

by Janine Joseph

Poetry. Joseph writes of pain, recovery, body, and brain post-automobile accident using erasure, letter, found poetry, and other forms that speak to the fragmentation

experienced after injury.



### *Mayumu*

by Abi Balingit

Food Writing. 75 remixed Filipino American dessert recipes developed from the author's experiences in the Philippines, California, and New York.



For more titles or BPL info, visit [bpl.org](http://bpl.org) or call 617-536-5400.

► Volunteering News

## Property Tax Work-Off Program Get Up to \$2000 Off Your Property Taxes!



Are you a Boston homeowner? Are you interested in volunteering your time to help save on your property tax bill? Good news! The City of Boston’s Older Adult Property Tax Work-Off Program is now accepting applications!

Through the Older Adult Property Tax Work-Off Program, qualified Boston homeowners can work off up to \$2,000 off their property tax bill by offering volunteer services to the City of Boston. Previous Property Tax Work-Off Program volunteers have served in a variety of ways, including being a City Hall greeter, volunteering in BCYF community centers or schools, various administrative projects, and more.

### Requirements to qualify:

- **Age:** You must be 60 or older by January 1, 2024.
- **Property:** You must own and occupy your property as a principal residence. If the property is subject to a trust, you must have legal title (you need to be one of the

trustees and a beneficiary).

- **Residency:** You need to have owned and occupied a residential property in Boston for at least three years.
- **Gross Income Limit:** You must make less than \$62,340 per year if you are single and less than \$71,280 per year if you are married. This includes Social Security and other retirement benefits, annuities, wages and other compensation, net profit from your business, interest & dividends, rent & royalty income, and gains you make from the sale of real estate or other property. If you are married, we need financial information for both you and your spouse.

The application filing deadline is **August 2, 2024**, and the work completion date is **November 8, 2024**. To fill out the application, you can visit [boston.gov/departments/age-strong-commission/senior-property-tax-work](https://boston.gov/departments/age-strong-commission/senior-property-tax-work), or call Joseph Goncalves for more information at 617-635-3988.

► Boston Water & Sewer Update

## Changes to Water & Sewer Bills

Beginning in April, Boston Water & Sewer customers saw a change in their monthly bills. There are now three separate line-item charges: one line each for water, sewer, and stormwater (stormwater is the runoff from rain and melting snow). Prior, customers paid for stormwater through the sewer charge. Paying stormwater separately lowers the sewer rate as it's removed from the sewer charge.

The 30% discount extended to older adults and disabled residents for water and sewer services will also apply to the new stormwater fee. Properties up to 6 units will pay a flat rate of \$8.98 per month; and 60% of households will see a reduction in their overall bill.

In addition to funding regular maintenance and permit compliance, having a dedicated stormwater charge will help Boston and BWSC support a more resilient, sustainable future by funding:

- New storm-drain infrastructure
- Repair/replacement of existing infrastructure
- Green infrastructure
- Installation of stormwater control measures
- Outfall restoration

The stormwater charge is based on

how much hard surface (driveways/walkways) are on your property. This is a more equitable way to fund improvements for the stormwater system because everyone pays for the service they use. It is important to note that this charge will affect certain property owners who don't use water and sewer services but contribute large amounts of stormwater runoff to the system. BWSC expects the new way they charge for stormwater will create 7,800 new, "stormwater only" customer accounts.

As mentioned above, if you're signed up for and receive BWSC's senior and disabled discount, the thirty per cent reduction offered for water and sewer services will automatically be applied to the stormwater charge. If you're an older adult or disabled and haven't signed up for the discount, go to the BWSC website for an application ([bwsc.org/residential-customers/billing-info-and-assistance](https://bwsc.org/residential-customers/billing-info-and-assistance)) or call Customer Service at 617-989-7800.



# In Boston, We Bike!

## Boston's E-Bikes Incentive Program

This summer, the City of Boston launches the E-Bikes Incentive Program. An e-bike is an “electric bicycle” that runs both by electric power and pedaling. This pilot program will provide eligible Boston residents a discount voucher toward the purchase of an e-bike. Boston residents age 60+, adults with disabilities, and/or income-qualified residents (40% of AMI), are eligible.

The city anticipates providing vouchers ranging from \$150 to \$2,400 to help reduce the cost of purchasing an e-bike and cycling safety equipment for approximately one thousand eligible Boston residents. After the application period, residents will be randomly selected, notified, and have 90 days to use the voucher at one of participating bike shops.

Want to learn more? Attend an information session:

- **May 21**, 11am, Veronica B. Smith Senior Center, 20 Chestnut Hill Avenue, Brighton, MA 02135

- **May 30**, 10am, virtual:  
[meet.google.com/nve-htzj-usx](https://meet.google.com/nve-htzj-usx)

There will be more info sessions, as well as free “try an e-bike” events in June!

## Learn-To-Ride a Bike Program

Want to learn or refresh your bike riding skills? Every year, April through September, we offer workshops for adults:

### Basic Skills

Taught in a parking lot, this two-hour class is for those who have never learned to ride or who want to work on basic skills. This class is perfect if you have never ridden a bike before; haven't been on a bike for years, or can ride a little, but need to practice starting, stopping, turning, and hand signaling.

### Road Readiness

Taught in a parking lot, this 90-minute class will help you with street-readiness skills. We will learn and practice hand signals, advanced bike handling, changing gears, and defensive riding. This class is perfect if you have been through our Basic Skills class; are new to riding bikes on city streets, or would like more support before riding on streets with cars.

### On-Street Skills

Taught beyond the parking lot! In this 90-minute group ride, you will practice your skills on off-street paths, separated bike lanes, and low-stress shared streets. This class is perfect for those if you have completed our Street Skills: Road



Readiness course; are comfortable biking on paths but not sure about riding in the street, or are looking to build confidence riding on streets and shared multi-use paths.

Interested in joining?

Visit [boston.gov/boston-bikes](https://boston.gov/boston-bikes) or email us at [bostonbikes@boston.gov](mailto:bostonbikes@boston.gov) to register.

## Boston Bikes Pass for Boston Residents

Bluebikes is public transportation by bicycle! With more than 4,000 bikes and 450 stations, it's a fast, fun, and affordable way to get around Metro Boston. The city offers a special membership, called Boston Bikes Pass: Boston residents, who have not had annual membership in the past 3 years, are eligible for a \$60/year membership. Boston residents who meet income guidelines are eligible for a \$5/year membership. Learn more and apply: [boston.gov/bikes-pass](https://boston.gov/bikes-pass)



## Free Bike Repairs

Need your bike fixed? Join Boston Bikes mechanics for hands-on repair workshops including patching flat tires, aligning brakes and adjusting gears and shifters.

- **BPL South Boston** (second Tuesday of the month; April through December)

- **BCYF Blackstone** (second Wednesday of the month; April through December)

- **BPL East Boston** (first Tuesday of the month; May through December)

- **BPL Mattapan** (first Wednesday of the month; May through December)

- **BCYF Jackson Mann** (third Tuesday of the month; through June)

- **BCYF Leahy Holloran** (third Monday of the month; through June)

► SSA Scam Alert

## Don't Hand Off Cash to "Agents"

Source: U.S. Department of Health and Human Services



The Social Security Administration (SSA) Office of the Inspector General has received reports that criminals are impersonating SSA agents, requesting that older adults meet them in person to hand off cash. This is a SCAM! SSA agents will NEVER ask to pick up money at your door or in any type of exchange.

NEVER exchange money or funds of any kind with any individual stating that they are an SSA agent. This new scam of handing cash directly to a phony agent is a dangerous twist on a known scam tactic that pressures individuals to pay in a specific way by using cash or gift cards. SSA and official government agencies NEVER conduct business in this manner.

“This is the latest example of how scammers are constantly evolving their tactics to intimidate or pressure people into making hasty decisions that usually involve stealing older adults’ hard-earned money,” said Inspector General, Gail S. Ennis.

If you’ve been scammed, stop talking to the scammer. Call the police and file a report. File a complaint with the FBI Internet Crime Complaint Center. Report Social Security-related scams to SSA. Keep financial transaction information and records of all communications with the scammer.

► Age in Place

## All About PACE Programs

By Dillon Tedesco, Age Strong Staff

Have you heard of PACE programs? PACE is an acronym for Program of All-inclusive Care for the Elderly. Pace is a national model of care for adults 55+ who qualify for nursing home care, but prefer to age in place, in their homes.

PACE was first pioneered in San Francisco and has grown to 160 PACE programs across 36 U.S. states. East Boston Neighborhood Health Center opened the first PACE center in MA, in 1989. There are 8 total PACE programs in Massachusetts, each operated separately.

PACE programs serve anywhere from 100 to 1000 older adults. In Boston, there are four PACE programs: Neighborhood PACE, Uphams Elder Service Plan, Harbor Health Services, and Element Care. PACE participants connect to programs through word of mouth, hospitals, home health agencies, and others serving older adults.

Age Strong staff spoke to Dr. Adam Burrows, Medical Director for Uphams Corner PACE in Dorchester, run out of the Uphams Corner Health Center. “For the most part,” he explains, “people involved in PACE are ‘dually eligible’ - they are either 65 and on Medicare or 55 and have a qualifying disability.” Most participants are on Massou Health/

Medicaid, but some are private pay.

In terms of funding, PACE programs are given a monthly ‘budget’ per qualifying patient, and then allocate full services for each older adult accordingly – both in the home and at the center, which helps prevent some hospitalization and emergency room visits. Because PACE can help support in-home care, they help prevent premature nursing home placement. Out of PACE participants, only 5-6% end up living permanently in a nursing home.

To learn more about PACE and see if you might qualify, you can visit [mass.gov/program-of-all-inclusive-care-for-the-elderly-pace](https://mass.gov/program-of-all-inclusive-care-for-the-elderly-pace) or call Age Strong at 617-635-4366



## May is Arthritis Awareness Month

By Jordan Rich, Age Strong Staff

Did you know that May is Arthritis Awareness Month? Nearly 1 of 5 adults in the U.S. is affected by some form of arthritis, totaling 50 million people. In older adults ages 65+, approximately half have some form of arthritis.

The most common form of arthritis is osteoarthritis. This form primarily affects cartilage, and older adults are the most impacted by this form. The cartilage breaks down and the bones rub together, causing pain, swelling, and loss of motion. Over time, this impacts the ways joints function.

Here are some do's and don'ts when it comes to caring for arthritis:

### DO:

- Move your joints. Do gentle stretches daily to help keep your joints active and mobile.
- Use good posture, which helps prevent damage to your back, hips, shoulders, and joints.
- Know your limits. Don't over-exercise! This can cause joints to become over-worked.

- Manage your weight. Being overweight puts stress on joints, something to avoid with arthritis.

### DONT:

- Do high-impact, repetitive activities. This includes running, jumping, tennis, and other sports that involve a lot of similar moves.
- Smoke cigarettes. Smoking increases complications in osteoarthritis.

There are many things you can do to treat and lessen the pain of arthritis.

**Note:** Age Strong is not a medical team. Please consult your doctor to find the best treatment plan for you.

For more information visit [mayoclinic.org/diseases-conditions/arthritis/in-depth/arthritis/art-20046440](https://mayoclinic.org/diseases-conditions/arthritis/in-depth/arthritis/art-20046440)



Mayor Michelle Wu's

## NEIGHBORHOOD COFFEE HOURS

Join Mayor Michelle Wu and City staff for coffee and conversation!

All coffee hours start at 9:30 a.m.



**West Roxbury | Monday, April 22**  
Billings Field, 369 LaGrange St.

**Charlestown | Wednesday, April 24**  
Winthrop Square, 55 Winthrop St. (Training Field)

**Roslindale | Thursday, April 25**  
Adam's Park, 4225 Washington St.

**Roxbury | Monday, April 29**  
Horatio Harris Park, 85 Harold St.

**Mattapan | Wednesday, May 1**  
Walker Playground, 550 Norfolk St.

**South End | Monday, May 6**  
Peter's Park, 230 Shawmut Ave.

**Jamaica Plain | Tuesday, May 7**  
Mozart Street Playground, 10 Mozart St.

**Dorchester | Thursday, May 23**  
McConnell Park, 30 Denny St.

**East Boston | Wednesday, May 29**  
Noyes Playground, 86 Boardman St.

**South Boston | Friday, May 31**  
Medal of Honor Park, 775 East First St.

**Hyde Park | Thursday, June 6**  
Iacono Playground, 150 Readville St.

**Bay Village/Chinatown | Friday, June 7**  
Elliot Norton Park, 295 Tremont St.

**North End | Tuesday, June 11**  
Langone Park, 529 Commercial St.

**Fenway/Kenmore | Friday, June 14**  
Back Bay Fens, 73 Park Dr.  
(Near Kelleher Rose Garden)

**Allston-Brighton | Monday, June 17**  
Brighton Common, 30 Chestnut Hill Ave.

**Back Bay/Beacon Hill | Tuesday, June 18**  
Commonwealth Avenue Mall, 15 Commonwealth Ave.  
(Near Arlington Street entrance)

**Mission Hill | Monday, June 24**  
Mission Hill Playground, 1497 Tremont St.

**Dorchester | Wednesday, June 26**  
Mother's Rest, 410 Washington St.

# May Happenings: Get Out and About in Boston!

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

**MAY**  
**17**  
**Friday Films:  
The Odd Couple (1968)**  
**Time:** 2pm - 4pm  
**Location:** BPL North End  
25 Parmenter St., North End  
**Contact Info:** 617-227-8135

**MAY**  
**18**  
**Friends of the South Boston  
Branch Library May  
Book Sale**  
**Time:** 9:30am - 3:30pm  
**Location:** BPL South  
Boston, 646 East Broadway,  
South Boston **Contact Info:**  
J.Bickford, 617-268-0180

**MAY**  
**18**  
**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

**MAY**  
**20**  
**Gentle Yoga for All Ages at  
Charlestown Branch**  
**Time:** 11am - 12pm  
**Location:** BPL Charlestown,  
179 Main St., Charlestown  
**Contact Info:** 617-242-1248

**MAY**  
**21**  
**Special Collections Open  
House: Asian American and  
Pacific Islander Heritage  
Month**  
**Time:** 2pm - 4pm **Location:**  
Central Library in Copley  
Square, 700 Boylston St.,  
Boston **Contact Info:** Special  
Collections, 617-859-2043

**MAY**  
**22**  
**Collage Craft Circle**  
**Time:** 3pm - 4:30pm  
**Location:** BPL Jamaica Plain,  
433 Centre St., Jamaica Plain  
**Contact Info:** Nic,  
617-522-1960

"When you love what you have, you have  
everything you need."

-Unknown

**MAY**  
**23**  
**Cheers for Chocolate:  
Massachusetts' History of  
Chocolate**  
**Time:** 6pm - 7:30pm  
**Location:** BPL Uphams  
Corner, 500 Columbia Rd,  
Dorchester **Contact Info:**  
Elise, 617-265-0139

**MAY**  
**23**  
**Yin Yoga Hour**  
**Time:** 6:30pm - 7:30pm  
**Location:** BPL Brighton,  
40 Academy Hill Rd, Brighton  
**Contact Info:** 617-782-6032

**MAY**  
**25**  
**Café Concert Series:  
Tiril Jackson**  
**Time:** 2pm - 3pm  
**Location:** Central Library in  
Copley Square, 700 Boylston  
St., Boston **Contact Info:**  
Adult Programs Department  
617-859-2129

## 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](http://boston.gov/age-strong-events)





## **MENTAL HEALTH AWARENESS MONTH**

In May we celebrate Mental Health Awareness Month, a time when we learn about stressors and also tools on how to manage them. Specifically, we'll look at hoarding disorder, the value of socializing with people, depression, and anxiety. Please know Age Strong now has a behavioral health team to help Boston's older residents get to the help you need. Call 617-635-4366 for information.

-Boston Seniority Team

## About Hoarding Disorder

By Libby Arsenault, Age Strong Staff

Mental Health Awareness Month is the perfect time to raise awareness, encourage people to seek help, and support those with hoarding disorder. Hoarding disorder is characterized by two main features: continued difficulty in discarding possessions, regardless of their value, and distress when getting rid of possessions.

Despite increased demand for mental health services in the wake of the COVID-19 pandemic, some conditions are still stigmatized, and hoarding disorder is one of them. People who experience this disorder are often willing to receive help but may need help with where to start.

Most of us have difficulty letting go of certain things, so having a lot of possessions doesn't necessarily mean someone is hoarding. However, clutter can become a problem when it affects a person's ability to function in their daily life and be safe. Relationships with loved ones might suffer, leading to isolation and loneliness. Accidents might happen if someone cannot move around their home freely due to objects in the way. Emergency responders can find it challenging to enter a home if windows and doors are blocked.

If you or someone you love lives with excessive clutter, here are some tips to start the decluttering process. Surround yourself with supportive friends/family. A therapist can help with managing difficult emotions around discarding items.

Hoarding expert Lee Shuer suggests asking a friend to join you while you discard items, as sharing the story of an item with someone else may make it easier to let go of. Shuer advises starting with slow and gradual discarding to build confidence and muscle memory, making it easier to continue discarding. With paperwork, Shuer suggests working backward by discarding more recent paperwork first.

Buried in Treasures by Tolin et al., a book available at the Boston Public Library, can help with skill-building and may be a valuable resource for anyone dealing with compulsive acquiring, saving, or hoarding. If you would like assistance finding a therapist, contact Age Strong's Behavioral Health Unit at 617-635-4366.



## Depression & Anxiety: What to Know and Where to Turn

By Jordan Rich, Age Strong Staff

Depression and anxiety have become synonymous with mental health. Roughly four in ten Americans have reported symptoms of depression or anxiety in their lives. Experiencing feelings of fear and sadness are usual human experiences, but when these feelings linger for weeks or months they may be warning signs of a clinical depression or anxiety disorder.

Depression and anxiety affects individuals, their relationships, work, and more. People with anxiety experience extreme worries that do not match their reality. A quickening heart rate, sweating, and panic attacks can occur. Some older adults develop phobias around falling or death. Due to the increased frequency of loss in older age, grief can be a trigger for anxiety and often overlap with depression. Common symptoms of depression include a persistent sad, anxious, or empty mood, feelings of hopelessness, helplessness, guilt, or worthlessness, irritability, restlessness, or having trouble sitting still, loss of interest in once pleasurable activities, decreased energy, difficulty concentrating or remembering, trouble sleeping, unplanned weight loss or gain, unexplained aches or pains, and thoughts of death or suicide.

Depression looks and feels different for each person. Talk with your doctor if you notice any number of these symptoms lasting for more than two weeks. It is important to seek support. Inform your family or friends when you are experiencing

symptoms of depression or anxiety. Depression, including severe depression, can be treated. Common forms of treatment include talk therapy, medication, changes to diet/exercise, electroconvulsive therapy, and repetitive transcranial magnetic stimulation.

Loneliness and social isolation are associated with higher rates of depression and anxiety. Although most cases of depression can not be prevented, a healthy lifestyle can have long term positive benefits on your mental health. Eating a balanced diet, being physically active, socializing with loved ones, and getting seven to nine hours of sleep are steps you can take to lessen anxiety and improve your mental health.

Age Strong's Behavioral Health Unit can assist you with resources and supports like connecting to a therapist, a psychosocial support group, or to discuss supports with one of our clinicians. Please contact Becca Mayfield, LICSW, at [rebecca.mayfield@boston.gov](mailto:rebecca.mayfield@boston.gov) or 617-635-4366.

In addition, Age Strong offers a Mindfulness for Older Adults Workshop at the West End Branch of the Boston Public Library, Fridays at 11am through June 7th. Email [wfiorentino@bpl.org](mailto:wfiorentino@bpl.org) to register. You can also practice calming strategies at home through Age Strong's Virtual Yoga and Meditation Class, which runs on Wednesdays at 11:30am with the link [bit.ly/ZoomAgeStrongVirtual](https://bit.ly/ZoomAgeStrongVirtual).

## Highlighting Age Strong's Memory Cafés

By Corinne White, Age Strong Staff

The first “Alzheimer’s Café” was founded in 1997 in Leiden, Holland by geriatric psychiatrist Dr. Bere Miesen. Dr. Miesen noticed that people were afraid to talk about their declining memory. This fear prevented them from seeking a diagnosis and receiving support.

Memory Cafés create a safe, welcoming space for those with cognitive impairment. Cafes are both beneficial for the person living with dementia, and also the care partner. They offer a break from normal routines and the opportunity to socialize and share information. The concept took off throughout Europe and was brought to the United States in 2008.

A “memory café” can be held anywhere—from an actual café to a public space like a library. Research shows that Memory Café attendees build social connections. These connections ease the symptoms associated with isolation and stigma. Attendees experience joy, meaning, and belonging. Cafés demonstrate the possibility of living well with dementia.

The Age Strong Commission hosts two ongoing Memory Cafés:

**Codman Square Branch, Boston Public Library**, 690 Washington Street  
Monthly, every 2nd Wednesday,  
10am-12pm

**Jamaica Plain Branch, Boston Public Library**, 30 South Street  
Monthly, last Monday, 10:30am - 12pm  
Bilingual in Spanish; in partnership with Boston University’s Alzheimer’s Disease Research Center’s student ambassadors.

At our Memory Cafés, we strive to create an environment of respect and joy. We provide respite from day-to-day life with dementia and of being a care partner. Each month, we engage in different artistic, cognitive, and wellness activities. We experience Ageless Grace, drum circles, drawing class, mindfulness, and more. Regardless of where you are on your journey with memory loss, please join us!

Age Strong Memory Cafes are free and open to the public. Please RSVP to Corinne White at [corinne.white@boston.gov](mailto:corinne.white@boston.gov) or 617-635-3745. Memory Cafés occur in different locations and languages. A directory of all Memory Cafés in Massachusetts can be found at [jfcsboston.org/MemoryCafeDirectory](http://jfcsboston.org/MemoryCafeDirectory).



## Older Adults and Connections

By Bob Linscott, Age Strong Staff

Do you ever notice our list of “shoulds” growing as we age? I SHOULD exercise more; I SHOULD eat better; I SHOULD lessen my stress. These are common worries for many older adults.

Spring is here—a good time for an easy change in your life. Why not call a friend to make a plan to do something fun—anything! Just getting out and connecting with other people (or even one person) can positively impact your overall well-being. If there isn’t someone to call quickly, Age Strong has many programs running across Boston. Read about them in this magazine, check out our website ([boston.gov/agestrong](http://boston.gov/agestrong)), or call us at 617-635-4366 to learn what’s going on near you. Then set a goal to step out and try something new!

Why is socialization so important as we age? These connections keep us active, engaged, and add meaning to our lives. Just meeting someone for coffee or a walk reminds us that we are not alone—that others have interests and challenges like we do.

Being with others offers a boost in our mental and emotional well-being. It gets us “out of our head” from worries and often gets us off the couch, out of the

house, into fresh air and moving. Walk to the library, join a book group, volunteer at a community center, meet a neighbor for a walk in the park.

The more you connect with others, you will see significant changes in your life. You’ll have more energy, feel more positive, and likely want to do more of it!



## ► 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:*

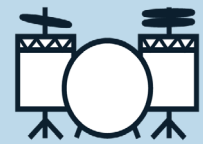
Call us for more details at 617-635-4366.



### 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:

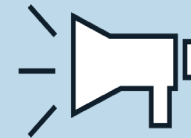
The Commission organizes many **in person and virtual** events and programs throughout the year.



### 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.

# SUPPORT GROUP FOR DEMENTIA CARE PARTNERS



Join our new, free support group where you can get information, learn about resources, make connections & share experiences.

## Boston Centers for Youth & Families (BCYF) Roslindale

6 Cummins Highway, Roslindale, 02131

**4th Friday of each month, 12-1pm**

**2024 Dates:** Feb 23, March 22, April 26, May 24, June 28, July 26

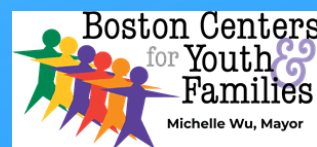
### PLEASE RSVP:

Corinne White / 617-635-3745 / [corinne.white@boston.gov](mailto:corinne.white@boston.gov)

*If you have barriers that prevent you from attending, please reach out and let us know. We may be able to help.*

**AGE+**

City of Boston  
Age Strong Commission

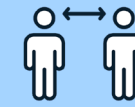


**ALZHEIMER'S  
ASSOCIATION**

# BOSTON FOOD RESOURCES



Wear a mask if you need to go outside.



Maintain social distance. Keep 6ft (2m) apart.



Wash your hands frequently with soap and water.

## Pick Up Food

### Youth Meals Sites



Breakfast and lunch at no cost for youth 18 and under.

Visit [www.boston.gov/bostoneats](http://www.boston.gov/bostoneats)

### Fair Foods Sites



Fair Foods sites offer bags of fresh produce for only \$2.

Visit [www.bit.ly/fairfoods20](http://www.bit.ly/fairfoods20)

### Food Pantries



Food pantries provide groceries to those in need, regardless of immigration status.

Visit [www.gbfb.org/need-food](http://www.gbfb.org/need-food)

### Visit Farmers' and Mobile Markets



Buy fresh local produce at Boston farmers' markets.

Find the nearest location at [www.boston.gov/farmersmarkets](http://www.boston.gov/farmersmarkets)

## Older Adults

### Meals on Wheels



Nutritious meals delivery for home bound elderly residents.

Call 617-292-6211 or visit [www.ethocare.org/contact-ethos](http://www.ethocare.org/contact-ethos)

### Call Age Strong Commission

**AGE+**

Call the City of Boston Age Strong Commission at 617-635-4366 or dial 3-1-1.

## Food Benefit Programs

### Apply for SNAP



SNAP can help you or your family afford food.

Call Project Bread at 1-800-645-8333

### Shop at Double Up Stores



Shop with SNAP to get 50% off your fresh fruits and vegetables. Save up to \$10 each day.

Visit [www.boston.gov/doubleup](http://www.boston.gov/doubleup)

### Use HIP at Farmers' Markets



Save when you shop with your EBT card at participating HIP farm vendors.

For more information visit [www.boston.gov/healthy-incentives](http://www.boston.gov/healthy-incentives)

### Shop with WIC



WIC is a nutrition and support program for Women, Infants, and Children under 5.

Visit [www.mass.gov/wic-information-for-participants](http://www.mass.gov/wic-information-for-participants)

## Housing Stability



Call 617-635-4200 or visit [www.boston.gov/housing-stability](http://www.boston.gov/housing-stability)

[www.boston.gov/food](http://www.boston.gov/food)

 Food Justice **CITY of BOSTON**

# 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)

# THE BOSTON PARKS SUMMER FITNESS SERIES



May 5 - August 31, 2024

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

	TIME	CLASS	LOCATION, NEIGHBORHOOD
<b>SUNDAY</b>	8:00 a.m. 9:00 a.m.	HIIT Bootcamp	VIRTUAL Iacono Playground, Hyde Park
<b>MONDAY</b>	5:00 p.m. 6:00 p.m. 6:00 p.m. 6:00 p.m.	Afrobeats Dance Zumba Strength & Conditioning Kick It by Eliza	VIRTUAL Christopher Columbus Park, North End Fallon Field, Roslindale Brighton Common, Allston-Brighton
<b>TUESDAY</b>	8:00 a.m. 5:30 p.m. 6:00 p.m. 6:00 p.m. 6:30 p.m. 7:00 p.m.	Tai Chi Strength & Conditioning Yoga Zumba BCBS Family Zumba Bootcamp	Elliot Norton Park, Chinatown LoPresti Park, East Boston Winthrop Square, Charlestown (Training Field) Mozart Street Playground, Jamaica Plain Hunt-Almont Park, Mattapan VIRTUAL
<b>WEDNESDAY</b>	6:00 p.m. 6:00 p.m. 6:00 p.m. 6:00 p.m. 6:30 p.m.	Salsa Yoga Mindfulness Dance Yoga BCBS Line Dancing	O'Day Playground, South End VIRTUAL Malcolm X Park, Roxbury Medal of Honor Park, South Boston Franklin Park, Dorchester (Near the Golf Clubhouse)
<b>THURSDAY</b>	8:00 a.m. 10:00 a.m. 6:00 p.m. 6:00 p.m.	HIIT BCBS Chair Yoga Zumba Tone BCBS Frog Pond Yoga	VIRTUAL Symphony Park, Fenway Billings Field, West Roxbury Boston Common, Downtown
<b>FRIDAY</b>	12:00 p.m.	BCBS Chair Yoga	VIRTUAL
<b>SATURDAY</b>	8:00 a.m. 10:00 a.m.	Walking Group Zumba	Franklin Park, Dorchester VIRTUAL

No classes will be held on 5/27, 6/19, & 7/4

[f](#) [@](#) [X](#) @bostonparksdept @healthyboston



## 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)



# Creative Aging Program

Self-paced, online video series



Ballroom  
Dancing



Drawing  
(in Spanish)



Making Your Own  
Memory Book



## ANIMAL CARE AND CONTROL

Upcoming dog licensing and low-cost pet vaccine clinics on Saturdays from 10am-2pm:

**Jamaica Plain / May 18**  
BCYF Curtis Hall Community Center  
20 South St.

**South Boston / June 1**  
BCYF Condon Community Center  
200 D St.

**Roxbury / June 15**  
BCYF Tobin Community Center  
1481 Tremont St.

Visit [boston.gov/animals](https://boston.gov/animals) or call 617-635-1800 to learn more.

**3 New On-Demand  
Learning Video Series  
on YouTube:**  
[youtube.com/@aginginboston](https://youtube.com/@aginginboston)



For more information, contact Age Strong  
at 617-635-4366

# ▶ SEEN AROUND TOWN





# AGE STRONG RESOURCE FAIR!

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



*Free & open to the public!*

*Light refreshments & raffles*

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

**May 15, 11-2, Our Lady of the Annunciation  
7 VFW Parkway, West Roxbury**

**June 1, 11-2, IBEW Local 103  
256 Freeport St #1, Dorchester**

RSVP at [bit.ly/AgeStrongResourceFair](https://bit.ly/AgeStrongResourceFair) or 617-635-4366

**Scan here to RSVP**

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Age Strong Commission

