Creative Aging Project's City-Wide Poetry Prompt

Inviting Boston’s Older Adults to Write & Share Original Poems

The top 3 submissions will be published in Boston Seniority magazine!

Submission Deadline: Monday, June 6, 2022 at 5:00pm

Older adults are invited to submit original poetry based on any of these prompts:

- Write a recipe describing a specific emotional feeling
- Write the autobiography of your grandparent’s hands
- Write about a moment in history (your own or global) you wish you could change & change the ending

How to submit your poetry:
Email: AgeStrong@Boston.gov
Fax: 617-635-3213
Mail: Age Strong Commission, Boston City Hall, Room 271
1 City Hall Sq., Boston, MA 02201

All poems are welcome, in any language, even if not in line with the suggested “prompt.” For more information call Renee Frechette at 617-635-4168 or email renee.frechette@boston.gov
MONDAY, MAY 30
(MEMORIAL DAY)
6:30pm-8:30pm
Honour and Remembrance Vigil of Peace
Veterans Memorial Park Dr., Back Bay
Click here for more information.

TUESDAY, MAY 31
9:30am-10:30am
Neighborhood Coffee Hours - Dorchester
Garvey Playground
340 Neponset Ave., Dorchester
Click here for more information.
10:30am
A Quilting Circle
BPL: Codman Square
690 Washington St., Dorchester
Click here to register & for more information.
11am-1pm
Knit/Crochet Circle
BPL: Roslindale Branch
4246 Washington St., Roslindale
Click here for more information.

WEDNESDAY, JUNE 1
11am-12pm
Older Adults Chair Yoga
BPL: Codman Square
690 Washington St., Dorchester
Click here for more information.
11:30am-12:30pm
Age Strong Virtual Latin Dance
No registration necessary
Join by Zoom link here.
3pm-4pm
Tech Help by Appointment
BPL: Jamaica Plain
30 South St., Jamaica Plain
Click here for more information.
CONGRATULATIONS TO OUR GRANTEES!

The City of Boston & the Age Strong Commission have awarded $360,000 in funding to 16 nonprofit community organizations to provide programming that creates connection & reduces social isolation of older adults. Below are the grantees:

- Boston Project Ministries
- Boston Public Housing Corporation
- Central Boston Elder Services
- Dorchester Bay Economic Development Corporation
- Little Brothers Friends of the Elderly/Boston
- Madison Park Development Corporation
- Maverick Landing Community Services
- Nigerian-American Multi-Service Association
- Operation P.E.A.C.E. Northeast
- Orchard Park Tenants Association/Saida's Community Garden
- Somali Development Center
- The Urban Farming Institute of Boston
- Tzu Chi Foundation
- Urban Edge Housing Corporation
- Voice of the Tabernacle Multi Service Center
- Whittier Street Health Center Committee
THURSDAY, JUNE 2

5pm

**Boston Pride Kick-Off**
1 City Hall Square, Boston
Click [here](#) for more information.

THURSDAY, JUNE 2

9:30am-10:30am

**Neighborhood Coffee Hours - Bay Village/ Chinatown**
Elliot Norton Park
295 Tremont St., Chinatown
Click [here](#) to register & for more information.

1pm

**BPL Virtual: Lunchtime**
Science Fiction/Fantasy Short Story Club
Click [here](#) to register & for more information.

2pm-4pm

**Chess and Checkers with Charlies**
BPL: Hyde Park
35 Harvard Ave., Hyde Park
Click [here](#) for more information.

SATURDAY, JUNE 4

10am-12pm

**2022 Watercolor Painting Workshops: Jamaica Pond Boathouse**
507 Jamaicaaway, Jamaica Plain
Click [here](#) for more information.

11am-12pm

**Hatha Yoga for Active Adults**
BPL: South Boston
646 East Broadway, South Boston
Click [here](#) for more information.

SUNDAY, JUNE 5

9am-10am

**Park Summer Fitness: Strength Training**
A Street Park, 135-141 A St., South Boston
Click [here](#) to register & for more information.

6pm-7pm

**Park Summer Fitness: Virtual Yoga**
Click [here](#) to register & for more information.
Mayor Michelle Wu’s

NEIGHBORHOOD COFFEE HOURS

9:30am-10:30am

For more info:
boston.gov/coffee-hours

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Medicare Covers Over-The-Counter Covid-19 Tests

During the COVID-19 public health emergency, people with Medicare can get up to 8 over-the-counter COVID-19 tests per month for free from participating pharmacies and health care providers.

Visit medicare.gov/medicare-coronavirus#300 for more information.
DID YOU KNOW YOU COULD SAVE UP TO $1,500 ON YOUR PROPERTY TAXES?

JOIN AGE STRONG'S PROPERTY TAX WORK-OFF PROGRAM

Our mission is to enhance the lives of Boston's older adults with meaningful programs and resources.

ABOUT PTWOP

• Qualified older homeowners could volunteer up to 106 hours for the City of Boston, in exchange for a property tax abatement of up to $1,500 per fiscal year.

REQUIREMENTS

• Age 60+
• Gross income:
  $40,000 or less if single
  $55,000 or less if married
• You must own & occupy property
  3+ years & occupy property as a primary residence.

HOW IT WORKS

Step 1
Submit your application with all supporting documents by July 1, 2022.

Step 2
If approved, we’ll match you with a volunteering opportunity.

Step 3
When you complete the hours, you’ll receive a property tax abatement.

City of Boston
Age Strong Commission
Mayor Michelle Wu

617-635-5741
lisa.martins@boston.gov
BOSTON'S AGE STRONG COMMISSION - WEEKLY DIGEST

BECOME A BUS BUDDY!

Bus Buddies teach older adults how to safely navigate public transportation

Bus Buddy Volunteers:
- receive practical training
- receive some reimbursement for travel/meals
- receive free accidental/liability insurance
- are CORI cleared
- are invited to our yearly volunteer recognition

Interested?
Call Monique Carvalho at 617-635-4374 or email monique.carvalho@boston.gov

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AmeriCorps Seniors
INTERESTED IN FREE OR DISCOUNTED INTERNET?

The Affordable Connectivity Program offers eligible households up to $30 per month for internet service, and up to $100 in a one-time discount for a digital device.

Learn more and submit an application online at ACPBenefit.org.
"One small act can create an enormous impact"

Become a Respite Volunteer!

AmeriCorps Seniors RSVP volunteers offer friendship and are attentive to an individual living with dementia, while giving the gift of respite to a caregiver.

We offer reimbursement for some out-of-pocket expenses.

*Must be 55+

For more information, call Monique!!
617-635-4374
AmeriCorps Seniors is offering two new engaging workshops

Let's Connect Virtually!! Schedule a Group Workshop with Boston RSVP Today!

Money Smart
- Learn best practices on how to manage your money
- Recognize and reduce the risk of financial exploitation
- Guard against identity theft

Opioid Prevention & Education
- Learn more about Opioids & the effects they have on the body
- How to prevent overdose
- How to communicate with and support loved ones who are living with addiction

To learn more or schedule a workshop contact:
Monique Carvalho at 617-635-4374
Monique.carvalho@boston.gov
ALL ABOARD

Starting Tuesday, March 1, the 23, 28 and 29 MBTA buses will be fare-free for two years.

OFFICE of MAYOR WU

Hearing Loss?
Will you hear your smoke alarm?
The Boston Fire Department will install a free bed shaker alarm with smoke and CO detectors to ensure you will be able to respond in the event of an emergency. For installation and additional information please call 617-343-3337 or email michelle.mccourt@boston.gov

Here is how the HLAC works:
- Ordinary T-3 smoke alarm
- Bright orange screen flashes "FIRE"
- Powerful pulsating bed shaker vibrates
- Patented Lifetone™ technology constantly listens for your smoke alarm
- The LOUD low-frequency 520 Hz T-3 alarm sounds
  A baritone voice says "FIRE! GET OUT!"

2022 BOSTON ANNUAL RESIDENT LISTING

The Boston Annual Resident Listing is how you, as a Bostonian, ensure that our City works for all of its people.

Learn more at boston.gov/census or call 617-635-VOTE (8683)
MINI-GRANTS 2022

APPLY ONLINE NOW

bit.ly/LYB-Grants
Deadline June 10, 2022

City of Boston
Civic Organizing

THIS WEEK’S WALK-IN COVID-19 VACCINE & BOOSTER CLINICS AND COVID-19 TESTING SITES

Visit boston.gov/covid19-vaccine for vaccine clinics.
Visit boston.gov/covid19-testing for testing sites.
Call the Mayor’s Health Line: 617-534-5050

2nd Boosters for Eligible Patients Now Available!
Request FREE High Speed Internet & a Chromebook Laptop through the Boston Public Library’s Long Term Lending Program

If you are an adult Boston resident who either has no home Internet service — or if the Internet service you have is too slow for online learning — you may be able to access free high-speed home internet via an LTE enabled home wi-fi router through June 2023 from the Boston Public Library. Those who qualify may also receive a new Google Chromebook laptop.

A limited number of spaces exist for this program. Apply now at www.bpl.org/long-term-lending.

2022 FREE IMMIGRATION CONSULTATIONS currently by telephone

To schedule an appointment:
Call: 617-635-2980
Email: immigrantadvancement@boston.gov

Ask a volunteer lawyer for immigration advice on the first and third Wednesday of every month from 12 - 3 p.m.

Interpretations and disability accommodations are available. Consultations are maximum of 15 minutes.

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For more information:
Call: 617-635-2980, Website: boston.gov/immigrants
Facebook & Twitter: @BOSImmigrants