

# BOSTON SENIORITY

Age Strong Commission

City of Boston

Mayor Michelle Wu

June 2025

Issue 5

Vol. 49

## HAPPY PRIDE MONTH!

MAYOR'S LETTER  
P. 4

THE PRYDE  
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CITY of BOSTON



FREE PUBLICATION



AGE+

Age Strong  
Commission



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WITH THE AGE  
STRONG COMMISSION!**



**Main number:** (617) 635-4366



**Age Strong Shuttle:** (617) 635-3000



**Website:** [boston.gov/age-strong](https://boston.gov/age-strong)



**Email:** [agestrong@boston.gov](mailto:agestrong@boston.gov)

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Michelle Wu  
Mayor

Emily K. Shea  
Commissioner

Ami Bennitt  
Director of Communications

Sarah Smith  
Communications Coordinator

Edzani Kelapile  
Communications Coordinator

Dillon Tedesco  
Marketing Coordinator

Jordan Rich  
Partnership and Sponsorship Manager

Sophia Wang  
Partnership Coordinator

1 City Hall Square - Room 271  
Boston, MA 02201

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- ♥ Bluesky: @agestrong.boston.gov

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

Email us at:  
Bostonseniority@boston.gov



# MAYOR'S LETTER

JUNE 2025

## Hello Boston!

And just like that, it's summer in the city! The flowers are in full bloom, the sun is shining, and every neighborhood is buzzing with life as residents of all ages get outside to enjoy the weather.

Baby Mira and I had so much fun celebrating Older Americans Month with so many of you in May—and I want to thank all of you who came out to our neighborhood Coffee Hours to ask questions, share your perspective, and just say hello!

June is Pride month, and we're celebrating the joy and resilience of our older LGBTQ+ residents, your accomplishments, and your significant contributions to our culture and community here in Boston. Inside this issue, we meet staff and residents of The Pryde in Hyde Park—the first dedicated LGBTQ+ senior housing community in Boston. Age Strong partner Ethos shares how they provide support services to the LGBTQ+ community, and we hear more from Boston's Transportation Department about the important work they do across the city.

June also brings World Elder Abuse Day; The Longest Day/Memory Sunday, raising awareness of Alzheimer's Disease and all those impacted by it; and Juneteenth—a day when we reflect on, and celebrate, the last enslaved people in the U.S. gaining their freedom.

I hope you'll make the most of the sunlight and participate in the many Age Strong programs being offered across the city this summer—from wellness activities and classes to games and social events.

Looking forward to seeing you out in community!

Michelle Wu

*Michelle Wu*  
Mayor of Boston



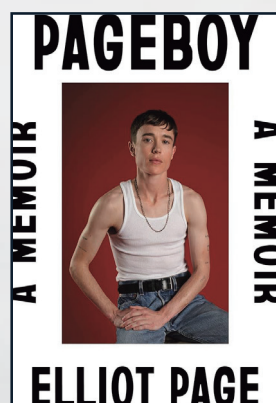


► BOOKS

## BPL BOOK PICKS

Source: Boston Public Library

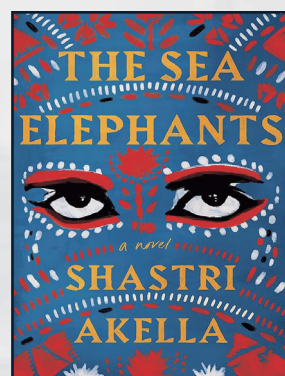
"We are Pride" is a list of books about the diverse experience of the LGBTQ+ community. This list is part of the Boston Public Library's annual observance of Pride Month.



### **Pageboy: A Memoir** by Elliot Page

Page, an Oscar-nominated star, reveals how his career turned into a nightmare

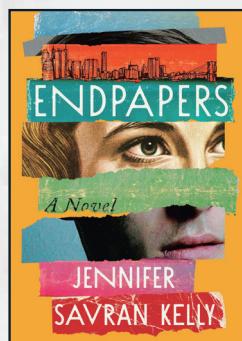
while facing criticism and abuse in Hollywood until he'd had enough and stepped into who he truly is with defiance, strength, and joy.



### **The Sea Elephants** by Shastri Akella

A queer coming-of-age meted novel set in 1990s India, about a young man who

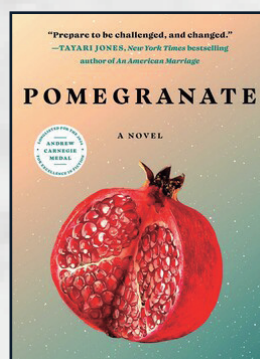
joins a traveling street theater troupe, seeking to outrun the dark secrets of his past.



### **Endpapers**

by Jennifer Savran Kelly

A genderqueer book conservator feels trapped by her gender presentation, her relationship, and her artistic block — until she discovers a decades-old hidden queer love letter and becomes obsessed with finding its author.

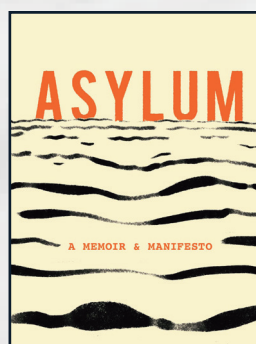


### **Pomegranate**

by Helen Elaine Lee

Follow a queer Black recovering addict recently out of prison in Boston

as she fights to stay clean and regain custody of her two children while her old life continues to beckon.



### **Asylum: A Memoir & Manifesto**

by Edafe Okporo

Now a global gay rights & immigration activist, Okporo

recounts fleeing from a violent mob in his native Nigeria and his experiences navigating the confusing U.S. immigration system as a refugee.



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



# THE IMPORTANCE OF HYDRATION

By Maeve Forbes, Age Strong Staff

## **Healthy habits help our bodies carry us through our daily lives.**

One of the most important, yet often overlooked is staying hydrated. The adult human body is made up of 60% water. Drinking enough water is vital for our body to function properly. As we age, our body's ability to hold water decreases, making hydration even more important to our wellbeing. One study by the National Institute of Health (2023) found that middle-aged and older adults who kept their sodium serum levels down through water consumption showed a decreased risk of chronic diseases.

Signs of dehydration include thirst, fatigue, dizziness, headache, muscle cramps or spasms, a dry mouth or dry cough, and dark-colored urine. We may also feel irritable and anxious.

If we allow these symptoms to persist, our risk of dehydration grows. That's why it is important to recognize these signs so we can stay hydrated to keep our bodies healthy and moving. There are many benefits to keeping hydrated! Water supports digestion, helps reduce bloating, heartburn, gas, and constipation. It helps keep our joints lubricated, reducing aches in our knees, hands, and back. Drinking enough water aids our heart and the flow of oxygen to our brains by expanding our veins. When our heart doesn't have to expend as much energy to pump blood through our bodies we have more energy throughout the day for the activities we love!





## HYDRATION TIPS

*Chronic dehydration is common in the U.S. Here are some tips to help drink our daily recommended 8 glasses of water (or more)!*

### **Incorporate water into your routine!**

Add drinking water to existing habits. Before you brush your teeth, drink one cup of water. Before and after your daily meals, drink a cup. This can help wake you up, reduce dry mouth, and aid in digestion.

### **Eat your water!**

If drinking eight glasses of water daily seems difficult, eat foods with high water content. Melons, cucumbers, celery, lettuce, zucchini, and cabbage are over 90% water. In addition to hydration benefits, these are packed with healthy vitamins and minerals.

### **Make it a competition!**

Multiply the benefits of developing a new healthy habit by getting your friends and family involved.

A good natured competition, equipped with bragging rights can help transform our water intake.

Involving others may motivate you to meet your daily intake. Encourage and remind each other with each sip!



## SCAM CORNER: LOOK OUT FOR QR CODE SCAMS

By Sophia Wang, Age Strong Staff

### Quick Response codes (QR codes)

are square patterns now widely used on restaurant menus, parking meters, and more. When you scan the code with your phone's camera, it links you to a website. Scammers are now using QR codes to direct you to fraudulent websites, too.

### How They Do It

- Scammers may cover real QR codes with fraudulent QR codes
- They pretend to be legitimate companies, but send harmful QR codes via texts, emails & on social media ads
- They request you to verify your information using a QR code

### How to Protect Yourself

- **Verify the source:** make sure that the QR code is from a reliable source
- **Inspect the link before opening:** after scanning, look closely at the link to see if the link is from a legitimate website, or if it has misspellings or switched letters

- **Don't scan any unsolicited QR codes from texts or emails,** especially if it tells you to act immediately: if you think the message is from a legitimate company, use their website or phone number that you know is real.
- **Make sure your phone and computer are updated with the latest software**

If you experienced a scam you can report it to the Federal Trade Commission at **[reportfraud.ftc.gov](https://reportfraud.ftc.gov)**





INTERESTED IN  
LEARNING HOW TO  
ROW OR IMPROVING  
YOUR SKILLS?

AGE STRONG  
**SUMMER  
ROWING**

FREE TO AGES 60+

**FILL OUT OUR  
RSVP FORM**



OR CONTACT BOB LINSKOTT  
[robert.linscott@boston.gov](mailto:robert.linscott@boston.gov)  
(617) 635-4250

*First-come, first-serve  
Only a few spots remain!*



City of Boston  
Age Strong Commission  
Mayor Michelle Wu

**CRI**  
Community Rowing Inc.



# JUNE 19 IS JUNETEENTH!

By Edzani Kelapile, Age Strong Staff

**In the U.S. we celebrate Juneteenth to commemorate June 19, 1865**, when Union troops arrived in Galveston Bay, Texas, to announce that all enslaved Africans in the United States had been given freedom. The combined powers of the Emancipation Proclamation (1863), declaring all slaves in the rebel states freed, and the Thirteenth Amendment (1865), abolishing slavery throughout the U.S., allowed Texans to embrace their new freedom and enshrine that June day as “Juneteenth” or “Freedom Day.”

Celebrations of this day started by the families of those formerly enslaved in Texas, but over time, more states with prominent Black communities embraced Juneteenth, too. Celebrations included singing, dancing, religious services, games and barbeques. Another significant tradition was the discarding of slavery-era garments into a river to symbolize separation from total bondage.

In 1980, forty years before it became federally recognized, Texas was the first state to observe Juneteenth as a holiday.

The national holiday push gained further attention in 2016 when activist Opal Lee, at the time 89 years old, took a series of 2.5-mile walks around her Texas home, symbolizing the two-and-a-half years between the Emancipation Proclamation and the freedom announcement in Galveston.

Lee also led an online petition campaign for Juneteenth to become a national holiday, gaining 1.6 million signatures. The Black Lives Matter movement brought attention to Juneteenth as a holiday, as well as the importance of how we view America’s history and tell the stories of its people. This culminated in the Juneteenth National Independence Day Act on June 17, 2021, signed by President Biden, finally marking June 19 as a federally-recognized and observed holiday across the U.S.

For more information on the history and celebration of Juneteenth, visit [nmaahc.si.edu/explore/moments/juneteenth](https://nmaahc.si.edu/explore/moments/juneteenth).





## BASIC CITY SERVICES: SPEED HUMPS

By Ami Bennitt, Age Strong Staff

**All of Boston's basic city services have the same mission:** keeping residents safe. Whether it's keeping street lights shining, roadways snow free, or trash collected, City departments work together to keep Boston moving efficiently and safely.

The City is installing over 2,000 speed humps as part of the "Safety Surge" program to slow down vehicles, reduce crashes, and improve safety for pedestrians and cyclists.

Speed humps, which will be installed in every Boston neighborhood, reduce car speeds and create a better environment for those who live, walk, and bike in our neighborhoods

"Boston's speed humps are not like the speed bumps you may encounter in a parking lot. [These] 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," shares Boston's Department of Transportation.

"We paint white triangles on the street and install yellow 'Speed Hump' signs so drivers are



aware." Speed humps are only used on smaller neighborhood streets. They are not appropriate for wider, busier streets or for streets with MBTA bus routes, like Mass Ave. or Washington Street.

Speed humps are built in a series. On any given street, drivers will encounter one every 150 to 250 feet. Because they can see the next speed hump ahead, people are more likely to drive a consistent, slower speed. Speed humps don't get in the way of street sweeping, snow plowing, or street parking.

The City has installed speed humps in Dorchester, Jamaica Plain, Roxbury, and South Boston. Every zone was analyzed using the most recent car crash history and census data. "We are also working with the Office of Neighborhood Services to conduct outreach to ensure that the speed hump zones match the needs of the community."

To learn more about when street humps may come to your neighborhood, contact your Neighborhood Services Liaison at **(617) 635-3485**. Learn more by watching this video: [youtube.com/watch?v=4HVAHEgUeGA](https://youtube.com/watch?v=4HVAHEgUeGA).



## PARTNER HIGHLIGHT: ETHOS

By Jordan Rich, Age Strong Staff

**Ethos, one of Boston's three Aging Service Access Points (ASAP), is a long time Age Strong partner and grantee.** Ethos has provided home care and served older adults since the 1970s. In 2004 Ethos expanded its offerings to include LGBTQ+ specific programs. Ethos' LGBTQ+ program manager, Mackenzie Valencia, shared the following:

### **How did LGBTQ+ programming at Ethos start?**

Our first LGBTQ+ café, Café Emmanuel, focused on providing a safe and affirming place to share a meal, began in 2004. After 21 years, it's still going strong and we hope to expand our cafés to more Boston neighborhoods.

### **Why is it important for Ethos to offer LGBTQ+ specific programs to Boston's older adults?**

Ethos has long led taking on challenges facing elders and finding solutions to help them

age in community. LGBTQ+ elders are among our most vulnerable older adults. They're less likely to have traditional support other non-LGBTQ+ seniors have as they age—such as spouses, children, and other relatives. Ethos supports LGBTQ+ elders to age well in community, among peers.

### **Which other LGBTQ+ programs/services does Ethos offer?**

We hold 4 LGBTQ+ cafes throughout Boston, providing hot meals to LGBTQ+ older adults. Occasionally music or presentations are offered at the cafes. We also have a LGBTQ+ Caregivers Support Group led by a licensed social worker. This provides caregivers that are part of the LGBTQ+ community a safe space to discuss their unique struggles and get feedback from others with similar challenges. These programs take place at Emmanuel Church (Copley Square),



Rogerson House, Mount Pleasant Home, Ethos (Jamaica Plain), and Goddard House (Brookline).

### **What do LGBTQ+ people specifically seek?**

Whether people attend an informational or a social event, the common thing they seek is community. Knowing they can come to an Ethos LGBTQ+ event and feel safe and seen is very important to our members. We aim to provide a good mix of events to give the community opportunities to learn, socialize, and build connections.

**Are services and programs free and open to the public?** All services and programs are free, open to the public with RSVP.

### **What are the challenges facing the older adults you serve?**

Many older adults struggle with navigating disabilities, healthcare, and accessibility—which can impact their ability to attend events. This is why we offer online options for many events. LGBTQ+ older adults also face discrimination and some fear being themselves at non-LGBTQ+ events or housing. Providing safe spaces is incredibly important to this population—which is often overlooked.

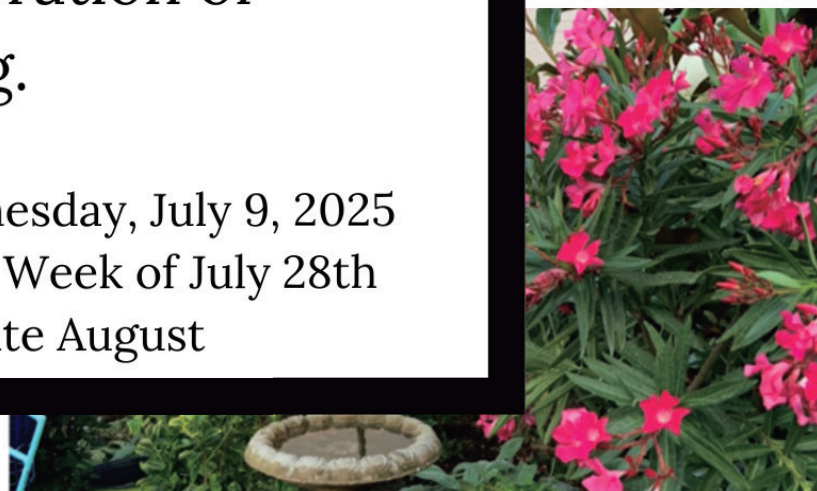
### **Does Ethos have plans for Pride month?**

During Pride, Ethos partners with Age Strong to host the annual Senior Pride Luncheon where over 300 LGBTQ+ elders join together to celebrate LGBTQ+ Pride. Ethos also marches in the Boston Pride Parade with LGBTQ+ elders, volunteers and staff.

For more information about Ethos call (617) 522-6700 or visit [ethocare.org](http://ethocare.org).







Mayor Michelle Wu's

# GARDEN CONTEST



A citywide celebration of urban gardening.

Entry Deadline: Wednesday, July 9, 2025

Judges Visit Gardens: Week of July 28th

Awards Ceremony: Late August

CITY of **BOSTON**

[boston.gov/garden-contest](https://boston.gov/garden-contest)



Parks and Recreation

## CATEGORIES (Check only ONE)

- ☐ Porch, Balcony, or Container Garden
- ☐ Shade Garden
- ☐ Small Yard Garden (250 sq. ft. or less)
- ☐ Medium Yard Garden (250 - 500 sq. ft.)
- ☐ Large Yard Garden (larger than 500 sq. ft.)
- ☐ Community Garden (individual plot)
- ☐ Vegetable or Herb Garden
- ☐ Age Strong Garden Category (Senior 65 & older)
- ☐ Storefront, Organization, or Main Street District Garden
- ☐ Pollinator Garden (**NEW!**)

Gardener's Name: \_\_\_\_\_

Organization: \_\_\_\_\_

Address: \_\_\_\_\_

Neighborhood: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone #: \_\_\_\_\_

Email Address: \_\_\_\_\_

Garden Address if different than above: \_\_\_\_\_

## JUDGING CRITERIA:

General appeal and neatness

Natural or formal layout

Use of color

Plant material

Variety & quality of plants

Sustainable features & methods used

Garden hardware, furnishings & art

*We prefer applications submitted online. Paper submission forms available upon request*

**\*\*MUST BE A BOSTON RESIDENT**

**AMATEUR GARDENERS ONLY**

**CITY OF BOSTON EMPLOYEES AND THEIR IMMEDIATE FAMILY ARE NOT ELIGIBLE**

## SPONSORED BY:



Completed applications with photos can be mailed to:

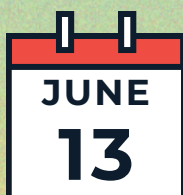
Garden Contest - 3rd Floor  
1010 Massachusetts Ave.  
Boston, MA 02118



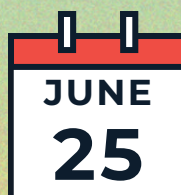
► **EVENTS + ACTIVITIES**

# JUNE HAPPENINGS

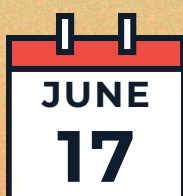
*\* Please note events are free and are subject to change*



**Elder Abuse Walk**  
10 AM  
**School Master Hill**  
1 Circuit Drive,  
Roxbury  
(617) 277-7416



**Community Gardening**  
4:00 – 5:00 PM  
**BPL East Boston**  
365 Bremen St,  
East Boston  
(617) 569-0271



**Games for Seniors**  
1:00 PM – 2:30 PM  
**BPL Faneuil,**  
419 Faneuil St,  
Brighton  
(617) 782-6705



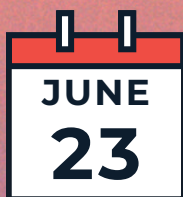
**Writer's Corner**  
4:30 – 5:30 PM  
**BPL Jamaica Plain**  
30 South Street,  
Jamaica Plain  
(617) 524-2053



**Mindful Movement**  
10:00 – 11:00 AM  
**BPL Parker Hill**  
1497 Tremont St,  
Roxbury  
(617) 427-3820



**Tech Savvy Adults!**  
11:30 AM – 1:30 PM  
**BPL Mattapan,**  
1350 Blue Hill Ave,  
Mattapan  
(617) 298-9218 ext. 1505



**Chess Club**  
2:30 – 3:30 PM  
**BPL North End**  
25 Parmenter St,  
North End  
(617) 227-8135



**Roxbury Writes!**  
6:00 – 7:30 PM  
**BPL Roxbury**  
149 Dudley Street  
Roxbury  
(617) 442-6186



## PRIDE MONTH

In Boston, we believe celebrating our differences is our strength, including celebrating all who identify as LGBTQ+, allies & supporters. In June, we honor the history, contributions, and resilience of all LGBTQ+ residents during Pride month.

*-Boston Seniority Magazine Team*







# THE PRYDE: LGBTQ+ SENIOR LIVING COMMUNITY

By Sarah Smith, Age Strong Staff

**In June 2024, Boston's Hyde Park neighborhood welcomed The Pryde** – a residential living community for LGBTQ+ older adults (age 55+). In addition to its welcoming, accepting environment, The Pryde is our state's first LGBTQ+ affordable senior housing community.

"There's nothing else like The Pryde in the country," Gretchen Van Ness, Executive Director says. "We have two missions: to provide affordable, welcoming housing to lower income seniors—the fastest growing group experiencing homelessness; and acknowledging that LGBTQ+ older adults face unique aging challenges."

"They are more likely," she continues, "to face housing and financial challenges, as well as food insecurity, likely having grown up without laws protecting them from discrimination. Some LGBTQ+ older adults are forced back into the closet, moving from their homes to senior living communities."

The profound impact of this unique housing opportunity is clear. According to John Rayond, "I lived in Hyde Park for 50 years." He then moved to Salem due to lower rent. "I'm 66 now," he continues, "and so happy to return to

Hyde Park and to reconnect with old friends and neighbors."

Being part of the community is truly the heart of the Pryde. "No one judges you for being low income or on section 8," shares an anonymous Pryde resident. Resident Rob Quinn said "people just stop by, ask to hang out, or if they are new—introduce themselves. Last Christmas, I opened my door to find a little tree with homemade cookies and little gifts outside."

Another resident, Jude Breen, says she's "with her people—it's like living with family." The community is authentic.

Though not all residents identify as LGBTQ+ they are all allies, and allow each other to live openly as their true selves. Resident Thea Iberall explained that she'd experienced "internalized homophobia" in the past, causing her to be closeted







for 18 years. “It was a big deal when I came out in Los Angeles. Moving to Massachusetts, I was amazed how accepting everyone was – it shocked me how much has changed. Being here is like a gay world. Although not everyone is gay, everyone is supportive and I don’t have to pretend.”

Residents applauded the many activities offered within the Pryde, including movie nights, art therapy, digital equity classes, and more. Residents may also start their own. One launched a Wii bowling group in the fitness room, another started a gardening group in the on-site raised flower beds. Their favorite part, though? The LGBTQ+ community center that is located on site and is open to the public.

“The design always included the community center,” says Van Ness. “First, Boston hasn’t had an LGBTQ+ community center. Second, Hyde Park needed accessible community space. Now, The Pryde offers both: an accessible community space both for LGBTQ+ residents and also for the neighborhood.”

Residents enjoy outside organizations hosting lectures, game nights, and connection to the younger LGBTQ+ community. They also appreciate the priority of accessibility to older adults aiming to age in place, including those who are deaf/hard of hearing, living with blindness/vision loss, or use a wheelchair. Residents Jude O’Brien and Pat Xavier spoke highly of the accessible bathrooms with grab bars, walk-in showers, and enough space to move with walkers, canes, or wheelchairs.

“The Pryde has changed my life,” says resident Ed Whitman. “Knowing that I’m not just accepted but, on some level, even appreciated. There are so many people from so many walks of life, with so many identities that live here. As someone who is openly an HIV/AIDS survivor, to be part of a community where everyone is welcome...it’s amazing.”

For more information about The Pryde, call **(781) 404-3944** or visit **[lgbtqseniorhousing.org/the-pryde](http://lgbtqseniorhousing.org/the-pryde)**.

# FIGHTING ISOLATION WITH FRIENDSHIPWORKS



By Dillon Tedesco, Age Strong Staff

**Boston's Age Strong Commission helps fund many non-profit organizations** providing direct services to Boston residents age 55+, including FriendshipWorks. FriendshipWorks is a Boston organization that helps prevent isolation of older adults by connecting volunteers with older adults for free friendship and support.

Social isolation is defined as having little to no meaningful contact with others, which can severely impact mental and physical health. Research shows that strong social connections can boost mood, sharpen the mind, and even reduce the risk of depression, cognitive decline, and heart disease.

FriendshipWorks offers a variety of programs, including their Friendly Visitor program, their Friendly Helper program, Medical Escorts, MusicWorks sessions, and more. This June, during LGBTQ+ Pride, we highlight their LGBTQ+ Elder Initiative.

FriendshipWorks' LGBTQ+ Elder Initiative provides support and connection for older adults who identify as LGBTQ+ with focused programming and space for LGBTQ+ older adults and allies

to build connections and share stories in the community. Aging LGBTQ+ residents may experience unique challenges, due to a lifetime of discrimination. According to a survey conducted by SAGE, nearly 60% of LGBTQ+ older adults reported feeling a lack of companionship, while over 50% reported feeling isolated from others. LGBTQ+ adults are twice as likely to be single and live alone and four times less likely to have children, which heightens their risk for being socially isolated. Furthermore, this population is more likely to face discrimination and harassment in nursing homes and assisted living communities.

FriendshipWorks aims to change this narrative. In addition to offering LGBTQ+ events, FriendshipWorks hosts a virtual LGBTQ+ StoryShare, inviting LGBTQ+ people of all ages to share their lived experiences with one another. StoryShare celebrates the resilience of LGBTQ+ older adults in Boston and seeks to build intergenerational connections within the LGBTQ+ community.

For more information about FriendshipWorks, call **617-482-1510** or visit **[fw4elders.org](http://fw4elders.org)**.



# WORLDWIDE ELDER ABUSE AWARENESS DAY AND ELDER ABUSE AWARENESS WALK IN BOSTON



By Sarah Smith, Age Strong Staff

**In the U.S., one in 10, or approximately five million older adults, are subject to abuse every year,** according to the National Institutes on Aging. Elder abuse often occurs by a caregiver or a person the elder trusts. In Boston, Central Boston Elder Services houses the city's Adult Protective Services, assisting individuals 60+ at high risk, experiencing challenges, including:

- Self-neglect:** when an older adult's self-care declines, causing neglect of their own well-being.
- Caregiver neglect:** where caregivers fail to provide adequate care, resulting in harm.
- Physical abuse:** physical force causing bodily harm, ongoing impairment, or pain.
- Psychological abuse:** coercive or threatening behavior that sets up a power dynamic.
- Emotional abuse:** harmful behavior affecting an elder's mental and emotional well-being.
- Sexual abuse:** any non-consensual sexual activity involving an elder.
- Financial exploitation:** misuse, mishandling, or exploitation of an elder's property, possessions, or assets.

June 15 is World Elder Abuse Awareness Day (WEAAD), launched by the International Network for the Prevention of Elder Abuse and The World Health Organization (WHO) at the United Nations. It promotes better understanding of elder abuse/neglect of older people by raising awareness of the cultural, social, economic, and demographic processes affecting elder abuse and neglect.

On June 13, Central Boston Elder Services (CBES) will host its fourth annual World Elder Abuse Awareness Day Walk. The free community event starts at 10am at Franklin Park's Schoolmaster Hill. CBES invites friends and supporters to wear purple, help raise awareness, and unite against elder abuse.

If you suspect elder abuse or neglect, please report it to the Elder Abuse Hotline at:

**(800) 922-2275**, 24 hours/day, 7 days/week.

For more information on World Elder Abuse Awareness Day & elder abuse as a whole, visit [mass.gov/news/world-elder-abuse-awareness-day](https://mass.gov/news/world-elder-abuse-awareness-day).

# PARTNER PROFILE: OUTSTANDINGLIFE

By Jordan Rich, Age Strong Staff

## **Making new friends can be hard.**

Doing so as an older adult in a city as large as Boston can be even harder. OutstandingLife, a non-profit virtual community of LGBTQ+ older adults, opened its free, safe online platform in 2023 to make connecting easier. Age Strong spoke to OutstandingLife Board Chair, David Aronstein, for more information about the LGBTQ+ non-profit.

## **What brings folks to OutstandingLife?**

People join OutstandingLife to connect with and get support from peers, to access resources, learn new skills, participate in lifelong learning, and to HAVE FUN!

## **How can folks access OutstandingLife programs?**

OutstandingLife offers a range of online programming on our website: [www.outstandinglife.org/JOIN](http://www.outstandinglife.org/JOIN). Members create a profile and connect with other members through the online chat function. Programs are online through Zoom and include legal and financial planning, support groups (including one for transgender seniors), Advocacy Hour with

community leaders, health and wellness courses, art and writing workshops, chat groups, book clubs, and resources. Events are fun like online parties and intergenerational social hours. Programs run weekday mornings, afternoons, and early evenings.

## **What else would you like Boston Seniority Magazine readers to know about OutstandingLife?**

OutstandingLife has 500+ members from Boston and around Massachusetts. Membership is 50/50 female/male. There is no age limit for membership and members range from their 40's to 90's. We welcome everyone.

For more information, visit [outstandinglife.org](http://outstandinglife.org)







# OPEN STREETS IS BACK!

All events from 10:30 a.m. to 3 p.m.  
(Streets close at 9 a.m. | Activities start at 10:30 a.m.)



**SCAN TO  
LEARN MORE!**



**JULY 12**

## **ROXBURY BLUE HILL AVE.**

*Between Warren St. & Quincy St.*

**AUGUST 10**

## **HYDE PARK**

**HYDE PARK AVE. & RIVER ST.**  
*Between Fairmount St. & Davison St.*

**SEPTEMBER 14**

## **DORCHESTER DORCHESTER AVE.**

*Between Ashmont St. & Adams St.*

**OCTOBER 18**

## **MATTAPAN BLUE HILL AVE.**

*Between River St. & Babson St.*

**NOVEMBER 2**

## **JAMAICA PLAIN CENTRE ST.**

*Between Lamartine St. & South St.*

**CITY of BOSTON**

**BOSTON.GOV/OPEN-STREETS**

## ► IN BOSTON, WE AGE STRONG.

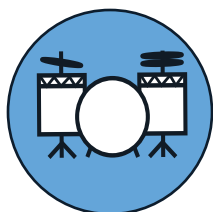
As part of the City's Human Services cabinet, The Age Strong Commission's mission is to enhance your life with meaningful programs, resources, and connections so we can live and age strong together in Boston.

### *We can help with:*



#### **AGE STRONG ADVOCATES**

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



#### **EVENTS & PROGRAMMING**

Age Strong produces a variety of events & programs specifically for older residents, including celebrations for Black Heritage, Hispanic Heritage & LGBTQ+ Pride. We host our programming in community spaces around Boston with various focuses such as fall prevention, mindfulness, arts, cooking & more.



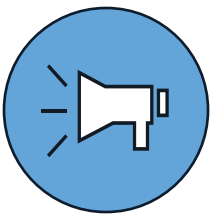
#### **TRANSPORTATION**

We are committed to helping connect older adults to all of the transportation options available, such as our Age Strong Shuttle, Taxi Coupons, and more.





*Call us for more details at (617) 635-4366*



## **VOLUNTEER OPPORTUNITIES**

We can connect you to a variety of volunteer opportunities based on your interests, location, and preferred time commitment.



## **AGE & DEMENTIA FRIENDLY BOSTON**

Our Age & Dementia Friendly work helps create a Boston where people can age and live well in community. We hold Memory Cafes for those experiencing memory loss and thier care partners to meet in a safe, social environment, as well as support groups for care partners to learn about resources and share experiences.



## **HOUSING SUPPORT**

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

# MEMORY SUNDAY & THE LONGEST DAY

By Corinne White, Age Strong Staff

*Boston City Hall lit in purple to raise awareness for Alzheimer's Disease.*



**Each June the Alzheimer's Association focuses on raising awareness for Alzheimer's and brain health** by encouraging people to learn about risk factors and tips to prevent or slow dementia. It's an opportunity to educate the public, support those affected by Alzheimer's, and encourage proactive steps towards maintaining optimal brain health.

It is never too early, or too late to focus on your brain health! You can: move your body, eat healthy foods, get enough water and rest, reduce stress, and protect your head. Research shows that up to 40% of dementia cases can be prevented or slowed with healthy brain habits. We are all at risk of dementia with increased age and/or poor cardiovascular health. Again: it is never too late to start

healthier habits that can contribute to better brain health!

Many organizations and individuals participate in awareness campaigns, events, and activities to raise awareness and generate support for Alzheimer's research and care. Some wear purple, some host fundraisers, others share stories of memory loss or loved ones' struggles. Every June, Boston's Age Strong Commission participates in two important events to raise awareness about dementia.

## **Memory Sunday**

This occurs on the second Sunday in June. Memory Sunday brings attention to the immense effects of Alzheimer's and other dementias, specifically on the Black community. The event invites faith





communities to provide education and resource materials on Alzheimer's prevention, treatment, research, and care partner support.

On June 8 at 2pm, Berea Seventh-day Adventist Church holds its 7th annual Memory Sunday gathering at 108 Seaver Street, Dorchester. Organized by the Jetsetters, this year's theme is "Alzheimer's: Pathways to Coping and Understanding." Participants will gather and receive important information, resources, support from community organizations, and enjoy light refreshments. To join in-person, call 617-427-2500 or join virtually at [youtube.com/@bereabostonsdachurch](https://youtube.com/@bereabostonsdachurch).

### The Longest Day

This annual event occurs on the summer solstice, the day with the most sunlight—also known as the longest day of the year (June 20).

The Longest Day participants fight the darkness of Alzheimer's and other dementias to advance care, support and research efforts for a brighter future.

This year, Age Strong hosts The Longest Day event on Friday, June 20 from 12noon-2PM at Boston's City Hall Civic Pavilion. Participants will get information and resources from community organizations, partake in somatic therapy, raffle prizes, and light refreshment.

For more information about dementia events and resources in Boston, contact Corinne White at (617) 635-3745 or [corinne.white@boston.gov](mailto:corinne.white@boston.gov).





# HOUSING STABILITY FOR BOSTON'S OLDER ADULTS



Finding and keeping a home can be stressful. In March, the City released **"A Place to Thrive,"** an anti-displacement action plan for the City of Boston. **"A Place to Thrive"** lays out a two-year plan for City departments to help stabilize residents at risk of facing displacement and improve access to housing resources. Whether you rent or own your home, the City offers programs to help support you.

## RESOURCES FOR HOMEOWNERS

### FREE HELP FOR HOMEOWNERS FACING FORECLOSURE

The Boston Home Center offers free and confidential foreclosure prevention, intervention counseling, and home preservation services.

### FINANCIAL PLANNING FOR OLDER ADULTS

The Boston Home Center and Age Strong are piloting a new financial planning series for lower-income older adults to assist them with estate planning and income and expense management.

### PROPERTY TAX RELIEF

Lower your bill with exemptions, deferrals, or work-off programs including the Elderly Exemption, Hardship Personal Tax Exemption & Deferrals, and Older Adult Property Tax Work-Off Program. In 2025, the City filed legislation to expand the Elderly Exemption and Residential Property Tax Relief Package to help homeowners stay in place.

### ASSISTANCE TO REPAIR OR IMPROVE YOUR HOME

Receive assistance with home repairs through programs such as Senior Home Repair, Seniors Save (heating system upgrades), and LeadSafe Boston (lead removal). Are you interested in making energy-efficient improvements to your home? Get support through HomeWorks Green Loan or HomeWorks Home Equity Loan Program.

### SUPPORT TO BUILD AN ACCESSORY DWELLING UNIT

Want to build extra space for a loved one or make extra income? Boston supports homeowners building additional living units, also known as Accessory Dwelling Units (ADUs), on the property where they live. We have an ADU Guidebook to help homeowners understand what's possible for their property, financial assistance, and a staff person you can call to help navigate the process.





# RESOURCES FOR RENTERS

## HELP FOR TENANTS DURING A HOUSING CRISIS

The Office of Housing Stability (OHS) offers housing crisis supportive services to tenants in housing crisis. *The City is supporting Access to Counsel Legislation that would guarantee free legal representation for low-income tenants in eviction cases.*

## REPORT HOUSING DISCRIMINATION

If you've experienced housing discrimination in Boston, the City offers a formal Housing Discrimination Complaint Process to ensure fair, equitable access to housing for all.

## FREE LEGAL CLINICS

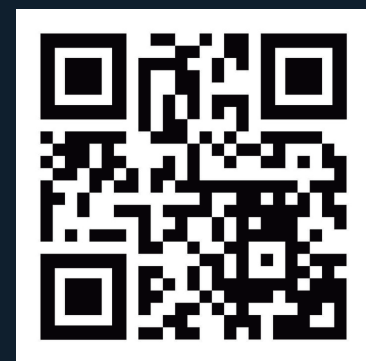
If you're facing a housing issue, don't go through it alone. The OHS hosts free, weekly virtual legal clinics to speak with attorneys, landlord tenant mediators, and OHS staff. Learn about tenants rights and available resources.

## FIND AFFORDABLE HOUSING

The City & State offer a range of online resources to make finding affordable housing easy, including Metrolist (Boston listings), Housing Navigator MA (statewide listings), and CHAMP Housing (public housing application). The Mayor's Office of Housing is exploring creating an all-in-one Income-Restricted Housing Access Portal. The new digital application portal would help consolidate and clarify the application process.

*If you are at risk of displacement or have questions about housing tools available, call the Office of Housing Stability 617-635-4200 for renters, Boston Home Center (617) 635-4663 for homeowners, or Age Strong (617) 635-4366 for support.*

**VISIT [BOSTON.GOV/ANTI-DISPLACEMENT](https://boston.gov/anti-displacement)**



**OR SCAN HERE FOR  
MORE INFORMATION**



# ▶ SEEN AROUND TOWN







## THE BUZZ: AGE STRONG PARTNER ACTIVITIES IN JUNE



Check out a sampling of activities from our community colleagues & Age Strong partners across Boston's neighborhoods. You can also view our Monthly "To-Do" calendar via email, listing dozens of free activities across Boston: [boston.gov/departments/age-strong-commission/age-strong-commission-monthly-do](http://boston.gov/departments/age-strong-commission/age-strong-commission-monthly-do)

### Drop-in: Assistance, Resources & Services

Operation PEACE Dorchester  
15 Norfolk Street, Dorchester  
Wednesdays & Thursdays,  
10 AM-3 PM  
(617) 533-7940

### Walk the Beat

Join Boston Police officers for  
neighborhood group walks  
BCYF Nazzaro Community Center  
30 N. Bennet Street, North End  
Tuesdays, 10 AM  
RSVP (617) 343-4627

### Adult Line Dancing

BCYF Hyde Park Community Center  
1179 River Street, Hyde Park  
Thursdays, 6:30-8:30 PM  
RSVP (617) 635-5178  
or [HydeParkCC@Boston.gov](mailto:HydeParkCC@Boston.gov)

### The IPC Cara Club Coffee Group

Veronica B. Smith Center Brighton  
20 Chestnut Hill Avenue, Brighton  
Mondays, 1-3 PM  
RSVP (617) 635-6120  
or [Lauren.Basler@boston.gov](mailto:Lauren.Basler@boston.gov)

### Charlestown Calling! Block Party

Celebrating Bunker Hill's  
250th Anniversary  
Training Field, Winthrop & Adams  
Streets, Charlestown  
June 14, 11 AM-4 PM  
[bh250.org/bunker-hill-250-events](http://bh250.org/bunker-hill-250-events)

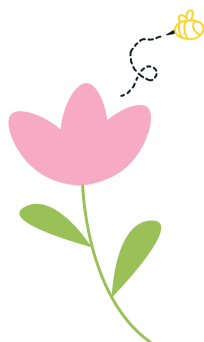
### Computer Class

South Boston Neighborhood House  
136 H Street, South Boston  
Mondays & Fridays, 9 AM  
RSVP (617) 268-1619  
or [csullivan@sbnh.org](mailto:csullivan@sbnh.org)

### Zoom Drop-in for LGBTQIA+ Older Adults

Informal discussion groups to connect  
with other LGBTQIA+ older adults  
Fenway Health's LGBTQIA+ Aging Project  
Virtually over Zoom Mondays & Thursdays  
11:30 AM-12:30 PM

[LGBTQIAAgingProject@fenwayhealth.org](mailto:LGBTQIAAgingProject@fenwayhealth.org) | No RSVP needed



Mayor Michelle Wu's

# NEIGHBORHOOD COFFEE HOURS

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



**April 29–June 18**

**10:00 a.m. – 11:00 a.m.**

**[boston.gov/coffee-hours](https://boston.gov/coffee-hours)**



**Mattapan | Tuesday, April 29**

Walker Playground, 550 Norfolk St.

Rain location: BCYF Mattahunt

**Charlestown | Thursday, May 1**

Charlestown Winthrop Square (Training Field)

55 Winthrop St.

Rain location: BCYF Charlestown Community Center

**Mission Hill | Monday, May 5**

Mission Hill Playground, 1497 Tremont St.

Rain location: BCYF Tobin Community Center

**Jamaica Plain | Thursday, May 8**

Mozart Street Playground, 10 Mozart St.

Rain location: BCYF Curtis Hall

**West Roxbury | Monday, May 12**

Billings Field, 369 LaGrange St.

Rain location: BCYF Roche Community Center

**Back Bay/Beacon Hill | Thursday, May 15**

Commonwealth Avenue Mall, 15 Commonwealth Ave.  
(Near Arlington St. entrance)

Rain location: Boston Public Library - Central Library

**Dorchester | Tuesday, May 20**

Dorchester Doherty Gibson Playground (Town Field)  
1545 Dorchester Ave.

Rain location: VietAID

**South End | Wednesday, May 21**

Titus Sparrow Park, 75 W Rutland Sq.

Rain location: Union Combined Parish

**North End | Thursday, May 22**

Langone Playground, 529 Commercial St.

Rain location: BCYF Nazzaro Community Center

**Allston/Brighton | Thursday, May 29**

Brighton Common, 30 Chestnut Hill Ave.

Rain location: Veronica B. Smith Senior Center

**Bay Village/Chinatown | Friday, May 30**

Elliot Norton Park, 295 Tremont St.

Rain location: Josiah Quincy Upper School

**Roxbury | Monday, June 2**

Crawford Street Playground, 320 Walnut Ave.

Rain location: Vine Street BCYF

**Roslindale | Thursday, June 5**

Adams Park, 4225 Washington St.

Rain location: BCYF Roslindale Community Center

**East Boston | Friday, June 6**

East Boston Memorial Park, Porter and Orleans Streets

Rain location: BCYF Martin Pino Community Center

**Fenway/Kenmore | Wednesday, June 11**

Back Bay Fens - Kelleher Rose Garden

73 Park Dr.

Rain location: Fenway Community Center

**Hyde Park | Thursday, June 12**

Iacono Playground, 150 Readville St.

Rain location: Hyde Park Municipal Building

**South Boston | Tuesday, June 17**

Medal of Honor Park, East Broadway and North Street

Rain location: BCYF Curley Community Center

**Dorchester | Wednesday, June 18**

Mother's Rest at Four Corners

410 Washington St.

Rain location: BCYF Marshall Community Center