

BOSTON SENIORITY

Age Strong Commission

City of Boston

Mayor Michelle Wu

May 2025

Issue 4

Vol. 49



MAYOR'S LETTER:
P. 4

BASIC CITY
SERVICES: 311
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CITY of BOSTON



FREE PUBLICATION



AGE+ | Age Strong
Commission

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BOSTON SENIORITY MAGAZINE

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STAY CONNECTED
WITH THE AGE
STRONG COMMISSION!

- Main number: (617) 635-4366
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- Website: boston.gov/age-strong
- Email: agestrong@boston.gov

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

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

Email us at:
Bostonseniority@boston.gov



MAYOR'S LETTER

Hello Boston!

Spring is officially here—it was wonderful to join so many of you last month in celebrating the 250th anniversary of Paul Revere's midnight ride; cheering on our athletes at the Boston Marathon; and honoring the vision and courage of more than 20,000 residents, advocates, and older adults as they marched to the Boston Common with Reverend Dr. Martin Luther King, Jr., 60 years ago.

In May, we're celebrating Older Americans Month and Asian American and Pacific Islander (AAPI) Heritage Month. We'll be exploring the countless ways our older adults, and AAPI residents have shaped—and continue to shape—our city. Inside this issue, you'll find recommendations for books written by Asian Pacific Islanders, and get to know the Buddhist Tzu Chi Boston Outreach Center, an Age Strong partner supporting the mental health and social wellbeing of older adults in Chinatown. You'll also meet some of our trailblazing older adults, and learn more about new and upcoming Age Strong programming across our neighborhoods.

On the heels of our proposed Fiscal Year 2026 budget—which we presented to the City Council last month, prioritizing the basic city services that our residents depend on—we're continuing to highlight the nuts and bolts of municipal services. In this issue, we take a closer look at the essential work our 311 team does around the clock.

I also want to take a moment to thank everyone who participated in our Property Tax Application Assistance Clinics in February and March. Through these efforts, we helped more than 1,000 older adults across Boston save over \$1 million. If you haven't been able to attend an event yet, but are interested in learning more about the various benefits you might be eligible for, Age Strong staff are always available to assist you over the phone, in person at City Hall or in the community.

You can also chat with us at one of our upcoming Neighborhood Coffee Hours at parks all across Boston. For those dates and locations, check out boston.gov/coffee-hours.

Looking forward to seeing you out in the community,

Michelle Wu

Michelle Wu
Mayor of Boston



BOOKS

BPL BOOK PICKS

Source: Boston Public Library

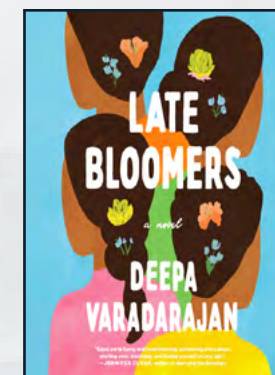
"Asian/Pacific American Heritage Month" is a list of books that reflect the diversity of the Asian American experience & highlight current representation in print.



When the Hibiscus Falls

by M. Evelina Galang

Stories centered on Filipina women through generations and across continents, about the intricacies of community, family, and Filipino American identity.



Late Bloomers

by Deepa Varadarajan

After thirty-six years of arranged marriage, Suresh and Lata divorce, sending their Indian American family on a life-changing path of rediscovery.



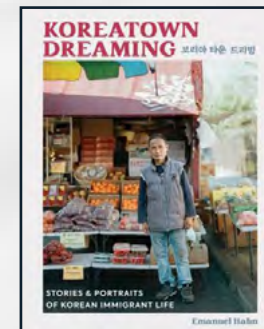
The Chutney Life by Palak Patel

Patel makes Indian-inspired cooking accessible with these 100 easy-to-make recipes that celebrate not only the food but also the loving hands that make it.



West by Paisley Rekdal

In this hybrid collection of poems and essays, Rekdal commemorates the 150th anniversary of the transcontinental railroad, and celebrates the workers who built it.



Koreatown Dreaming by Emanuel Hahn

Photographer Hahn pairs snapshots with brief essays to profile small businesses in Koreatowns across the United States.



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



WHY NOT BECOME A PROPERTY TAX WORK-OFF VOLUNTEER?

By Dillon Tedesco, Age Strong Staff

Are you a Boston homeowner?

Qualified homeowners are eligible to work-off up to \$2,000 off their property tax bill by volunteering for Age Strong's Property Tax Work-Off Program! Volunteers complete work in a variety of locations, including at the Age Strong Commission, other city departments, schools, and community centers.

Eligibility requirements:

- Your gross income limit is \$68,520 if you are single or \$78,360 if you are married. Income includes:
- Social Security benefits, pensions & other retirement benefits
- Annuities
- Wages, salaries, tips & other compensation
- Net profit from your business or profession
- Interest & dividends
- Rent & royalty income
- Gains from the sale or exchange of real estate or other property

If you're married, we need financial information for both you & your spouse

- You must be 60 or older as of January 1, 2025
- You need to have owned & occupied a residential property in Boston for at least 3 years
- You must own & 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 & a beneficiary)

Ms. Pierrette Lassiter has been a Property Tax Work-Off Program volunteer for the last three years. When asked about her involvement in the program, she said "I like it, not only because it saves me money, but because I get to see people and learn something new. I like volunteering!"

Applications open through July 11, 2025. For more information, contact Libby Federici at 617-635-5741 or elizabeth.federici@boston.gov. To apply, visit boston.gov/departments/age-strong-commission/senior-property-tax-work.

BEWARE OF ARTIFICIAL INTELLIGENCE (AI) SCAMS

By Sophia Wang, Age Strong Staff

With more access to artificial intelligence (AI) tools, scammers can scam people in personalized and convincing ways.

Scammers are now using AI to:

- Clone voices of people you know
- Create fake videos & photos that look real
- Create phishing emails & websites that look real

Common Signs of AI Scams:

- **Unusual requests for personal information**, like social security numbers or bank account information
- **Pressure to make quick decisions**: fake ads, emails, and calls to pressure you to quickly decide without thinking it through
- **Requests for uncommon forms of payment**, such as in gift cards, wire transfers, or cryptocurrency
- **Outdated information & formal language**: since AI tools work from databases, texts might have outdated information or words sounding too formal, or phrases that don't sound right

- **Visual or audio changes**: watch for blurry faces, changing skin tones & strange physical features in videos & photos; listen for choppy sentences & varying audio tones

How to Protect Yourself

- **Verify your source**: before sending anything, call the person or place directly if you receive a suspicious message
- **Set up a secret question or code word with family/friends**, so you can verify their identities if AI cloned their voices
- **Use antivirus software & limit sharing your personal information online**
- **Report the scam to the Federal Trade Commission**, or to the Massachusetts Office of Consumer Affairs & Business Regulation Consumer Hotline at 1-888-283-3757



AGE STRONG PARTNER HIGHLIGHT: BUDDHIST TZU CHI BOSTON OUTREACH CENTER

By Jordan Rich, Age Strong Staff

How did the Buddhist Tzu Chi Boston Outreach Center get its start?

The Buddhist Tzu Chi Foundation was founded in 1966 by Master Cheng Yen in Taiwan. An international humanitarian organization, our mission is to help those in need and create a better world through compassion, love, and hope. We focus on charity, medical, education, and humanistic culture. The Tzu Chi Foundation Boston started in 1995 to expand our reach to Massachusetts. In 2021, our Boston Outreach Center in Chinatown opened to facilitate access for older residents in and around Chinatown.

What programs and services does the Center offer to Boston residents?

We are open every Tuesday and Thursday from 10:00 AM to 12:00 PM. We offer free programs and services including behavioral healthcare, digital literacy classes, creative workshops and activities. We also provide case management which can include one on one

phone calls, home visits, and financial management. We regularly answer questions and can make referrals to outside agencies for additional care support like home delivered meals, nursing care, and rehab in Chinatown.

What do residents seek at the center?

Attendees want to connect with others, especially with those from similar backgrounds, cultures, and language. They build connections by engaging in activities and workshops that interest them. Some come for assistance with translation/interpretation, technology support, or to practice and learn about Buddhism—while others join to learn about volunteer opportunities and give back to the community.

May is Asian American & Pacific Islander (AAPI) Heritage Month and Mental Health Awareness Month. Can you share about your work supporting the mental and social wellbeing of older adults in Chinatown?



Our Outreach Center is a hub for educational talks on behavioral health and self-care, peer support and referral, social networking, and information for those needing behavioral healthcare support. Our drop-in centers, community health talks, field trips, digital equity classes, community festivals, and holiday gatherings sparks interest in seeking help, leading to referrals.

What are the barriers to providing services to older adults? Is there stigma about age-related diseases or accepting outside support?

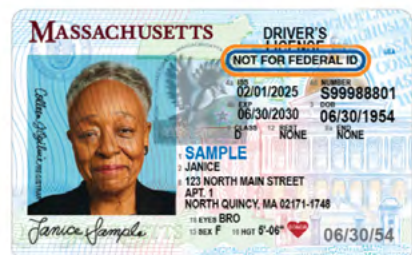
Our main challenge is matching older adults who are dialect specific (Mandarin, Cantonese, Taishanese, Taiwanese) with staff and providers that speak their specific language. Sometimes we place participants on waitlists or substitute with general speakers until the preferred dialect match is found.

Yes, stigma prevents some in our community from seeking and getting help. We find that peer referrals and word of mouth help generate interest in attending behavioral health wellness events, encouraging inquiries, and destigmatizing the acceptance of help.

Is there anything else you want Boston Seniority Magazine readers to know about the Buddhist Tzu Chi Boston Outreach Center?

As a volunteer-based organization, we provide services to the community especially during emergencies—like distributing free masks and running a food pantry during the pandemic. We also actively invite community members to volunteer. We encourage our behavioral healthcare program to join our Chinatown fundraiser for California wildfire relief, and help prepare hot meals for our shelter. Feedback from senior volunteers was overwhelmingly positive—they were grateful for the opportunity to contribute, feel empowered, and give back to the community. Many left smiling and expressed interest in joining more volunteer opportunities.





REAL ID: WHAT YOU NEED TO KNOW

By Dillon Tedesco, Age Strong Staff

A **REAL ID** is an enhanced version of a driver's license or Mass ID that meets the Federal Security Standard for IDs. Beginning May 7, residents 18+ will need a REAL ID driver's license to board domestic flights or enter certain federal facilities, including federal courts.

A REAL ID has a yellow star in the top right corner of your identification card. If your card is not REAL ID compliant, there is no star in the corner and it will state "NOT FOR FEDERAL ID." U.S. passports also count as a REAL ID.

How to get a REAL ID:

In Massachusetts, there are three steps you need to take to get a REAL ID.

1. Gather your 4 required documents: one document proving you're in the U.S. legally, like a passport or birth certificate; one verifying your full 9-digit social security number, like a social security card or W-2; and 2 documents proving your Massachusetts residency, like a lease, mortgage or utility bills.

2. Apply online with your documents: atlas-mymv.massdot.state.ma.us/mymv/_/
3. Schedule an in-person appointment to verify your documents at an RMV service center.

All documents must be original and cannot be laminated. Your current name must match the name on your documents. If it doesn't, you must present documents proving you changed your name, like a marriage certificate or other court document.

For more information, visit mass.gov/info-details/real-id-in-massachusetts or call 857-368-8005.



GET MORE FRESH PRODUCE WITH DOUBLE UP FOOD BUCKS!

By Maeve Forbes, Age Strong Staff

Did you know that if you receive SNAP EBT benefits, you are eligible for Boston's Double Up Food Bucks program? When visiting participating grocers, SNAP recipients can receive 50% off their fresh fruit and vegetable purchases—between \$5-\$20 worth, per day.

All fresh fruits and vegetables are eligible including avocados, bananas, dates, onions, peppers, cassava, plantains, fresh herbs, fresh cut-up fruit or vegetables, scallions, bok choy, oranges, lemons, cherries, grapes, pomegranate seeds, baby carrots, spinach, microgreens, mushrooms, and cabbage. Canned, frozen, and dried produce and salad kits that contain dressings or toppings are not eligible for the Double Up discount.

No additional sign-up or registration is necessary, just show you are paying for your fresh fruits and vegetables with your EBT card and ask for the Double Up discount at checkout.

Participating Boston-area stores include F&T Davey's Supermarket, Nubian Markets, and Daily Table (Roxbury); Dorchester Food Co-op and Daily Table (Dorchester); and Bella's Market, La Union Market & Butchery, and El Valle De la Sultana Market (East Boston). Additional information, including daily discount limits per store can be found at boston.gov/doubleup.

To learn more about this program and others visit boston.gov/departments/food-justice or call 617-635-3717.



PARTNER PROFILE: DEAF, INC.



By Jordan Rich, Age Strong Staff

Age Strong receives federal Older Americans Act funds to support various nonprofit partners. One is DEAF, Inc. who's spent decades providing programs to Deaf adults across Massachusetts. Age Strong talked with their Boston office to learn about their work.

How long has DEAF, Inc. been in operation?

We were founded in 1977 and are the only Massachusetts community-based, multi-service nonprofit run by and for Deaf (Deaf, DeafBlind, Hard of Hearing, and Late-Deafened) adults. DEAF, Inc. provides services and supports for all with hearing loss, including those using American Sign Language (ASL), spoken and/or written English, non-English spoken or signed language.

What are your primary offerings?

We offer 3 main programs: advocacy, resources, and education services, supporting Deaf, Hard of Hearing and Late-Deafened adults to achieve their individual goals. Services include senior-specific programming for Boston residents, ASL-based U.S. citizenship classes, assistive technology programs, assistance with public benefit programs,

and more. DeafBlind Community Access Network (DBCAN) empowers DeafBlind individuals statewide to expand their independence. DBCAN is open to Deaf and Hard of Hearing folks who are registered with Massachusetts Commission for the Blind. The ASL Program offers American Sign Language learning for adults.

Is being an older adult who is also Deaf or Hard of Hearing more challenging?

Roughly 44% of our clients are age 60+. In general, older Deaf adults and older adults with age-related hearing loss face unique challenges to maintaining independence, health, and safety. Hearing loss among older adults is the third most common chronic health condition, affecting health, communication with health care providers, physical safety, economic stability, and emotional health. Studies confirm that these adults are at increased risk for depression, isolation, and abuse. According to the National Institute of Health, 30% of adults 65-74 years old have hearing loss, 47% of adults 75+.



Hearing loss can influence already existing challenges, such as health issues, loss of loved ones, and challenges to staying active or connected in community.

Common concerns include missed transportation services, misunderstood phone messages, delayed medical treatment, missed appointments, and increased isolation due to difficulty interacting in loud environments like restaurants. Susceptibility to depression and sadness when they “can’t hear” or follow conversations, with family, friends, neighbors. Individuals with Acquired Hearing loss can also encounter stigma. Hard of Hearing and Late Deafened also experience greater fatigue just by trying to hear or understand.

Is there anything else you want Boston Seniority readers to know?

Social isolation is a huge issue among older adults with hearing

loss. Everyone should have access to others who identify similarly, whether by experience or language. DEAF, Inc. is a place for those to connect and be accepted as they are, in the language familiar to them, creating a sense of belonging, and gaining peer support and services. We provide resources and information for individuals, caregivers, friends, and service providers.

For more information about DEAF, Inc. visit **deafincma.org** or call **617-505-4823 VP/Voice**.





BOSTON PARKS SUMMER FITNESS SERIES



All fitness levels
are welcome!

May 4 – August 30, 2025

For more details:
boston.gov/fitness

	TIME	CLASS	LOCATION, NEIGHBORHOOD
SUNDAY	8:00 a.m. 8:30 a.m.	HIIT HIIT	VIRTUAL Horatio Harris Park, Roxbury
MONDAY	10:00 a.m. 6:00 p.m. 6:00 p.m. 6:30 p.m.	Strength & Balance Zumba® Kick It by Eliza® Dance HIIT	Noyes Playground, East Boston (Flag Pole) VIRTUAL Brighton Common, Allston-Brighton Harambee Park, Mattapan
TUESDAY	5:30 p.m. 6:00 p.m. 6:30 p.m. 6:30 p.m.	Yoga Yoga Dance Fitness BCBS Family Zumba®	Winthrop Square, Charlestown (Training Field) McGann Playground, Hyde Park VIRTUAL Hunt-Almont Park, Mattapan
WEDNESDAY	6:00 p.m. 6:00 p.m. 6:30 p.m. 6:30 p.m.	Yoga Ritmo (Rhythm) & Power Latin Fusion Dance BCBS Line Dancing	VIRTUAL Adams Park, Roslindale O'Day Playground, South End Franklin Park, Dorchester (Refectory Hill)
THURSDAY	10:00 a.m. 10:00 a.m. 5:30 p.m. 6:00 p.m. 6:00 p.m. 6:30 p.m.	BCBS Chair Yoga Endurance & Strength Zumba® Zumba® Frog Pond Yoga Bota Fogo Dance Fitness	Symphony Park, Fenway Draper Playground, West Roxbury VIRTUAL Mozart Street Playground, Jamaica Plain Boston Common, Downtown Christopher Columbus Park, North End
FRIDAY	10:00 a.m. 12:00 p.m. 5:30 p.m.	Tai Chi Chair Yoga Barre Fusion	Elliot Norton Park, Chinatown VIRTUAL Medal of Honor Park, South Boston (Flag Pole)
SATURDAY	8:00 a.m. 10:00 a.m.	Walking Group Zumba®	Franklin Park, Dorchester (Golf Clubhouse) VIRTUAL

No classes will be held on 5/26, 6/19, & 7/4

@bostonparksdept @healthyboston



Sponsored by



EVENTS + ACTIVITIES MAY HAPPENINGS

* Please note events are free and are subject to change



Movement for Elders
10:30 AM – 11:30 AM
BPL Chinatown,
2 Boylston Street,
Chinatown
617-807-8176



Chess Club
10:00 AM – 11:30 AM
BPL Roslindale
4246 Washington St,
Roslindale
617-323-2343



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



Tai Chi Class
2:00 PM – 3:00 PM
BPL Jamaica Plain
30 South Street,
Jamaica Plain
617-524-2053



Tech Literacy Class
1:00 PM – 2:30 PM
BPL Codman Squarew
690 Washington St,
Dorchester
617-436-8214



Crochet Club
11:00 AM – 12:30 PM
BPL Lower Mills,
27 Richmond St
Dorchester
617-298-7841



Junk Journaling
3:00 PM – 4:30 PM
BPL Egleston Square
2044 Columbus Ave,
Roxbury
617-445-4340



American Mahjong
1:30 PM – 3:30 PM
BPL West End
151 Cambridge St,
West End
617-523-3957

A photograph of an older man and woman smiling and holding an American flag. The man is on the left, wearing a white t-shirt, and the woman is on the right, wearing a striped shirt. They are both looking towards the camera. The flag is held high, filling the upper half of the frame, with its stars and stripes clearly visible. The background is a clear blue sky.

OLDER AMERICANS MONTH

Although Boston's Age Strong Commission lifts up, supports & celebrates older adults throughout the year, in May our entire nation celebrates Older Americans Month (OAM)!

This year's theme is "flipping the script on aging," which means breaking the stigma. At Age Strong we know older residents deserve respect, support & recognition for their experience, their contributions & wisdom to our neighborhoods & our community.

-Boston Seniority Magazine Team

OLDER AMERICANS MONTH & OLDER AMERICANS ACT

By Sarah Smith, Age Strong Staff



Each May, we celebrate Older Americans Month. It was created in 1963 by John F. Kennedy and members of the National Council of Senior Citizens in response to the lack of programs to fill the needs of older adults in America. At that time, only 17 million living Americans had reached age 65; a third of whom lived in poverty due to the lack of policy and laws to aid the aging population.

Congress passed the Older Americans Act in 1965 creating grants to states for community planning, social services, research and development projects, and personnel training in the field of aging. Age Strong receives Older Americans Act funding to provide direct services for older Bostonians, including Greater Boston Legal Services, meals on wheels delivery, caregiving, social programming, and elder advocacy—which together, contribute to older residents living and aging well in our city.

During Older Americans Month we recognize our nation's older adults and their contributions, highlight current aging trends, and reaffirm our commitment to serving them. The 2025 theme for Older Americans Month is “Flip the Script on Aging.” This theme focuses on changing how we perceive, talk about, and approach aging. It invites all of us to challenge negative ideas associated with aging and to dismiss misconceptions.

Throughout May, older adults are invited to explore many ways of staying active and engaged as we age, highlighting opportunities for a greater purpose.

For more information on this year's Older American Month, visit acl.gov/oam/2025/older-americans-month-2025.

ARE YOU AN LGBTQIA+ OLDER ADULT? (55+)

Sign up to connect with Age Strong LGBTQ+ & Pride events/programs

Age Strong wants to connect with Boston older adults who identify as:

- GAY
- BISEXUAL
- QUEER
- LESBIAN
- TRANSGENDER
- INTERSEX

... or any other identity that you feel fits under the LGBTQIA+ umbrella!

**FOR MORE
INFORMATION**

Contact Bob Linscott
robert.linscott@boston.gov

617-635-4250



AGE+

City of Boston
Age Strong Commission
Mayor Michelle Wu

MEET HYDE PARK RESIDENT BILL RAYNOR

By Dillon Tedesco, Age Strong Staff



Bill Raynor, 72, is an author and basketball coach. He lives in Hyde Park and grew up in Mission Hill's Whittier Street Projects. "It's where I learned how to play basketball, where I was introduced into all of the different things in life," said Bill.

Little did Bill know just how important basketball would become. "I played out in the courtyard daily and became pretty proficient," Bill shares, eventually leading to him attending Catholic Memorial High School in West Roxbury. While there, Catholic Memorial won the state championship and Bill was selected as an all-American high school player, and further went on to captain the team at Dartmouth College.

Bill's path didn't lead to becoming a professional basketball player. "When I graduated college, there was something called the World Basketball Association," he explains.

"The NBA was starting something called the World Basketball League. I was drafted by the Israeli team and ended up getting cut, so I went into education instead." Bill has coached at Harvard, Brown, Holy Cross, Mass Bay, and Framingham State colleges and universities.

Most recently, Bill released his memoir *Why Black Men Nod at Each Other*. "The book is a memoir, chronicling my life. I spent the majority of my life in education and athletics, and I wanted to articulate how those topics and race weave through every part of my life and of life in general. I wanted to share my spiritual journey from Christianity to Buddhism – and for people to understand that human beings are more similar than we are different."

Finally, Bill shared advice for young men growing up in Boston today. "The world can be an unforgiving place, making you question your self-worth, your talent, and abilities. You should always understand that you are worthy. You have something to give, something to offer. If you don't cultivate your talent, it will never reach its potential."

To learn more about Bill and his story, visit raynorbooks.com.

AGE STRONG'S DEMENTIA-FRIENDLY COMMUNITY PROGRAMS

MEMORY CAFES

Memory Cafes are for those living with memory loss, along with their loved ones & care partners, to socialize & participate in meaningful & joyful programming.



**Boston Public Library
Codman Square Branch**
690 Washington St., Dorchester
**2nd Wednesday each month,
10am-12pm**

**Boston Public Library
Jamaica Plain Branch**
30 South St., Jamaica Plain
**Last Monday each month,
10:30am-12pm**
Bilingual in Spanish

SUPPORT GROUP FOR DEMENTIA CARE PARTNERS

Join our support group to connect with others & share experiences.

Boston Centers for Youth and Families (BCYF) Roslindale
6 Cummins Highway, Roslindale
4th Friday each month, 12pm-1pm

RSVP AT 617-635-3745 OR CORINNE.WHITE@BOSTON.GOV



City of Boston
Age Strong Commission
Mayor Michelle Wu



"WHEN A WOMAN GOES TO WORK"

Poem By Barbara J. Defoe



Barbara Defoe is a retired BPS teacher, member of the Jet Setters of The Berea Seventh-day Adventist Church in Dorchester, former President of The Mayor's Advisory Council, proud mother of four successful adults & grandmother of three fantastic future leaders. She holds a BA (Brandeis University) & EdM (Harvard University).

When a woman goes to work, she does not go alone
All of her commitments accompany her, even if she sits upon a throne

Her existence is questioned by the less endowed
Yet she perseveres with double the load, so proud

Never a day goes by that she is not reminded that her presence
makes others scared
She's doubly educated, triply qualified, and quadruply prepared

Yet when a woman goes to work she's nudged to the side
Many can't comprehend why she is able to perform with pride

The height of her stilettos doesn't matter, nor the shade of
makeup on her face
She's treated sub-par, as though she cannot keep up with the pace

She handles the stress of litigating in the highest of courts
She blocks, dribbles, tees off, serves, shoots, and excels in many sports

When a woman goes to work her citizens are loved and
sheltered from neglect
Yet some incompetent oligarchs yell, malign and show her disrespect

When a woman goes to work, she sows kindness and
serves those in need
The children and underserved learn history, math, civics, and what it
means to be a friend in deed

When a woman goes to work, her family is made aware of the
challenges she endured
Her defense of the community guarantees that love for her is secured

Her financial acuity is real, not a childlike fable
She designs automobiles, airplanes, spaceships, and still puts food on
the table

Replacing hips, transplanting organs, or even delivering
newborn citizens, there's no surprise
She can renovate homes, build edifices, repair and restore
vision to the weakest of eyes

When women go to work, planes stay on course,
ships sail safely on the sea
Stars perform and entertainers dance, on stage, in perfect harmony

When a woman goes to work, the world is made safer by far
Her intellect and compassion to include, not exclude will
always leave the door ajar

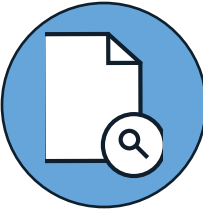
Let there be no doubt that when a woman goes to work, the stars
shine brighter in space
The sun rays heal, the moon smiles, the planets are aligned and the
universe is a better place

► **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.

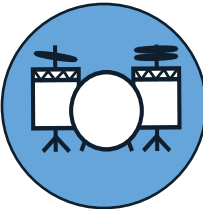


We can help with: *Call us for more details at 617-635-4366*



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.



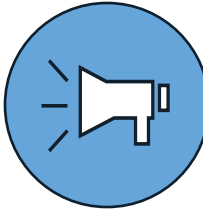
EVENTS & PROGRAMMING

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.



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.

BASIC CITY SERVICES HIGHLIGHT: 311

By Ami Bennitt, Age Strong Staff

We continue sharing about Boston's basic city services, this month we dive deeper into Boston 311, our city's 24/7 constituent services call center staffed with highly-trained constituent service representatives.

They are ready to help residents with non-emergency City services and information, by calling 3-1-1 or by the BOS:311 smartphone app. Residents may request fixing potholes, removing graffiti, report a broken street sign, get a street cleaned, report a broken traffic signal, report an out streetlight, get rid of a big item and pay parking tickets. Residents can track their requests via email when using the BOS:311 app.

Irgisola "Irgi" Budo, Boston 311 Director, started as a Northeastern University co-op student at age 19. "Then I did another co-op in the private sector and decided I like the public sector and working for the city better." Born in Albania, Irgi has lived in Boston since she was just 3 months old. After her co-op, she then became Boston 311 Operations Manager, before being promoted to Director.

"I get to bring together many city departments," she explains. "For example, if we see one problem here, it may actually require input from different departments to solve. I get to connect the dots among various departments – knowing what each department is doing brings better efficiency to filling resident requests. It's like a puzzle. I love puzzles, putting it all together."

As director, "I flag departments when something is stuck and help change the process or procedure if the case warrants it. Sometimes constituent services work means we revamp how we do things. It's all about public service and helping our residents with basic services."



Introducing

BOS:311

For non-emergency Boston city services

Boston 311 started in 2015, growing out of its predecessor, the Mayor's Hotline. "Our department's job is to provide assistance with basic city services and resources," Irgi says. "When fully staffed, we have 35 full time employees and four Northeastern University co-op students. Our staff works over seven different shifts, covering days, nights, weekends and holidays," she explains.

Boston 311 receives over 900 calls daily, plus requests through the app and website. They are equipped with a universal language line to assist residents who don't speak English. "We're looking toward offering additional communication channels," Irgi shares. "We're considering options like text messaging and chat functions, too."

"Sometimes residents need help figuring out how to arrange pickup for a bulk item. Sometimes they report missed trash pick up. Mondays are our biggest call volume day, as folks start their weeks, but the number of calls is often in direct

relation to what's going on in the city," she explains. "Like when there's construction or big weather – when we're hosting the marathon, we get more calls."

"Our department works most closely with city departments like public works, inspectional services department, transportation, and parks," she says. "Each case is different – some take longer to close than others; it depends on the complexity of the request. Ultimately we're here to help our residents. They can call 311 anytime."



311 STAFF AT CITY HALL

AGE STRONG PROGRAMS

By Age Strong Staff

Did you know that Age Strong offers many programs and activities across Boston? We operate 2 senior centers and are activating new programs at many sites across the city. We also offer virtual classes and video classes on demand – all at no cost to Boston residents!

Spontaneous Celebrations (Jamaica Plain)

Tuesdays & Thursdays 9:15am-1pm (through May 26)
Wellness classes including tai chi, sound bath, gentle pilates & chair yoga

Dewitt Center (Roxbury)

Mondays & Wednesdays 10:30am-3pm & 6-8pm (through June 25th)
Exercise, arts & wellness classes & socialization activities

Union Church (South End)

Tuesdays & Thursdays 9am-1pm
A variety of exercise, arts & wellness classes

BCYF Holland Community Center (Dorchester)

Wednesdays & Fridays 10am-1pm (through July 16)
Arts classes & social gatherings

Senior Bowling League (Dorchester)

Thursdays at 10am-12noon at Boston Bowl
Bowling shoes provided

Game Days (Roxbury)

Every other Monday, 10am-2pm (through June 30)
Tavern of Tales

Free Virtual Programs

Age Strong offers online wellness programs each weekday including chair yoga, Latin dance, yoga/meditation & more. Learn more & get the link:
boston.gov/departments/age-strong-commission/weekday-virtual-wellness-programs

Creative Aging Programs: Video on Demand

Learn to ballroom dance, draw or create a memory book, online when you want. Each series is 8 sequential sessions on demand.
boston.gov/departments/age-strong-commission/creative-aging-program

Age Strong Senior Centers Age Strong operates the Veronica B. Smith Senior Center (Brighton) & the East Boston Senior Center.

Both offer programs & services Monday-Fridays. Age Strong also helps fund many senior & community centers across Boston.

VBS (617) 635-6120

EBSC (617) 961-3131

The Guild (Dorchester)

Thursdays & Fridays, 10am-2pm
A variety of exercise, arts & wellness classes

Age Strong's Monthly "To-Do"

To find more activities for older adults across Boston, check out Age Strong's Monthly "To-Do" listing free programs across all neighborhoods: boston.gov/departments/age-strong-commission/age-strong-commission-monthly-do



Boston's Age Strong Commission's
MAY 2025 "TO-DO"
Free events, classes & programs for Boston's older adults

Welcome to May's monthly "To-Do," a city-wide sampling of free events & programs for Boston's older adults age 60+.

Sign up to have the To-Do emailed directly to your inbox or view it, *Boston Seniority* magazine, and our updates newsletter online at boston.gov/departments/age-strong-commission/connect-us

See page 13 for more programming from City departments and our partners.

AGE+ City of Boston
Age Strong Commission
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1 City Hall Square, Boston, MA 02201
617-635-4366 agestrong@boston.gov
boston.gov/age-strong
[f](#) [x](#) [i](#) [@AGESTRONGBOS](#)

BLACK TEXT
**Age Strong Virtual Events Link:
bit.ly/ZoomAgeStrongVirtual
*Program in both English/Spanish

BLUE TEXT
Jamaica Plain - Roslindale - West Roxbury

GREEN TEXT
Dorchester - Mission Hill - Roxbury - South Boston/Seaport

ORANGE TEXT
Hyde Park - Mattapan

PINK TEXT
Charlestown - East Boston

PURPLE TEXT
Allston/Brighton - Fenway - Kenmore

RED TEXT
Chinatown - Downtown - Back Bay North End - South End - West End

For more information call Age Strong at 617-635-4366.

▶ SEEN AROUND TOWN



THE BUZZ: AGE STRONG PARTNER ACTIVITIES IN MAY



Looking for things to do? Here's a sampling from our community colleagues and Age Strong partners. You can also sign up to receive our Monthly To-Do calendar via email, outlining lots of free activities across Boston neighborhoods: boston.gov/departments/age-strong-commission/age-strong-commission-monthly-do.

Knitting Club

Mission Hill Neighborhood Housing Services
Maria Sanchez Community Room,
30 Gurney Street, Mission Hill
Wednesdays, 4:30-5:30pm
Contact: 617-566-6565

Changing the Conversation on Aging

Discussion with AARP
Ethos Senior Center Pilot
Boston Elks Lodge,
1 Morrell Street, West Roxbury
Thursday, May 15, 1pm
Contact: Carol O'Connor, 617-477-6964,
coconnor@ethocare.org

Brain Break & Stretches (in Spanish)

Light refreshments & light stretching exercises
Maverick Landing Community Service
31 Liverpool Street, East Boston
Thursdays, 4-5pm
No registration needed

South End Stoop Fest

Enjoy music, popcorn, and pop
Claremont Neighborhood Association
Claremont Park between Columbus Ave.
& Claremont St.
Thursday, May 8, 6pm
Contact: cnaboston@gmail.com



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



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