

Boston Seniority

Age Strong Commission

City of Boston

Mayor Michelle Wu



FUN IN THE CITY p.16-23

**Summer 2024
Issue 7
Vol. 48**

FREE PUBLICATION



**MAYOR'S LETTER
P. 4**



**VOLUNTEER STORY
P. 8**



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Boston Seniority

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Stay Connected with the Age Strong Commission:



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

Email us at BostonSeniority@boston.gov



FROM THE MAYOR'S DESK

Hello Boston!

Summer greetings, Bostonians,

Welcome to summer in the city!

Inside this summer issue of Boston Seniority Magazine, you'll learn about Senior Citizens' Day, and Disability Pride Month as well as fun ways to keep cool at our City's many beaches and public pools.

Our Parks and Recreation and Special Events departments have programmed free summer series of movie nights, live concerts and fitness classes across the city in our beautiful public parks.

While you're out and about enjoying all Boston has to offer, remember to stay hydrated, apply sunscreen, and take a break in the shade. Also, inside, learn how to "beat the heat" this summer.

Looking forward to seeing you out in community,

Michelle Wu

Michelle Wu
Mayor of Boston



Books

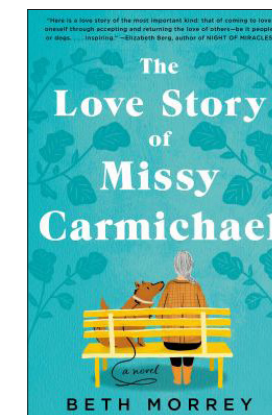
ADULT SUMMER READING 2024

Source: Boston Public Library

Adult Summer Reading at the Boston Public Library is an annual bingo board (on page 6) with 24 reading and activity challenges to be completed between June 1 and August 31.

This year a second Read More bingo board that challenges you to read 24 books for an even greater challenge was added. Choose between the two boards or, for the truly ambitious, complete both! The second Read More bingo card is only available online at bpl.org/bingo.

Here are a few suggestions for some of the different challenges on this year's bingo card. You do not have to follow the suggestions!

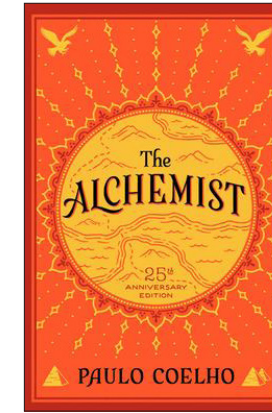


The Love Story of Missy Carmichael

by Beth Morrey

Reevaluating her past upon finding herself alone at age 79, Missy forges unexpected ties with two strangers and their spirited dog, discovering the power of friendship, family and self-forgiveness along the way.

("Main Character Over 60" Challenge)

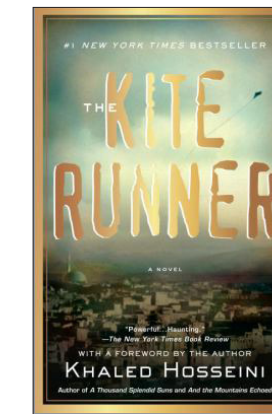


The Alchemist

by Paulo Coelho

182 pages. A fable about undauntingly following one's dreams, listening to one's heart, and reading life's omens features dialogue between a boy and an unnamed being.

("Books Under 200 Pages" Challenge)

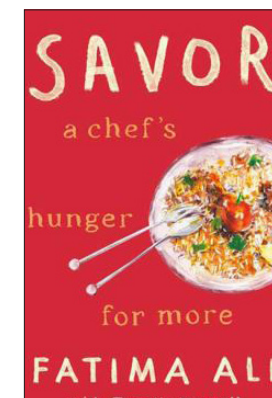


The Kite Runner

by Khaled Hosseini

Traces the unlikely friendship of a wealthy Afghanistani youth and a servant's son, in a tale that spans the final days of the nation's monarchy through the atrocities of the present day.

("Books Under 200 Pages" Challenge)



Savor

by Fatima Ali

James Beard Award, Literary Writing. Ali, diagnosed with a rare form of bone cancer, spends her final year savoring the world, delicious food, and her loved ones, as she reflects on her life and her identity as a chef, a daughter and a queer woman.

("Award Winners" Challenge)



BPL BINGO 2024

June 1 - August 31

FOR READERS AGES 18 AND OLDER • BOOK TITLES AND ACTIVITIES MAY ONLY BE USED ONCE PER CARD



PARTICIPATE IN A LIBRARY PROGRAM What program did you attend?	INDIGENOUS AUTHOR What book did you read?	UNDER 200 PAGES What book did you read?	BOOK WITH A PURPLE COVER What book did you read?	VISIT A LIBRARY What library did you visit?
AUTHOR OF COLOR What book did you read?	LEARN ABOUT YOUR NEIGHBORHOOD What did you learn?	BORROW A LUCKY DAY BOOK Where did you borrow it from?	BANNED OR CHALLENGED BOOK What book did you read?	READ OUTSIDE YOUR HOME Where did you read?
EXPLORE A NEW HOBBY What hobby did you explore?	RECOMMEND A BOOK Who did you recommend it to?	 FREE TO ALL		NEW ENGLAND AUTHOR What book did you read?
FIRST IN A SERIES What book did you read?	MAIN CHARACTER OVER 60 What book did you read?	TELL SOMEONE ABOUT BPL BINGO Who did you tell?	LISTEN TO A NEW SONG What song did you listen to?	EXPERIENCE A PIECE OF ART What artwork did you experience?
LGBTQ+ AUTHOR What book did you read?	AWARD WINNER What book did you read?	EXPERIENCE NATURE What did you experience?	CHILDREN'S CHAPTER BOOK What book did you read?	READ A POEM What poem did you read?
DISABLED OR NEURODIVERGENT AUTHOR What book did you read?				

READ **ACT** **DISCOVER**

PLEASE SUBMIT YOUR BINGO CARD BY END OF DAY ON AUGUST 31.

NAME: _____ LIBRARY CARD #: _____

IF A LIBRARY STAFF MEMBER HELPED YOU WITH YOUR BINGO CARD, WHAT IS THEIR NAME?

WHAT IS YOUR HOME LIBRARY BRANCH? _____



SIGN UP AT BPL.ORG/BINGO – TELL A FRIEND!

► Tips

BEAT THE HEAT THIS SUMMER STAY COOL WHILE YOU'RE OUT & ABOUT

Extreme heat can be dangerous to health, and sometimes, even fatal. Here are some tips to help keep cool this summer.

- Don't leave children or pets in cars. Cars heat up quickly, even if the windows are slightly open.

- Drink water and stay hydrated. Drink more water no matter how active you are. Avoid alcohol and sugary or caffeinated drinks. Don't wait until you're thirsty to drink.

- If you lose power, please call your utility company to report any outages. You can also call 3-1-1 with any concerns or questions.

Eversource: 1-800-592-2000
National Grid: 1-800-322-3223

- Prepare your home by installing window air conditioners and insulate if necessary. Weather-strip doors and sills to keep cool air in. Cover windows that receive sun with drapes, shades, awnings or louvers. Outdoor awnings or louvers can reduce the heat entering a home by up to 80 percent.

- Rest often, in cool, shaded areas. Limit your outdoor activity to morning and evening hours. Let your body acclimate to the heat before you try to exercise.

- Signs of heat-related illness include

heavy sweating, cold, pale, and clammy skin, fast, weak pulse, nausea or vomiting, muscle cramps, dizziness, headache, fainting, confusion. If you become lightheaded, confused, weak or faint, stop all activity and find shade or a cool area to rest. Call 911 immediately if your symptoms don't improve.

- Wear light clothing and apply sunscreen. Use sunscreen containing an SPF-15 or higher and wear protective, loose-fitting clothing, including long-sleeve shirts and hats.

- Stay cool indoors. A few hours in air conditioning helps your body recover and stay cool when you go back into the heat. Electric fans will not prevent heat-related illness. If your home doesn't have air conditioning, go to a shopping mall or public library. Take a cool shower or bath. Use your stove and oven less to maintain a cooler temperature in your home.

Sign up for Alert Boston to be notified of extreme heat events. You will receive a direct message via text, call, or email boston.gov/departments/emergency-management#sign-up-for-alerts

For more information visit boston.gov/departments/emergency-management/keeping-cool-heat.

► Volunteer Story

MEET JERRY LEONARD BOSTON CITY HALL VOLUNTEER GREETER

*Provided by Dillon Tedesco,
Age Strong Staff*

When you visit Boston's City Hall, you will likely be greeted by Age Strong City Hall Volunteer Greeters, ready to help you get where you need to go and answer questions about City Hall.

One of these special older adult greeters is Nicholas "Jerry" Leonard, a City Hall Volunteer Greeter for nearly 10 years, and on August 1, Jerry turns 90!

Having attended Columbus High School (North End), Jerry has lived in Boston's West End for 20 years, and initially heard about the City Hall Greeter program through Boston Seniority Magazine. "My favorite part of being a City Hall Greeter is welcoming everybody into the city," said Jerry.

"After I retired from tending bar," he said, "I was looking for something to do. There was a call to contribute memoirs to a book about Boston, so I wrote one. It was called 'Seniors Helping Seniors'" This became Street of Echoes: Stories from Boston's Most Enduring Neighborhoods and was a joint program between Grub Street and the City of Boston.



He greets visitors at City Hall one day each week, and if you happen to catch him on your next visit to City Hall, he would love to tell you all about City Hall's unique architecture. "I tell people all about the brutalism style, the bricks, and that our City Hall is actually built on a hill," he said. "Architectural enthusiasts from all over the world love this building. They love the open space."

When visitors ask what Boston activities he recommends, he offers "Boston Harborwalk. It's the best thing in the city that you can do for free (46 miles long)."

Volunteering has always been important to Jerry. "Helping somebody else is also helping yourself," he shares. "If you can give one hour or 10, you can help. If you can seal an envelope, you can help. Visit Age Strong, you'll have fun!"

If you see Jerry at City Hall's front desk this summer, be sure to wish him a happy birthday! If you are interested in becoming a City Hall Volunteer Greeter, call Age Strong at 617-635-4366.

► Scam Info

SCAM ALERT: GOVERNMENT IMPERSONATIONS

Source: National Councils on Aging

Be sure to keep an eye out for government impersonation scams, where scammers will call older adults and pose as government employees from the IRS, Medicare, or the Social Security Administration. Here are some things to look out for when identifying a government impersonation scam:

1. A false sense of urgency.

When running a scam, criminals rely on victims not having time to think about the call they're receiving. They might say "I need you to read me your credit card number or your Medicare will get shut off today," or "Tell me your Social Security Number or the IRS is going to have to put a warrant out for your arrest." Government officials would NEVER ask you to share such personal information over an unexpected phone call.

2. Fake phone numbers.

With advancing technology, scammers make it look like they're calling you from an official government office, but it's just a cover-up. If you think the call may be a scam, you can hang up and call the official number back yourself. If it truly is a government office calling, they'd understand you wanted to verify.

3. Unexpected or unusual circumstances.

Did you file your taxes in February, receive your tax return, then get a call in August from someone claiming to be the IRS saying you owe thousands? This seems like an unlikely scenario. Again, when in doubt, you can hang up the phone and call the agency back yourself, to verify.

Older adults lose millions of dollars a year to scammers, but knowing some of the warning signs to look out for can help you avoid being one of the many people who is the victim of a scam. If you or someone you know has been the victim of a scam, you should call the Boston Police Department at 617-343-4500 and file a report with the Federal Trade Commission at reportfraud.ftc.gov.



AGE-FRIENDLY BUSINESSES ACROSS BOSTON UPHAMS COMMUNITY CARE & BOSTON PUBLIC LIBRARIES

Boston was the first city in Massachusetts to join the AARP Network of Age-Friendly Cities in 2014, to incorporate Age-Friendly focused work—a movement to make communities more welcoming and livable for residents of all ages.

One area within that work is training businesses to become officially “Age-Friendly Certified,” where businesses learn about challenges facing older adults and how their business can make it easier to navigate. Trainings assess lighting, noise level, signage, seating, floors, restrooms, walkways, and more.

One recently certified business is Uphams Community Health (formerly Uphams Health Center), initiated by UCH’s Chief Sustainability Officer, Maricely Pérez-Alers, DPT. “We serve culturally, ethnically, and linguistically diverse Boston residents in Dorchester, Roxbury, Mattapan, and Hyde Park neighborhoods,” she explains. Approximately 65% of UCH’s patients speak Cape Verdean Creole, French, Haitian Creole, Portuguese or Spanish as a first language.

UCH serves Bostonians through its health centers, and in-home services, PACE (Program of All Inclusive Care

for the Elderly) and SCO (Senior Care Options). Their in-home care services include nurses, homemakers, home health aides, personal care attendants, a physical therapist, an occupational therapist, a speech therapist and social workers—affiliated with Boston Medical Center, Partners HealthCare System (now Mass General Brigham), Boston University Geriatric Services.

According to Dr. Adam Burrows, Medical Director at Uphams Community Health, “It’s very rewarding to provide our PACE program’s full-service, in-home care to those who generally have not received this quality in their lives. This model of care benefits the most disadvantaged members of our society. For a geriatrician, PACE is the ideal way of practicing. It helps prevent premature nursing home placement.” Burrows has guided the program’s expansion to three PACE Centers serving older adults throughout the city of Boston.



Dr. Adam Burrows

“We learned about Age Friendly business training and certification through Boston Seniority Magazine,” Pérez-Alers



Dr. Sarah Phillips on a home visit.



Unit Manager Tindi Miranda helping participant.

shares. “We held an all-day training for over one hundred employees including clinicians, administrative staff, drivers, and community workers. Being Age-Friendly certified,” Pérez-Alers says, “reduces inequities, builds intergenerational bonds, and intentionally helps eliminate physical and systemic barriers around aging.”

“UHC and specifically its PACE program,” says Age-Friendly Director Andrea Burns, “embodies the Age Friendly ethos—providing support in-community, so more older adults can age in place. They were doing this work even before our formal Age-Friendly work existed. They committed to this framework early on, as a way to enhance and expand their employees’ skills. From the training, there is a more cohesive connection between UCH and the Age Strong Commission.

Age Strong also recently certified all 26 branches of Boston Public Library as Age-Friendly and has trained/certified 89 businesses across Boston, since 2019. “When we help older adults continue to live, work, and volunteer in our communities,” says Age Strong Commissioner Emily K. Shea, “we all benefit from their energy, experience, and contributions. As residents grow older, we want them to live as independently as possible, where changing needs are supported.”

To learn more about becoming an Age Friendly business, contact Andrea Burns at 617-635-4877 or andrea.burns@boston.gov.

JULY IS DISABILITY PRIDE MONTH

By Jordan Rich, Age Strong Staff

Each July, we celebrate Disability Pride Month to commemorate the signing of the Americans with Disabilities Act (ADA). Signed on July 26th, 1990, the ADA was the first legislation in the world to outlaw discrimination against people with disabilities in multiple arenas including employment, transportation, and access to services. The month honors the history, achievements, experiences, and struggles of the disability community.

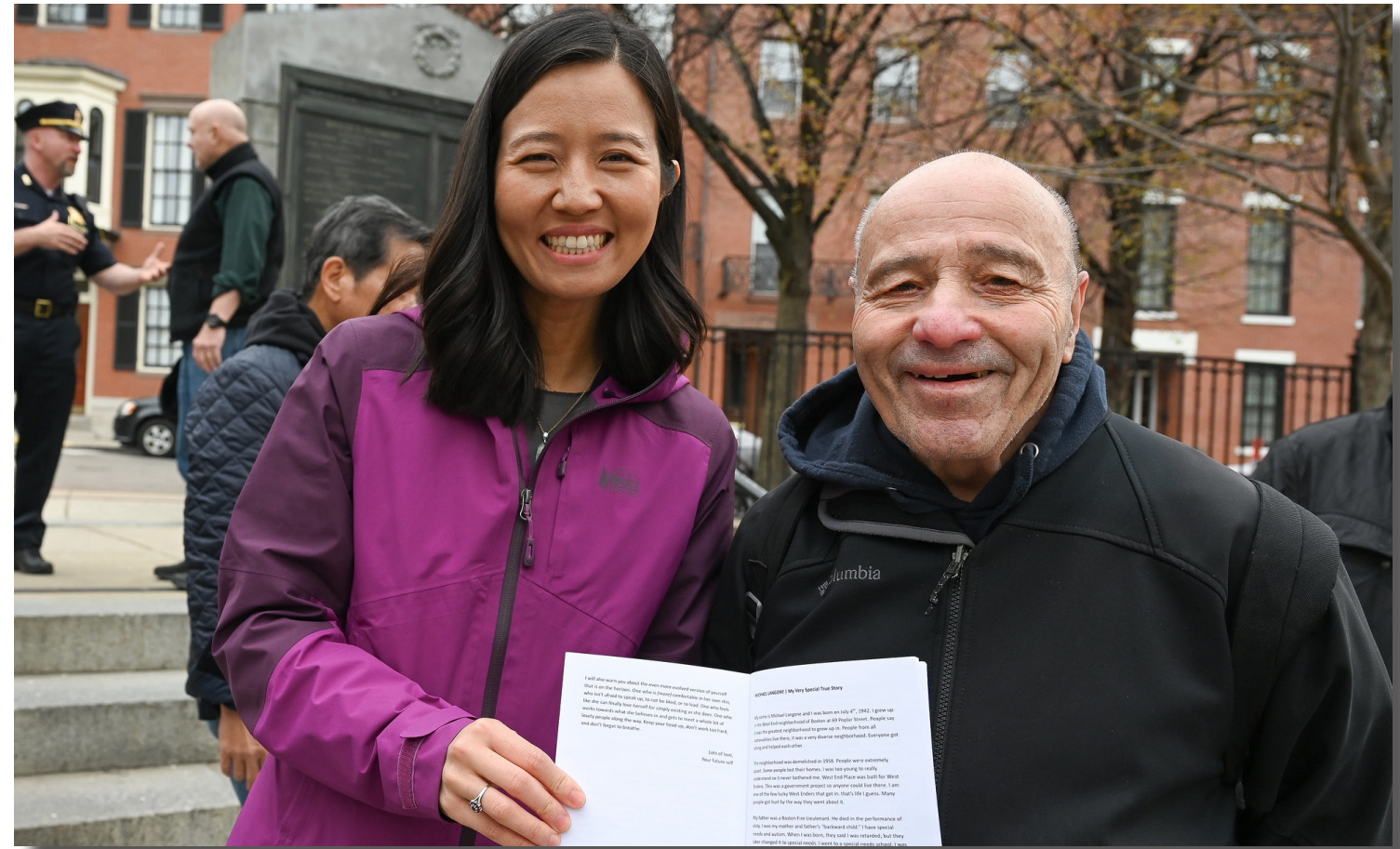
The City of Boston held the first Disability Pride Day in 1990 and continues to uphold civil rights. Boston's Disability Commission's mission is to increase opportunities for people with disabilities by facilitating full and equal participation in all aspects of life within the City of Boston. This includes reducing architectural, procedural, attitudinal, and communication barriers as well as promoting equity in housing, education, employment, transportation, and civic activities.

The Disability Commission office works toward compliance with Title II of the Americans with Disabilities Act while also providing information and referral, architectural access review, and advocacy on disability issues. On July 17th, join the Boston Disability Commission, local organizations, and

the disability community to celebrate the 34th anniversary of the passing of the Americans with Disabilities Act. Come to celebrate and honor the rights of people with disabilities at The Mayor's Commission for Persons with Disabilities annual ADA Day Celebration on Boston City Hall Plaza from 12-2pm for a speaking program, disability resource fair, food, music, and free t-shirts (while supplies last — so get there early). For more information, visit the Disability Commission call 617-635-3682 or visit boston.gov/departments/disabilities-commission.

MEET MICHAEL

Listening to stories by people with disabilities, being inclusive, and providing support without giving unsolicited advice are ways to be an ally during Disability Pride Month and throughout the year. Michael Langone, one of Boston's older adults living with a disability, shared his personal experience to include here. I met him recently at Mayor Wu's neighborhood coffee hour in East Boston and he told me about a writing class he participates in. Although initially hesitant to join, he completed the class writing prompt. He wrote of his struggles and his successes.



Self-described as his parents' "backwards child," Michael was born on July 4th, 1942, diagnosed with an intellectual disability and autism. Michael dreamt of joining the Coast Guard and achieved a gold medal in swimming at the Special Olympics. Michael still swims and plans to compete in the 100 meter freestyle and 100 meter breaststroke in the 2025 summer games. Michael did not join the Coast Guard but worked successfully as a reliable courier in Boston. "For over 30 years my mother thought I'd never work. I could only qualify to do messenger work, as I didn't have a high school diploma or college degree. I also knew the city and transportation system inside and out."

Via city transport, Michael participates in local events, visits Age Strong senior centers, and attends learning workshops. He's proud to be a great great Uncle and hopes to win at the next Special Olympics. Michael's story gives us insight into his individual, complex journey. He concluded his story with the following passage:

"When starting this class, I thought that I would quit after the first day. I thought I wasn't smart enough to be there. But during the class, I learned that I could write a story and do something. For the first time in my life, I presented in front of people. My new friend Mohammed has been my motivator and has kept me coming back. He always told me that I could do it, and I did!"

SUMMER HAPPENINGS: GET OUT & ABOUT IN BOSTON!

* Please note events are free and are subject to change

JULY
17
Cribbage Club
Time: 2pm - 3:30pm
Location: BPL Roslindale
4246 Washington St., Roslindale
Contact Info: 617-323-2343

JULY
18
BPL By Bike: South End Summer Pop-Ups
Time: 10am - 1pm
Location: BPL South End,
685 Tremont St., South End
Contact Info: Jenn,
617-859-2323

JULY
18
Hyde Park Summer Concert Series: Logic Select
Time: 6pm - 7:30pm
Location: BPL Hyde Park,
35 Harvard Ave, Hyde Park
Contact Info: Mazen,
617-361-2524

JULY
20
All Ages Art Workshop
Time: 12pm - 1pm
Location: BPL Fields Corner,
1520 Dorchester Ave,
Dorchester Contact Info:
Liz, 617-436-2155

JULY
24
JP Writers' Corner
Time: 4:30pm - 5:30pm
Location: BPL Jamaica Plain
30 South St., Jamaica Plain
Contact Info: 617-524-2053

JULY
30
Drop-in Zine Making
Time: 4pm - 5pm
Location: BPL Parker Hill,
1497 Tremont St., Roxbury
Contact Info: 617-427-3820

AUGUST
6
Adult Crafts
Time: 6pm - 7pm
Location: BPL Faneuil
419 Faneuil St., Brighton
Contact Info: 617-782-6705

AUGUST
13
The Scoop Book Club: Banyan Moon
Time: 2pm - 3pm
Location: BPL South End,
685 Tremont St., South End
Contact Info: Christina,
617-655-2441

AUGUST
30
Boston Lyric Opera - Concerts in the Courtyard Series
Time: 12:30pm - 1:30pm
Location: Central Library in
Copley Square, 700 Boylston
St., Boston Contact Info: Adult
Programs Dept., 617-859-2129

"Happiness is a mood. Positivity is a mindset."

-Unknown

Age Strong Commission Events

We can connect you to programs and outings that enrich your life in Boston. You can also take part in our virtual programs and classes.



For more information, call 617-635-4366 or visit boston.gov/age-strong-events





FUN IN THE CITY

Inside, learn about free concerts, Mayor's Movie Nights, summer dance parties on City Hall Plaza, parks fitness series, city beaches and pools, and more! Also, learn ways to beat the heat and stay safe on those hot, summer days.

-Boston Seniority Team

SUMMER FUN IN BOSTON!

MOVIE NIGHTS, NEIGHBORHOOD CONCERTS, & DANCE PARTIES!

Throughout the summer, the City of Boston hosts a variety of outdoor, free activities including live music concerts and movie nights across our neighborhoods. Here's a list!

► Parks Movie Nights

Enjoy recent films under night skies with The Mayor's Movie Nights, part of Boston's Parks and Recreation's ParkARTS program. Held throughout August, events begin at dusk. Free popcorn (while supplies last), and closed captions (where available) are offered.

August 6: *The Little Mermaid*
Ringer Playground, Allston

August 12: *A Million Miles Away*
Jamaica Pond, Jamaica Plain

August 13: *Elemental*
Healy Playground, Roslindale

August 14: *Wonka*
Hynes Playground, West Roxbury

August 19: *Aquaman and The Lost Kingdom*
Malcolm X Park, Roxbury

August 21: *Ferris Bueller's Day Off*
Peter's Park, South End

August 22: *Kung Fu Panda 4*
Iacono Playground, Hyde Park

August 26: *Trolls Band Together*
Winthrop Square, Charlestown

August 27: *Wish*
Ronan Park, Dorchester

August 28: *Encanto*
Noyes Playground, East Boston

August 29: *Ghostbusters: Frozen Empire*
Boston Common Frog Pond, Downtown

► **Neighborhood Concert Series**
Grab a picnic and some friends for free outdoor concerts in the park this summer! Also part of ParkARTS is Boston's Citywide Neighborhood Concert Series, July and August, in parks across Boston.

July 8th, 7pm
Living on a Bad Name
(Bon Jovi Tribute)
McConnell Park, Dorchester

July 9th, 7pm
The Jesse Liam Band
Brighton Common, Brighton

July 10th, 7pm
\$3 Shirt
Blackstone Square, South End

July 15th, 7pm
Be Kind Rewind 90s
Billings Field, West Roxbury

July 29th, 7pm
Rusty Randoms
Fallon Field, Roslindale

August 5th, 6:30pm
The E Water Band
Hunt Playground, Mattapan

August 7th, 7pm
Lexi James & Wildheart
Medal of Honor Park, South Boston

► **Tito Puente Latin Music Series**
Enjoy the sounds of favorite Latin Caribbean rhythms, Thursday evenings at 7pm.

July 11
Orquesta Sensacional
O'Day Playground, South End

July 18
Rafael Moreno
O'Day Playground, South End

July 25
Gregorio Uribe
LoPresti Park, East Boston

August 1
Alex Alvear and Mango Blue
Mission Hill Playground, Mission Hill

August 8
Claves and Blues
Mozart Street Playground, Jamaica Plain

August 15
Tito Puente Jr.
Boston Common (Tremont Street)

► **Summer Dance Parties**
1 City Hall Plaza, Boston

July 26, 5-9pm
R&B Dance Party
DJ Real P

August 3, 3-7pm
Afro Beats Dance Party
DJ Prince

August 16, 5-9pm
Old School Dance Party
DJ Bruno

For more information regarding summer events, call 617-635-3911 or visit boston.gov/events.



BACK TO OUR BOSTON BEACHES! *By Jordan Rich, Age Strong Staff*

Massachusetts is home to many of the East Coast's most beautiful beaches. The Cape Cod National Seashore may be popular, but there are many beaches right in Boston, easily accessible by bus, train, or ferry, offering a quick escape from city sound.

Constitution Beach, East Boston

Constitution Beach, locally known as "Shades Beach," boasts a bathhouse, concession stand, playground, accessible ramp to the water, shade shelters, and on-duty lifeguards. Swim, sunbathe, or watch the planes landing at Logan Airport. Take the MBTA Blue Line to Orient Heights, exit the station toward Saratoga Street and then walk down Barnes Ave.

Castle Island/Pleasure Bay, South Boston

Home to Fort Independence, a National Historic Landmark, Castle Island is not an island at all. Visitors may walk or drive to access the Castle Island shoreline or swim at Pleasure Bay. Pack a picnic or stop by "Sully's" for hot dog and fries.

By the T: Take the Red Line to Broadway, get a Route 9 bus to Farragut Rd. opp E. 2nd St., and then walk down Head Island Causeway to the beach.

L & M Street Beaches, South Boston

L Street and M Street Beaches connect the beach at Pleasure Bay with Carson Beach. All four link to form 3 miles of shoreline facing Dorchester Bay.

By the T: Take the Red Line to Broadway

to get a Route 11 bus to E. 8th St. @ L St., and then walk down L Street.

Carson Beach, South Boston

Found at the end of the Harborwalk, Carson Beach offers excellent swimming, a pier for fishing, and space for biking, bocce, and chess. Beachgoers have access to the bathhouse restrooms, changing rooms, and showers.

By the T: Take the Red Line to JFK/UMass, and then walk down William J. Day Boulevard.

Savin Hill & Malibu Beaches, Dorchester

Tucked away from the larger Dorchester Bay, Savin Hill Beach and Malibu Beach are located on a calm inlet offering safe swimming access. Savin Hill also has a tot lot and baseball field.

By the T: Take the Red Line to Savin Hill, and then walk down Savin Hill Avenue to Denny Street.

Tenean Beach, Dorchester

A mile from Savin Hill Beach is Tenean Beach, which is also part of the Dorchester Shores Reservation. Tenean Beach has great city views and tennis courts.

By the T: Take the Red Line to North Quincy, then a Route 210 bus to Neponset Ave. @ Ashmont St., and then walk for about 11 minutes.

Boston Harbor Islands

Spectacle Island Beach is accessible via the Harbor Islands Ferry at Long Wharf.

CITY PUBLIC POOLS WILL KEEP YOU COOL THIS SUMMER!

Boston's public pools provide residents with a safe place to cool off, to learn how to swim, and to have fun. The City operates many pools and splash pads across many neighborhoods. Although some are undergoing repair, please visit the BCYF Aquatics page for an updated schedule and to sign up for swim programming or call each center.

BCYF Charlestown

255 Medford Street, Charlestown
617-635-5170

BCYF Clougherty

331 Bunker Hill Street, Charlestown
617-635-5173

BCYF Curley Beach

1663 Columbia Road, South Boston
617-635-5104

BCYF Curtis Hall

230 South Street, Jamaica Plain
617-635-5193

BCYF Flaherty

160 Florence Street, Roslindale
617-635-5181

BCYF Hennigan

200 Heath Street, Jamaica Plain
617-635-5198

BCYF Marshall

35 Westville Street, Dorchester
617-635-5148

BCYF Mason

159 Norfolk Avenue, Roxbury
617-635-5241

BCYF Mattahunt

100 Hebron Street, Mattapan
617-635-5160

BCYF Mildred Avenue

5 Mildred Avenue, Mattapan
617-635-1328

BCYF Mirabella (opening June 28)

475 Commercial Street, North End
617-635-1276

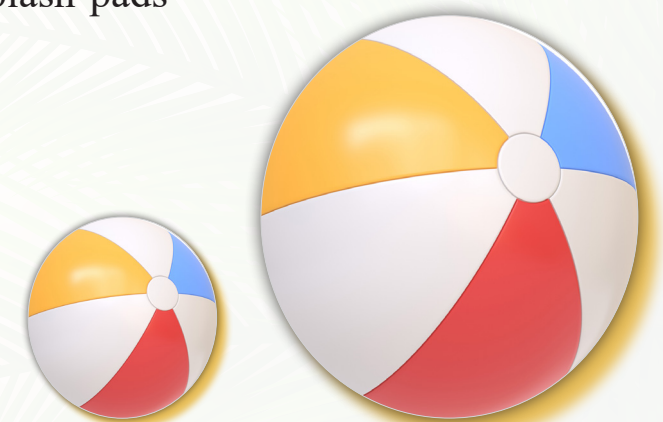
BCYF Paris Street

113 Paris Street, East Boston
617-635-5125

BCYF Perkins

155 Talbot Avenue, Dorchester
617-635-5146

For a map of city pools and splash pads, visit boston.gov/departments/boston-centers-youth-and-families/pools-and-splash-pads



JUST PUT ONE FOOT IN FRONT OF THE OTHER AGE FRIENDLY WALKING PATHS IN BOSTON

Did you know? The Age Strong Commission maintains a list of Age-Friendly Walking Paths in the City of Boston. These designated outdoor walks are considered "age-friendly" because the paths are smooth, free of stairs, with parking nearby.

▶ **Back Bay**

Commonwealth Mall
484 Commonwealth Avenue

▶ **Brighton**

Evergreen Cemetery
2060 Commonwealth Avenue

Brighton Common
30 Chestnut Hill Avenue

▶ **Dorchester**

Franklin Park/Scarboro Pond
Franklin Park Disc Golf, Circuit Drive

Wonder Walk
2293 American Legion Highway

Ronan Park
43 Juliette Street

Neponset Greenway
180 Granite Avenue

▶ **Downtown**

The Armenian Heritage Park & Rose
Fitzgerald Kennedy Greenway

Boston Common
139 Tremont Street

▶ **East Boston**

East Boston Greenway
365 Bremen Street

▶ **Hyde Park**

Fairview Cemetery
45 Fairview Drive

George Wright Golf Course
420 West Street

Sherrin Woods
62 Sherrin Street

▶ **Jamaica Plain**

Bussey Brook Meadow
South Street and Washington Streets

Wonder Spots
125 Arborway

Forest Hills Cemetery
95 Forest Hills Avenue

▶ **Mattapan**

Almont Park
40 Almont Street

Gladeside
138 Lorna Road

Mt. Hope Cemetery
355 Walk Hill Street

▶ **Roslindale**

Roslindale Wetlands
25 Coniston Road

▶ **Roxbury**

Franklin Park/George White Stadium
450 Walnut Avenue

▶ **South Boston**

Castle Island
2010 William J Day Boulevard

▶ **South End**

Carter Park
656 Columbus Avenue

▶ **West Roxbury**

Allandale Woods
19 VFW Parkway

Millennium Park
300 Gardner Street

Hynes Field
502 VFW Parkway

For more information on Age-Friendly Walking Paths, please visit boston.gov/departments/age-strong-commission/age-friendly-boston/map-age-friendly-walks.



► In Boston, we Age Strong.

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



We can help with:

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

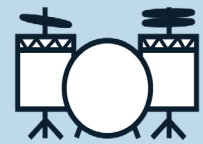


Access to Information and Benefits:

Our Advocacy and Benefit Specialists connect older adults to a comprehensive array of resources, benefits, and information.

We can:

- Assist with applications for public benefits like Supplemental Nutrition Assistance Program (SNAP) and fuel assistance.
- Ease the process of applying for, and receiving, Medicare benefits.
- Assist older adults in accessing several tax relief exemptions and programs like the Elderly Exemption 41C, Senior Circuit Breaker Tax Credit, and others.
- Assist older adults with navigating systems including the aging network and city services.



Outreach and Engagement:

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

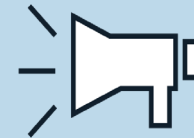


Transportation:

We are committed to helping older adults continue to lead independent lives by connecting them to transportation resources.

We offer:

- Free wheelchair-accessible shuttles that provide door-to-door service for non-emergency doctor's appointments. Call 617-635-3000 for more information.
- Taxi Coupons at discounted rates.



Volunteer Opportunities:

We operate volunteer programs that impact our work across the city:

- *RSVP* matches seniors with valuable volunteer opportunities in Boston.
- The *Senior Companion Program* matches seniors with homebound persons who need assistance and companionship.
- *Senior Greeters* volunteer their time to greet guests of City Hall.
- *Older Adult Property Tax Work-Off Program*: Qualified senior homeowners may work-off up to \$2,000 on their property tax bill by volunteering for a City department.



Housing:

The Age Strong Commission works to ensure that older adults are able to find and maintain housing. We can:

- Assist with housing applications.
- Connect older adults with other City and community agencies that can provide resources for home repair and other challenging situations like hoarding.
- Provide mediation and court advocacy.



Alzheimer's and Caregiver Support:

Know that you are not alone; we are here to support you. We:

- Host Memory Cafés, places where individuals experiencing memory loss and their caretakers can meet in a safe, social environment.
- Provide referrals and offer workshops, training, and support groups for those who are supporting an older loved one.

AGE STRONG COMMISSION'S FREE VIRTUAL WELLNESS CLASSES



Join the classes listed below with the Zoom link:
bit.ly/ZoomAgeStrongVirtual



CHAIR YOGA

Monday / 9AM-10AM



LATIN DANCE

Tuesday / 11:30AM-12:30PM



YOGA & MEDITATION

Wednesday / 11:30AM-12:30PM



LATIN FIESTA

Thursday / 11:30AM-12:30PM



ZUMBA

Friday / 11:30AM-12:30PM

For more information on our events call **617-635-3979**
or visit **boston.gov/age-strong-events**

► Celebrate HAPPY NATIONAL SENIOR CITIZENS DAY!

Provided by Jordan Rich, Age Strong Staff



President Ronald Reagan signed Proclamation 5847 on August 19th, 1988 declaring August 21st National Senior Citizens Day. In the proclamation he said, “For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute. We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older -- places in which older people can participate to the fullest and can find the encouragement, acceptance, assistance, and services they need to continue to lead lives of independence and dignity.” Annually the day serves as a reminder to acknowledge and appreciate the older adults in our lives.

Throughout the year, the City of Boston embraces aging. Age Strong’s mission is to enhance the lives of people 55+ with meaningful programs, resources, and connections so together we can live and

age strong in Boston. Additionally, Age-Friendly Boston partners with the City's public agencies, businesses, cultural, educational, religious institutions, and community groups to create a Boston where older adults continue to lead healthy, enriched, and productive lives.

To celebrate National Senior Citizen Day, you can spend time visiting with family and friends, offer to share your knowledge with a young person, utilize your senior discount at a local shop, reminisce over old photos, share your personal history with someone new, sign up with a volunteer program, go to a community activity, or reach out to an advocate to set up in home care support.

For more information about aging well in Boston contact Age Strong at 617-635-4366, agestrong@boston.gov, or visit the office at 1 City Hall Square, Rm 271 Boston, MA 02201.

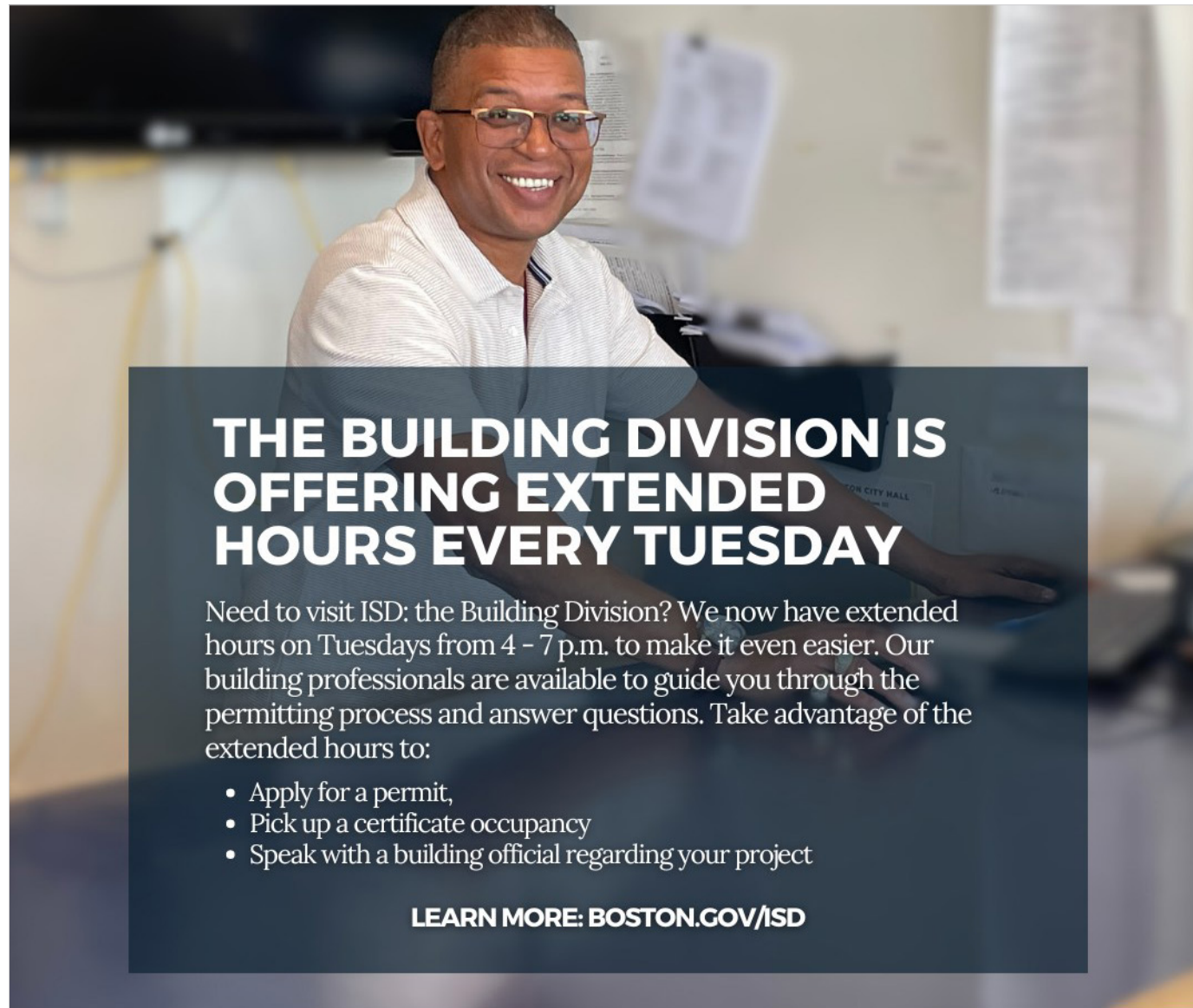


SIGN-UP TODAY

Check out the latest news from Age Strong! We include events for older adults, volunteer opportunities, and much more.

Sign-up for updates at: boston.gov/departments/age-strong-commission

NOW OFFERING EXTENDED HOURS



THE BUILDING DIVISION IS OFFERING EXTENDED HOURS EVERY TUESDAY

Need to visit ISD: the Building Division? We now have extended hours on Tuesdays from 4 - 7 p.m. to make it even easier. Our building professionals are available to guide you through the permitting process and answer questions. Take advantage of the extended hours to:

- Apply for a permit,
- Pick up a certificate occupancy
- Speak with a building official regarding your project

LEARN MORE: BOSTON.GOV/ISD

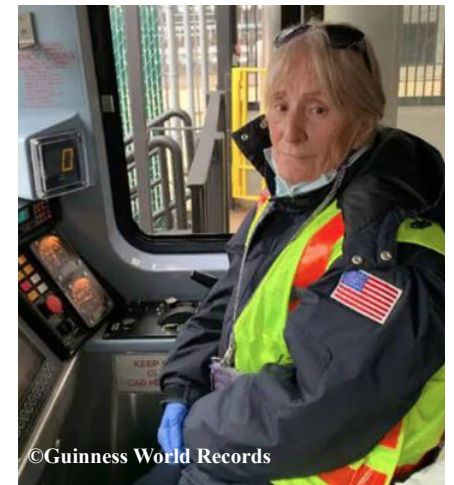


Local News

BREAKING RECORDS ON THE BLUE LINE

Provided by Jordan Rich, Age Strong Staff

Source: Guinness World Records



Born and raised in East Boston, lifelong resident, Helen Antenucci, has safely transported train passengers on the MBTA’s Blue Line since 1995. Helen began driving for the Massachusetts Bay Transportation Authority at the age of 53. Now 81, she’s been named The World’s Oldest Train Operator verified by Guinness World Records.

Regular commuters recognize Helen’s voice. Some riders will even wait on the platform specifically to board her train. “I really enjoy coming to work and seeing the passengers. I have come to know many of them over the years; they ride the train to and from work or school every day. It makes me feel good when I can quickly and safely bring them where they need to go.”

In addition to providing a smooth journey, Helen imparts city wisdom and spreads kindness over the speaker. You’ll hear her recommend her favorite stop, the New England Aquarium, to passengers young and old. “The majority of people that get on or off my train there are families

with children that will have a happy experience. The children are excited; first about riding the train, and second, about going to the aquarium. It’s so fun and heartwarming to see their happiness.”

Unknown to Helen, it was her co-worker who submitted the world record application in her name. Helen is taking the honor in stride. “I don’t know what all the fuss is about. I get up every day and do what I love to do. Not many people get to say that at my age.”

Helen keeps retirement in the rear view. She’s focused on the track ahead and has no plans of slowing down. “I will bring my passengers to and from where they need to go until my organization tells me I can’t, but I don’t see that happening anytime soon.” Grateful to those around her, Helen shared her appreciation of Guinness World Records saying, “Thank you to all of my coworkers, family, friends, and passengers for their support in making every day a wonderful journey.”

▶ SEEN AROUND TOWN



OPEN STREETS BOSTON

Open Streets Boston is back for its FREE third annual event, offering another chance to experience streets as public spaces.

The
event time
for all routes is
10:30am-5pm

FAMILY
FUN
ZONE

LIVE ART &
ENTERTAINMENT

HEALTH &
WELLNESS

.8 MILES
OF CAR FREE
ENGAGEMENT

SUNDAY, JULY 21, 2024

Centre St. (Jamaica Plain)
Between: Centre Street from
Lamartine St. to South St.

SUNDAY, AUGUST 11, 2024

River St. (Hyde Park)
Between: Hyde Park Ave. and River
St. to Fairmount Ave. and Davison St.

SUNDAY, SEPTEMBER 15, 2024

East Boston
Between: Meridian St. from Maverick
to Porter & Bennington St. from Porter
to Day Square

SUNDAY, OCTOBER 20, 2024

Allston/Brighton
Between: Harvard Ave. and Brighton
Ave. from Cambridge to Comm Ave.

BOSTON.GOV/OPEN-STREETS

CITY of **BOSTON**