

# Boston Seniority

Age Strong Commission

City of Boston

Mayor Michelle Wu



## Alzheimer's & Brain Awareness Month

p.16-23

June 2023  
Issue 5  
Vol. 47

FREE PUBLICATION



MAYOR'S LETTER  
P. 4



PRIDE MONTH  
P. 6



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Learn about ways to keep your brain healthy and join us in raising the visibility of Alzheimer's Disease for The Longest Day.



# Boston Seniority

Published by the City of Boston's Age Strong Commission

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Stay Connected with the Age Strong Commission:



Main number: (617) 635-4366



Website: [boston.gov/age-strong](http://boston.gov/age-strong)  
Email: [agestrong@boston.gov](mailto:agestrong@boston.gov)



Facebook: @AgeStrongBos



Twitter: @AgeStrongBos

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

Email us at [BostonSeniority@boston.gov](mailto:BostonSeniority@boston.gov)



# From the Mayor's Desk

## Hello, Boston!

Welcome to our city in June! The weather is warming, flowers and trees are in full bloom, school will soon let out for summer break.

There's so much to do in Boston in June – whether you take advantage of free fitness classes throughout the city (coordinated by our Parks and Recreation Department), stroll the Public Garden, Franklin Park, or other outdoor favorites – you're sure to find lots to choose from.

June marks important national LGBTQ+ Pride Month, when we celebrate the accomplishments of and milestones in our lesbian, gay, bisexual, transgender, and queer community. Inside, you'll find an LGBTQ+ reading list curated by the Boston Public Library.

On June 19, we celebrate Juneteenth, marking the end of slavery in the United States. Also known as Freedom Day or Emancipation Day, on this date in 1865 Texas recognized this important change in our nation's narrative. The day was first recognized as a federal holiday in 2021, when President Joe Biden signed the Juneteenth National Independence Day Act into law.

Also in June we acknowledge Alzheimer's and Brain Awareness Month, as an opportunity to raise visibility for and discuss Alzheimer's disease and other dementias. Throughout the month, the Alzheimer's Association encourages people around the globe to support the movement by wearing purple and training their brains to fight the disease. Inside you'll learn about The Longest Day, and tips to keep your brain engaged.

Look forward to seeing you in the neighborhoods,

*Michelle Wu*

Michelle Wu  
Mayor of Boston



## Books

### BPL Staff Book Picks

Source: Boston Public Library

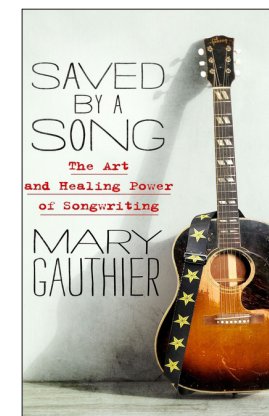
*We Are Pride* is a list of books published in the previous year concerning the diverse experiences of the LGBTQ+ community. This printing is part of the Boston Public Library's annual observance of Pride Month every June.



**Tortillera**  
by Caridad Moro-Gronlier

Poems. These poems chronicle the life of a Cuban-American daughter, wife, and mother as she dismantles the existence she was

taught to want in order to evolve into the queer woman she was born to be.



**Saved by a Song**  
by Mary Gauthier

Biography & Autobiography. From the Grammy nominated folk singer and songwriter, an inspiring exploration of creativity and the redemptive power of

song.



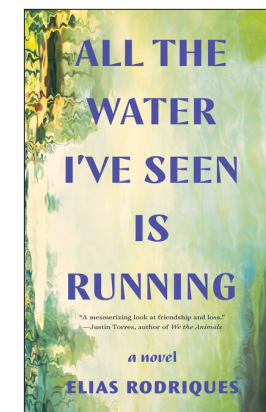
**How Y'all Doing?**  
by Leslie Jordan

Nonfiction. When actor Leslie Jordan learned he had "gone viral," he had no idea what that meant or how much his life was about to change.



**Queer Love in Color**  
by Jamal Jordan

Photobook. A singular, moving collection of photographs and stories of queer couples and families of color from across the United States and around the world.



**All the Water I've Seen Is Running**  
by Elias Rodriques

Novel. Daniel Henriquez returns to his hometown for the funeral of his high school girlfriend. While there, he must reconcile the person he is in New York -- an out and proud gay man -- with the person he used to be.



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

► Pride Month

## June is LGBTQ+ Pride Month!

There's a lot to celebrate and fun to be had this month during Pride.

Boston's annual pride parade, hosted by the newly formed Pride for the People, will return for the first time since 2019 on Saturday, June 10. The return follows a three-year hiatus. The parade begins at 11am in Copley Square (Boylston Street/Clarendon Street).

"Portraits of Pride," from creative director Jean Dolin, is the inaugural art installation on City Hall Plaza, for the month of June. The exhibit will display multiple 8-foot-by-5-foot portraits of LGBTQ leaders, a project that Dolin called his "love letter to Boston" in an effort to show young people "anything is possible."

"We're looking forward to an amazing, fun, queer community connection and celebration, and deepening our partnerships with the incredible coalition of organizations here in Boston," said Mayor Michelle Wu.

For more information visit [boston.gov/pride](https://boston.gov/pride).



► Pride Month

## What Pride Means to Me

*Boston Seniority* magazine talked with LGBTQ+ older adults in Boston about what Pride means to them.

**Jayna, 68, Roxbury**

To me, Pride means that I can be married to my wife, Ilsa. We can own our home together, legally. We don't need to hide who we love.

**Leo, 72, Hyde Park**

For so many years I had to hide who I truly was. I'm so grateful that in my lifetime, I've been able to experience not hiding, even marrying my longtime partner Ron. I am proud of who I am. I am proud to be married to Ron.

**Edwina, 74, Dorchester**

When I was younger, I didn't do too much for Pride. Sometimes friends would gather for a picnic. As the years passed, I'm much more active. There's a lot to celebrate and a lot to protect.

**Roman, 76, Brighton**

I look forward to June each year for all the Pride events around town. Whether at church, or the library, there's so much fun to have. Sometimes I even go to the big parade.



SUNDAY  
JUNE  
25  
10 am - 3:30 pm

**CENTRE ST.**  
JAMAICA PLAIN  
*Between: Lamartine St. and South St.*



[BOSTON.GOV/OPEN-STREETS](https://BOSTON.GOV/OPEN-STREETS)

CITY of BOSTON

MEET YOUR AGE STRONG  
ADVOCATES IN-PERSON  
THROUGHOUT BOSTON'S  
NEIGHBORHOODS...

Learn about benefits, resources and programs  
you may be eligible for to save money.

Call the Age Strong Commission at **617-635-4366**  
to connect with your neighborhood Advocate or  
visit [boston.gov/agestrong](https://boston.gov/agestrong) to view the  
days/times Age Strong advocates are in your  
neighborhood.



THE BOSTON PARKS  
**SUMMER**  
FITNESS SERIES

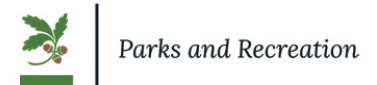
In-person + virtual  
fitness classes

All classes are free and open to the public!

**MAY 7 - SEPTEMBER 2, 2023**

For the full list of classes, visit [boston.gov/fitness](https://boston.gov/fitness)

CITY of BOSTON



For Ages  
60+

CITY of BOSTON

AGE+

Age Strong

## ► Scam Alert

# Don't Get Scammed!

Source: National Council on Aging

Financial scams targeting seniors are so prevalent that they're considered "the crime of the 21st century." And it's not always strangers who perpetrate these crimes. Over 90% of all reported elder abuse is committed by an older person's own family members, most often their adult children, followed by grandchildren, nieces/nephews, and others.

Here are 3 common scams:

### Health Care/Medicare/Health

**Insurance Fraud:** Every U.S. citizen or permanent resident over age 65 qualifies for Medicare, so there is rarely any need for a scam artist to research what private health insurance company older people have in order to scam them out of some money. Perpetrators may pose as a Medicare representative to get older people to give them their personal information, or they will provide bogus services for older people at makeshift mobile clinics, then use the personal information they provide to bill Medicare and pocket the money.

**Counterfeit Prescription Drugs:** Most commonly, counterfeit drug scams operate on the Internet, where seniors increasingly go to find better prices on specialized medications. Besides paying for



something that won't help a medical condition, victims may purchase unsafe substances that can inflict even more harm.

**Funeral & Cemetery Scams:** The FBI warns about two types of funeral and cemetery fraud perpetrated on seniors. First, scammers read obituaries and attend funerals of complete strangers to take advantage of the grieving widow or widower. Claiming the deceased had an outstanding debt, scammers try to extort money from relatives to settle fake debts. Second, disreputable funeral homes try to capitalize on family members' unfamiliarity with the considerable cost of funeral services to add unnecessary charges to the bill.

Financial exploitation includes the misuse, mishandling or exploitation of property, possessions or assets of adults. Also includes using another's assets without consent, under false pretense, or through coercion and/or manipulation. If you believe you've been scammed or exploited, call the Elder Abuse Hotline at 800-922-2275.

## ► Healthy Recipe

# White Bean and Broccoli Salad

Source: Provided by Melissa Carlson, MS, RD

Deputy Commissioner of Programs and Partnerships, Age Strong Commission



### Ingredients:

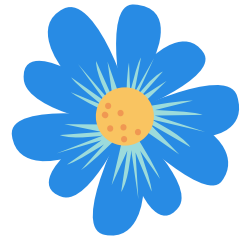
- Kosher salt and freshly ground black pepper
- 1 lb. Broccoli, trimmed
- 3 tbsp. olive oil
- 1 tsp. lemon zest, plus 2 tablespoons juice
- 2 tbsp. capers, drained and chopped
- 2 tbsp. honey mustard
- 1/2 red pepper flakes
- 1 (15.5-ounce) can small white beans, rinsed

### Directions:

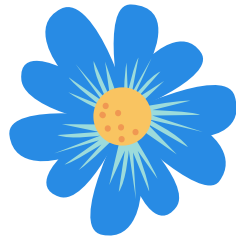
1. Bring a large pot of salted water to a boil. Add Broccoli and cook until stalks are crisp-tender, 1 to 2 minutes. Drain and run under cold water to cool. Pat dry, then cut into large pieces.
2. Whisk together oil, lemon zest and juice, capers, mustard, and red pepper flakes in a bowl. Season with salt and pepper. Add Broccoli and beans; toss to coat.

Source: [countryliving.com](http://countryliving.com)

# AGE STRONG COMMISSION'S FREE VIRTUAL PROGRAMS AND CLASSES



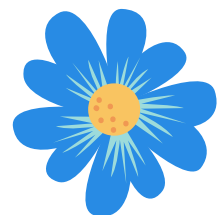
**For Ages  
55+**



DAY OF WEEK	TIME	PROGRAM
MONDAY	9:00AM - 10:00AM	CHAIR YOGA
MONDAY	11:30AM - 12:30PM	MEDITATION
TUESDAY	11:30AM - 12:30PM	LATIN DANCE
WEDNESDAY	11:30AM - 12:30PM	YOGA
THURSDAY	11:30AM - 12:30PM	LATIN FIESTA
FRIDAY	11:30AM - 12:30PM	ZUMBA

Join the classes listed above by zoom link here:

[bit.ly/ZoomAgeStrongVirtual](https://bit.ly/ZoomAgeStrongVirtual)



For more information on our events call **617-635-3979**  
or visit [boston.gov/age-strong-events](https://boston.gov/age-strong-events)

## ▶ June Events

### Spring Into These Boston Offerings in June!

*By Pat Kelleher*

The Kelleher Rose Garden in the Back Bay Fens is a beautiful piece of Boston's Emerald necklace in which to spend a spring or summer day. The garden contains 200 different varieties of roses and almost 1,500 plants. Peak season for rose viewing lasts throughout June. There are pathways as well as benches scattered around the gardens for walkers and picnicking. Visit the rose garden at 73 Park Drive, Fenway.



House plants are on the agenda Saturday, June 10th at 1pm at the South Boston Branch of the Boston Public Library. Master gardener Bonnie Power will discuss growing plants indoors and how to troubleshoot the most common issues. Location: 646 East Broadway, South Boston.

Flora and fauna will be on full display, on June 24th, as the Jamaica Plain Historical Society leads a guided tour around Jamaica Pond. Among the history to be shared is Jamaica Pond's past as a purveyor of ice for Boston. The tour starts at 11am. Meet at the Jamaica Pond Bandstand, located at Pond Street and the Jamaicaway.

Boston Parks and Recreation, along with the Boston Public Health Commission, kick off the Spring/Summer Park Fitness 2023 season with classes offered in parks across the entire city. Just some of what can be found: Yoga on Mondays at 5PM in Winthrop Square in Charlestown and at 6PM in Adams Park Dorchester. The more adventurous may be drawn to Beginner's Salsa every Tuesday at 6PM in Peters Park in the South End. All classes are weather permitting. Details and the full schedule of classes at [boston.gov/fitness](https://boston.gov/fitness).

For those who may be homebound, both Age Strong and the Parks Department offer free virtual fitness classes. Visit [boston.gov/events](https://boston.gov/events) for details.

# June Happenings: Get Out and About in Boston!

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

**JUNE 5**  
**Alfred Hitchcock Film Series: "Notorious" (1946)**  
**Time:** 1:30 pm - 3:30 pm  
**Location:** BPL Roslindale, 4246 Washington St., Roslindale **Contact Info:** 617-323-2343

**JUNE 6**  
**Being Safe During Heat Waves**  
**Time:** 3:30 pm - 5:00 pm  
**Location:** BPL Jamaica Plain, 30 South St., Jamaica Plain  
**Contact Info:** 617-524-2053

**JUNE 7**  
**Community Voices: Portraits in Strength**  
**Time:** All Day  
**Location:** BPL Uphams Corner, 500 Columbia Rd., Dorchester  
**Contact Info:** Georgia, 617-265-0139

**JUNE 9**  
**Drop-In Gaming Time**  
**Time:** 12:30 pm - 4:30 pm  
**Location:** BPL Chinatown, 2 Boylston St., Chinatown  
**Contact Info:** Morgan, mhoward@bpl.org

**JUNE 12**  
**Weekly Chess Club for Adults**  
**Time:** 2:30 pm - 3:30 pm  
**Location:** BPL North End, 25 Parmenter St., North End  
**Contact Info:** 617-227-8135

**JUNE 14**  
**American Mahjong**  
**Time:** 1:30 pm - 3:30 pm  
**Location:** BPL West End, 151 Cambridge St., West End  
**Contact Info:** Lauren, llepanto@bpl.org

**JUNE 16**  
**Tolieth — Concerts in the Courtyard Series**  
**Time:** 12:30 pm - 1:30 pm  
**Location:** Central Library in Copley Square, 700 Boylston St., Boston **Contact Info:** Programs Department, 617-859-2129

**JUNE 24**  
**A Celebration of Animation: The 100 Greatest Cartoon Characters of All Time**  
**Time:** 11:00 am - 12:00 pm  
**Location:** BPL Fields Corner, 1520 Dorchester Ave., Dorchester **Contact Info:** Liz, eblake@bpl.org

**JUNE 24**  
**Party on the Patio: Connacht in Concert**  
**Time:** 3:00 pm - 4:00 pm  
**Location:** BPL South Boston, 646 East Broadway, South Boston **Contact Info:** 617-268-0180

"Rise above the storm and you will find the sunshine." -Mario Fernández

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







# *Alzheimer's & Brain Awareness Month*

June is Alzheimer's and Brain Awareness Month. Inside, learn about ways to lessen your risk of cognitive decline and ways to improve brain health.

-Boston Seniority Team

# 10 Early Signs & Symptoms of Alzheimer's Disease

Source: Alzheimer's Association

Memory loss that disrupts daily life may be a symptom of Alzheimer's or other dementia. Alzheimer's is a brain disease that causes a slow decline in memory, thinking, and reasoning. There are 10 warning signs and symptoms. If you notice any of them, don't ignore them. Schedule an appointment with your doctor.

**Memory loss that disrupts daily life.** One of the most common signs of Alzheimer's disease is forgetting recently learned information. Others include forgetting dates or events, asking the same questions, and relying on memory aids (notes or family members) for things they used to handle on their own.

**Challenges in planning or solving problems.** Some people may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and take much longer to do things than they did before, like making errors with household bills.

**Difficulty completing familiar tasks.** People with Alzheimer's often find it hard

to complete daily tasks. Sometimes they may have trouble driving to a familiar location, organizing a grocery list or remembering the rules of a favorite game. Examples include needing help to use the microwave or to record a TV show.

**Confusion with time or place.** People living with Alzheimer's can lose track of dates, seasons, and the passage of time. They may have trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there or not know which day of the week it is.

**Trouble understanding visual images and spatial relationships.** For some, vision problems are a sign of Alzheimer's. This may lead to difficulty with balance or trouble reading. They may also have problems judging distance and determining color or contrast, causing issues with driving.

**New problems with words in speaking or writing.** People with Alzheimer's may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. They may struggle



with vocabulary, have trouble naming a familiar object or use the wrong name (like calling a "watch" a "hand-clock").

**Misplacing things and losing the ability to retrace steps.** A person with Alzheimer's disease may put things in unusual places. They may lose things and be unable to go back over their steps to find them again. He or she may accuse others of stealing, especially as the disease progresses.

**Decreased or poor judgment.** Individuals may experience changes in judgment or decision-making. For example, they may use poor judgment when dealing with money or pay less attention to grooming or keeping themselves clean.

**Withdrawal from work or social activities.** A person living with Alzheimer's disease may experience changes in the ability to hold or follow a conversation. As a result, he or she may withdraw from hobbies, social activities or other engagements. They may have trouble keeping up with a favorite team or activity.

**Changes in mood and personality.** Individuals living with Alzheimer's may experience mood and personality changes. They can become confused, suspicious, depressed, fearful or anxious. They may be easily upset at home, with friends or when out of their comfort zone.

**Get checked. Early detection matters.** Talk with a dementia expert 24/7 at 800-272-3900.



# 5 Facts About Alzheimer's That You Didn't Know

Source: Alzheimer's Association

As June is Alzheimer's and Brain Awareness Month, we're sharing 5 facts you may not know:

## **Around the world**

An estimated 47 million people around the world are living with Alzheimer's and other dementias, and if a change doesn't come by 2030, this number will grow to 76 million.

## **Each second counts**

A person develops Alzheimer's disease in the United States every 65 seconds.

## **Caregivers**

In America, more than 16 million people take care of family or friends with Alzheimer's or dementia, without pay.

## **A leading disease**

In the U.S., Alzheimer's is the sixth leading cause of death and 6.2 million of those living with Alzheimer's disease are over 65.

## **One out of three deaths**

Alzheimer's or other dementia kills one in three seniors and deaths due to this disease are more than prostate cancer and breast cancer combined.

For more information and resources visit [alz.org](http://alz.org).

## **June 21st is The Longest Day**

Each year the Alzheimer's Association recognizes June 21, the summer solstice, the day with the most light, as The Longest Day. On this day, people from across the world will fight the darkness of Alzheimer's Disease through raising awareness of this disease and other dementias, and participating in a fundraising activity of their choice.

Join the Age Strong Commission's Age Friendly and Dementia Friendly team on Boston's City Hall Plaza, Wednesday, June 21, from 11am to 1pm. Wear purple, in solidarity, learn about resources and stand up for more awareness and research to end Alzheimer's Disease.

For more information call Corinne White at 617-635-3745.

# 10 Ways To Love Your Brain

Source: AARP

As the only leading disease without a prevention, treatment or cure, Alzheimer's kills more Americans every year than breast cancer and prostate cancer combined. When possible, combine these habits to achieve maximum benefit for the brain and body:

## 1. **Break a sweat:**

Engage in regular exercise that elevates heart rate and increases blood flow to the brain and body. Several studies have found an association between physical activity and reduced risk of cognitive decline.

## 2. **Hit the books:**

Education at any stage of life helps reduce risk of cognitive decline and dementia. Take a class at a local college, community center or online.

## 3. **Butt out:**

Evidence shows that smoking increases risk of cognitive decline. Quitting smoking can reduce that risk to levels comparable to those who have not smoked.

## 4. **Follow your heart:**

Risk factors for heart disease and stroke, like obesity, high blood pressure and diabetes, negatively impact cognitive health. Take care of your heart, and your brain just might follow.

## 5. **Heads up:**

Brain injury can raise risk of cognitive decline and dementia. Wear a seatbelt, use a helmet when playing contact sports or riding a bike, and take steps to prevent falls.

## 6. **Fuel up:**

Eat a healthy, balanced diet, low in fat and high in vegetables and fruit to reduce the risk of cognitive decline. Certain diets, including Mediterranean and Mediterranean-DASH (Dietary Approaches to Stop Hypertension), may reduce risk.

## 7. **Catch some ZZZs:**

Not getting enough sleep due to conditions like insomnia or sleep apnea may result in problems with memory and thinking.

## 8. **Take care of your mental health:**

Some studies link depression with risk of cognitive decline. Seek medical treatment if you have symptoms of depression, anxiety or other mental health concerns. Also, try to manage stress.

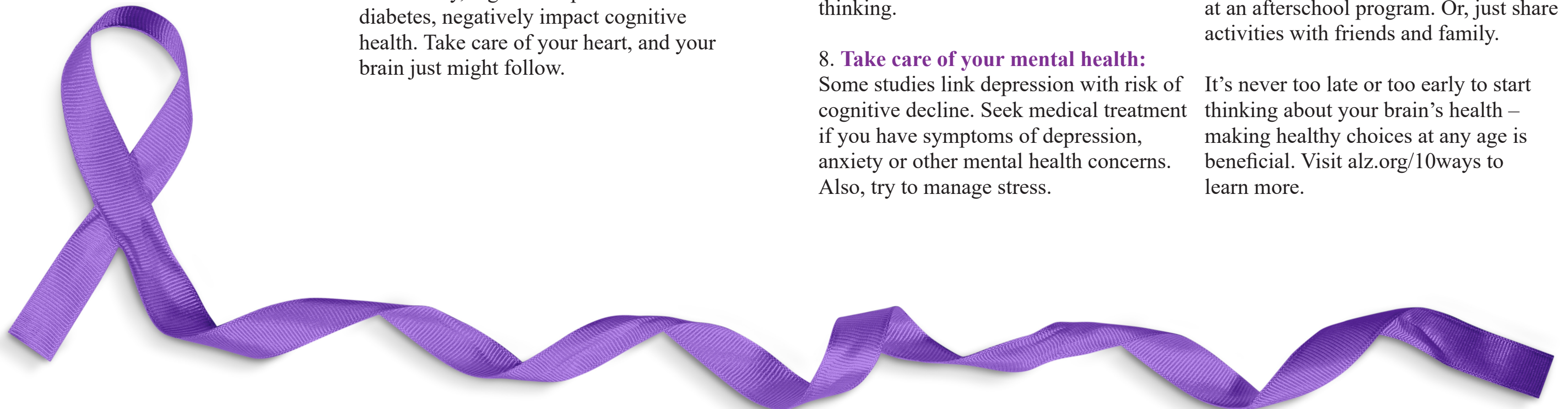
## 9. **Stump yourself:**

Challenge and activate your mind. Build a piece of furniture. Complete a jigsaw puzzle. Do something artistic. Play games, such as bridge, that make you think strategically. Challenging your mind benefits for your brain.

## 10. **Buddy up:**

Staying socially engaged may support brain health. Pursue social activities meaningful to you. Be part of your community – if you love animals, consider volunteering at a local shelter. Enjoy singing? Join a local choir or help at an afterschool program. Or, just share activities with friends and family.

It's never too late or too early to start thinking about your brain's health – making healthy choices at any age is beneficial. Visit [alz.org/10ways](http://alz.org/10ways) to learn more.



## ► In Boston, we Age Strong.

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



*We can help with:*

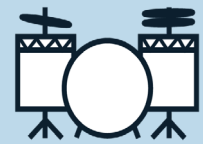
Call us for more details at 617-635-4366.



### Access to Information and Benefits:

Our Community Advocates connect older adults to a comprehensive array of resources, benefits, and information. We can:

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



### Outreach and Engagement:

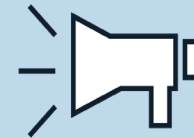
The Commission organizes many **in person and virtual** events and programs throughout the year.



### Transportation:

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

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



### Volunteer Opportunities:

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

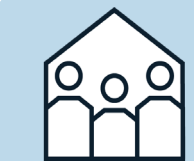
- *RSVP* matches seniors with valuable volunteer opportunities in Boston.
- The *Senior Companion Program* matches seniors with homebound persons who need assistance and companionship.
- *Senior Greeters* volunteer their time to greet guests of City Hall.
- *Senior Property Tax Work-Off Program*: Qualified senior homeowners may work-off up to \$1,500 on their property tax bill by volunteering for a City agency.



### Housing:

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

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



### Alzheimer's and Caregiver Support:

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

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

Boston's Age Strong Commission Offers Discount

# TAXI COUPONS

- For Boston residents age 65+ & persons with disabilities
- Valid for taxis licensed by City of Boston
- Please show ID proving Boston residency
- Each coupon book costs \$5 (worth \$10)
- Please pay with cash
- Coupons don't expire  
(for a limited time each resident may buy 4 books/month)

Coupons may be purchased in person at the Age Strong Commission, Rm 271 City Hall, 1 City Hall Square in Boston, 9am-5pm.

Visit [boston.gov/agestrong](http://boston.gov/agestrong) for a list of sites where taxi coupons may be purchased.

## AUTHORIZED TAXI COMPANIES

There are 7 authorized cab associations in Boston:

- |   |  |
|---|--|
| 1. <b>Top Cab</b><br>617-266-4800             | 4. <b>City Cab Assoc.</b><br>617-536-5100  |
| 2. <b>Boston Cab Assoc.</b><br>617-536-3200   | 5. <b>Metro Cab Assoc.</b><br>617-782-5500 |
| 3. <b>I.T.O.A. Cab Assoc.</b><br>617-825-4000 | 6. <b>Tunnel Taxi</b><br>617-567-2700      |
|   | 7. <b>617TaxiCab Inc.</b><br>617-829-4222  |



**AGE+**

City of Boston  
Age Strong Commission

## SENIOR CENTERS IN BOSTON

There are a variety of senior centers in Boston. Please call them before visiting, as their hours & programs may vary.

**East Boston Senior Center**  
7 Bayswater St., East Boston  
617-961-3131

**La Alianza Hispana, Aliancianos Senior Center**  
1000 Massachusetts Avenue, Suite 101, Roxbury  
617-427-7175

**Inquilinos Boricuas en Accion, IBA**  
405 Shawmut Avenue, South End  
617-535-1753

**ABCD North End/West End Neighborhood Service Center**  
1 Michelangelo Street, North End  
617-523-8125

**ABCD Mattapan Family Service Center**  
535 River Street, Mattapan  
617-298-2045

**Boston Center for Youth & Families Grove Hall**  
51 Geneva Ave Dorchester  
617-635-1484

**Boston Center for Youth & Families Golden Age Center**  
382 Main Street, Charlestown  
617-635-5175

**Veronica B. Smith Senior Center**  
20 Chestnut Hill Avenue, Brighton  
617-635-6120

**Greater Boston Chinese Golden Age Center Brighton House**  
677 Cambridge Street, Brighton  
617-789-4289

**Greater Boston Chinese Golden Age Center Quincy Towers**  
5 Oak Street West, Chinatown  
617-423-7560

**Salvation Army Kroc Center**  
650 Dudley Street, Dorchester  
617-318-6939

**VietAID**  
42 Charles Street, Dorchester  
617-822-3717

**Operation PEACE Peterborough Senior Center**  
42 Peterborough Street, Fenway  
617-536-7154

**The Kennedy Center**  
55 Bunker Hill Street, Charlestown  
617-241-8866

**East Boston Social Center**  
68 Central Square, East Boston  
617-569-3221

**South Boston Neighborhood House**  
136 H Street South Boston  
617-268-1619



## SIGN-UP TODAY

Check out the latest Age Strong *Weekly Digest*! We include events for older adults, volunteer opportunities, and much more. Sign-up for the weekly newsletter and read more at [boston.gov/departments/age-strong-commission/age-strong-commission-weekly-digest](http://boston.gov/departments/age-strong-commission/age-strong-commission-weekly-digest).



## FOOD WASTE COLLECTION

Due to overwhelming success, the Boston Public Works Waste Reduction Division is expanding the curbside food scrap collection program from its current capacity of 10,000 households to 30,000!

To learn more and enroll in the program, visit [boston.gov/food-waste](http://boston.gov/food-waste)



## RECYCLING CARTS

A reminder to residents that if your recycling cart is damaged, you can dial 3-1-1 or 617-635-4500 to have a replacement delivered. Our new carts are engineered with 40% recycled material - including 10% of ocean bound plastics found near beaches, lakes & waterways.



## FREE DIGITAL CONTENT

Riders at 20 bus stops and busways are now able to access free digital content throughout this spring and summer provided by the Boston Public Library.

Learn more at [bpl.org/browse-borrow-board](http://bpl.org/browse-borrow-board)

## MATTRESS RECYCLING

The City of Boston requires an appointment for collection of all mattresses and box springs. If you live in a building with six units or less, to schedule your appointment, please dial 3-1-1 or 617-635-4500.



## WHAT'S IN YOUR NEIGHBORHOOD, BOSTON?

Search your address at [boston.gov/my-neighborhood](http://boston.gov/my-neighborhood) to connect to neighborhood services, locate nearby parks, find your trash & recycling schedule, and more!



# ▶ SEEN AROUND TOWN





Mayor Michelle Wu's

# NEIGHBORHOOD COFFEE HOURS

9:30 - 10:30 a.m.

*Join Mayor Wu and City staff for conversation, coffee, and more!*



**Fenway/Kenmore | Tuesday, June 13**  
Symphony Community Park, 30 Edgerly Rd.

**West Roxbury | Wednesday, June 14**  
Billings Field, 369 LaGrange St.

**Jamaica Plain | Friday, June 16**  
Mozart Street Playground, 10 Mozart St.

**Mission Hill | Tuesday, June 20**  
Mission Hill Playground, 1497 Tremont St.

**Back Bay/Beacon Hill | Thursday, June 22**  
Commonwealth Avenue Mall, 15 Commonwealth Ave.  
(Arlington Street entrance)

**LEARN MORE AT [BOSTON.GOV/COFFEE-HOURS](https://www.boston.gov/coffee-hours)**