

Boston Seniority

Age Strong Commission

City of Boston

Mayor Michelle Wu



**Women's
History Month**
p.16-21

March 2024
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FREE PUBLICATION



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Boston Seniority

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Stay Connected with the Age Strong Commission:



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Facebook: [@AgeStrongBos](https://www.facebook.com/AgeStrongBos)



Twitter: [@AgeStrongBos](https://twitter.com/AgeStrongBos)

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!

Welcome to March!

Inside this issue of *Boston Seniority* magazine, you'll learn about Women's History Month, newly certified Age Friendly businesses, book clubs, and more.

As we approach annual tax filing, we want to make sure you know about free tax preparation services as well as the Senior Circuit Breaker tax credit, which if you're eligible, could save you up to \$2500. Look inside for details.

Starting this spring, the Age Strong Commission will host a handful of resource fairs – free events for Boston residents age 60+ to learn about benefits and resources, like the Medicare Savings Program, fuel assistance, food resources, city services, enrichment and wellness programs, and more. The first is March 28 at BCYF (Boston Centers for Youth and Families) Paris Street Community Center in East Boston. Find details inside and stay tuned for others to be announced soon.

Looking forward to seeing you in community,

Michelle Wu

Michelle Wu
Mayor of Boston



Books

BPL Book Picks

Source: Boston Public Library

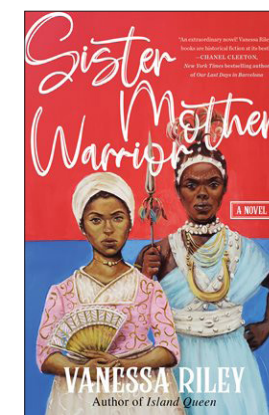
March is Women's History Month! Celebrate the diversity of women's lives and experiences with one of these recent recommended titles written by women.



Fresh Banana Leaves
by Jessica Hernandez

Nonfiction. An environmental scientist breaks down why western conservationism isn't working and offers Indigenous models that center the voices

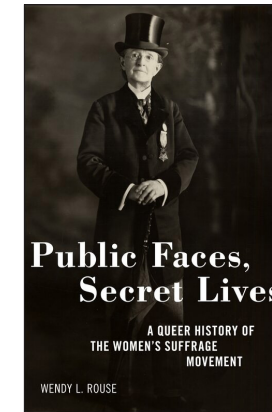
of Latin American women and land protectors.



Sister Mother Warrior
by Vanessa Riley

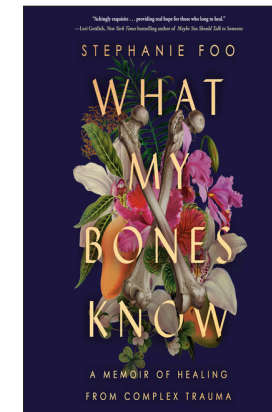
Fiction. A gripping and compelling novel of the Haitian Revolution inspired by the true stories of two powerful women and their key roles in the revolution that would free Haiti

and its people.



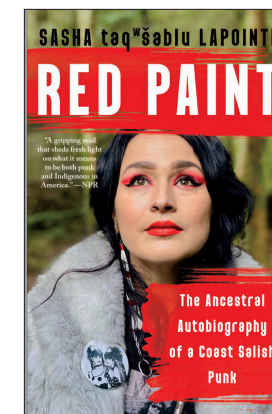
Public Faces, Secret Lives

by Wendy L. Rouse
Nonfiction. Historian Rouse restores queer suffragists to their rightful place in the history of the struggle for women's right to vote.



What My Bones Know
by Stephanie Foo

Memoir. Drawing on interviews with scientists and psychologists, and trying a variety of innovative therapies, Foo investigates the little-understood science behind Complex PTSD, the disorder that has shaped her life.



Red Paint
by Sasha LaPointe

Memoir. An Indigenous artist blends the aesthetics of punk rock with the traditional spiritual practices of the women in her lineage on her journey to reclaim her heritage and

unleash her power while searching for a permanent home.



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

► Special Feature

New Age Strong Partnership Profile: The Wellness Center at Bowdoin Street, Dorchester

By Bob Linscott, MTS, Wellness Manager



Recently Age Strong began a new partnership with the Wellness Center at Bowdoin Street, part of the Bowdoin Street Health Center in Dorchester. Founded in 1972 by community residents in Dorchester, the center's mission is to provide medical care for residents that matches their unique needs. Its Wellness Center extends that commitment by providing free programs to improve all aspects of health. Over the years they have developed a number of programs for their older adult patients including yoga, tai chi, strength training, and even line dancing!

To add to The Wellness Center's programs for older adults, Age Strong will provide an 8-week Mindfulness and Meditation series. Each week the focus will move from mindfulness and stress reduction to creating healthy sleep habits to tools for chronic pain to yoga breathing for relaxation. The series ends with helping participants to develop their own home practice to maximize the impact.

Ella Froggatt, manager of Community Health has been so pleased with the partnership with Age Strong and the addition of the Mindfulness program for seniors.

"The concept of mindfulness is new to many older adults and teaches concrete skills they can then practice at home," shares Ella Froggatt, manager at Community Health. "This program provides basic techniques for working through anxiety to help folks learn to cope with the stressors in their lives. Less stress can help improve both mental and physical health."

"Many older adults," Froggatt continues, "may be isolated or live alone, so this is an opportunity to come together with community members on shared topics/ issues they can work through together!"

This series is bilingual, offered in both English and Cape Verdean Creole. Participants are given guided audio recordings in their preferred language to practice at home.

For more information on The Wellness Center at Bowdoin Street please contact Angel Valentin at 617-754-0100. If you would like to speak to us about having the MIndfulness Series for Older Adults offered in your community please contact Bob Linscott at 617-635-4250.



► Health

Social Wellness Can Improve Overall Wellness

Source: National Institute of Health

Positive social habits can help you build support systems and stay healthy mentally and physically. Here are some tips for connecting with others:

► **Make connections.** Social connections might help protect health and even lengthen life. Whether with family, friends, neighbors, romantic partners, or others, social connections can influence our well-being. Some ways you can find new social connections are by joining a group based on a hobby, taking an exercise class, joining a local choir or theater troupe, participating in neighborhood events, or volunteering at your local school, library, or hospital.

► **Take care of yourself while caring for others.** Many of us may become caregivers at some point. It's important to find ways to take care of YOUR health while providing care to someone else. Here are some ways to maintain your well-being as a caregiver: ask for help from friends and family, set and follow a daily routine, take breaks when possible, join a caregiver support group, and keep up with your hobbies and interests.

► **Get active!** Being active with others in your community can have a positive effect on your health habits and create opportunities to connect. To help make a more active community, consider starting a walking group with friends, join a local exercise group, or participate in local efforts to develop more safe walking paths.

► **Build healthy relationships.** Strong, healthy relationships are important throughout your life. They can impact your mental and physical well-being. You can improve relationships at any age. Some tips include: share your feelings honestly, ask for what you need from others, listen compassionately and without judgment, set healthy boundaries with those in your life, and learn how to disagree with someone respectfully.

For more information, visit nih.gov/sites/default/files/health-info/wellness-toolkits/social-wellness-checklist.pdf.

AGE STRONG RESOURCE FAIR!

Connecting Boston's older adults to information, resources, benefits, savings, programs, & more!



Free & open to the public!

- Money Saving Benefits
- Health & Wellness Resources
- Transportation Services
- Activities & Events
- Food, Fuel, & Housing
- Volunteer Opportunities

Light refreshments & raffles

March 28, 10 AM - 2:30 PM

BCYF Paris Street Community Center

112 Paris Street, East Boston

To RSVP, visit bit.ly/AgeStrongResourceFair
or call Age Strong at 617-635-4366

► Scam Alert

Beware of Employment Scams



In a world that has become more online, it's important to know what scams could be targeting you. As many older adults are now part of the job market, be sure to be on the lookout for employment scams.

Employment scammers will reach out with job offers, typically remote jobs done from home. However, these employment scams won't result in actual employment. Here are some tips to spot an employment scam:

1. Has someone sent you a text message or email offering you a job that you didn't apply for? This is the most obvious sign of an employment scam as no legitimate company will send an email to anyone who didn't apply for a job position offering them employment.

2. Did they address you by an impersonal name such as "Ma'am" or "Mister?" A legitimate company offering you an interview or a job would certainly know your name.

3. If you did apply for a job and receive a suspicious email about it, you can always call the company you applied to directly to confirm. Make sure to use their official website to find the phone number and not the phone number that may be included in a scam email.

The goal of the employment scam is to defraud you financially. Once convinced that you have the job, they will send you a check to purchase equipment needed to perform the job. However, this check is fake. They will say they're sending you \$1,000 to cover \$600 of needed work equipment and they need you to send them the \$400 balance back. Because the check is fake you won't get the \$1,000 and will be out \$400.

While there are many scams out there, it becomes easier to avoid them the more you know about them. If you believe you may have been the victim of a scam, you should report it to your local police department and also the Attorney General's office here: mass.gov/orgs/office-of-the-attorney-general.



2024 DOG LICENSING AND LOW-COST RABIES CLINICS

DOG LICENSING FEES

- \$15 spayed/neutered (please provide proof)
- \$30 intact male/female
- **No charge** for seniors 70 and older

RABIES VACCINE FEES

for cats and dogs

- Boston residents: \$5
- Boston residents over the age of 70: \$2
- Non-residents: \$10

- Three-year rabies vaccines will be given if you are able to show proof of previous rabies vaccines.
- All pets must be accompanied by a person 18 years or older. Dogs must be leashed, cats must be in a carrier.

For more info visit boston.gov/animals, call 617-635-1800, or find us on Facebook @bostonanimal

SATURDAYS | 10 A.M. - 2 P.M.

SOUTH END | MARCH 2

Animal Rescue League of Boston
10 Chandler St.

EAST BOSTON | APRIL 20

BCYF Pino Community Center
86 Boardman St.

SOUTH BOSTON | JUNE 1

BCYF Condon Community Center | 200 D St.

DORCHESTER | MARCH 16

BCYF Perkins Community Center
155 Talbot Ave.

CHARLESTOWN | MAY 4

BCYF Charlestown Community Center | 255 Medford St.

ROXBURY | JUNE 15

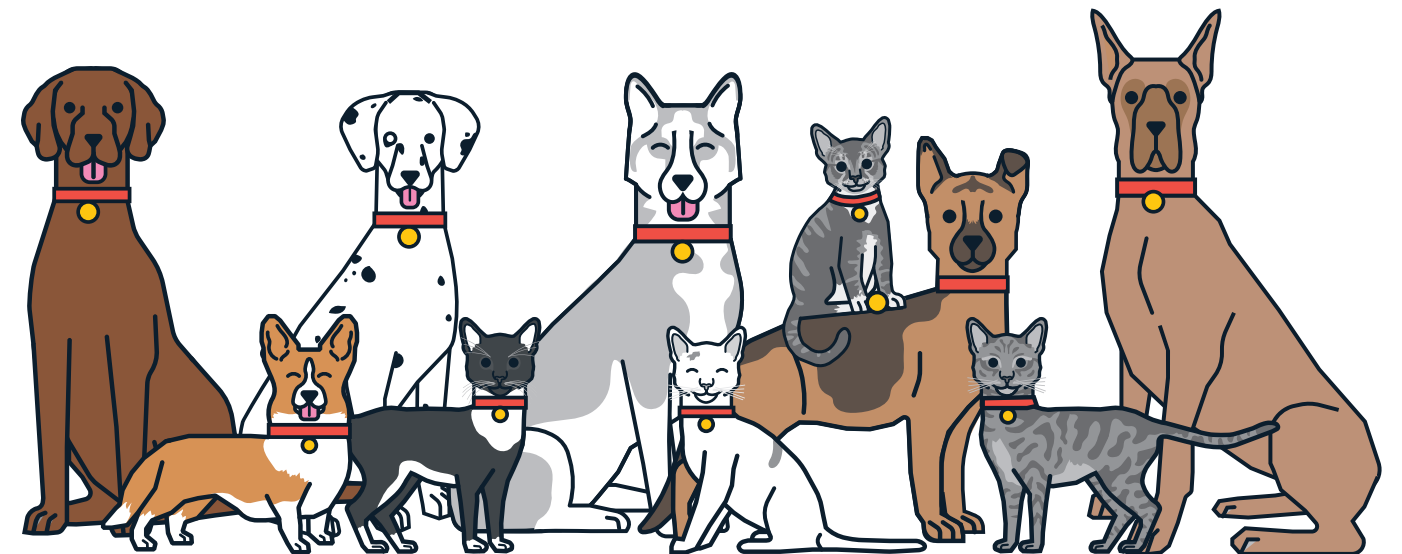
BCYF Tobin Community Center | 1481 Tremont St.

WEST ROXBURY | MARCH 30

BCYF Roche Community Center
1716 Centre St.

JAMAICA PLAIN | MAY 18

BCYF Curtis Hall Community Center | 20 South St.



THE WVBS PLAYERS: LIVE & ON THE AIR!
OLDER ADULTS IN NEW PLAY AT VERONICA B. SMITH SENIOR CENTER



Take a trip back to 1952 with “The WVBS Players: Live & On the Air!” Members of the Veronica B. Smith Senior Center in Brighton present a staged reading of two old-time radio shows complete with live music and sound effects: “*Fibber McGee and Molly*” and “Agatha Christie’s Hercule Poirot.” Comedy and suspense come together with nostalgic live radio commercials.

“The WVBS Players: Live & On the Air!” features eleven older adults, is co-directed by Lauren Basler, Director of the Veronica B. Smith Senior Center, and Aaron Dore, an intern with Lesley University, with musical accompaniment by Joe Della Penna. The production is in partnership with Jamaica Plain’s Footlight Club, which is lending costumes and props.

The Golden Age of Radio, also known as the old-time radio era, was an era when radio was the

dominant electronic home entertainment source. It began with the birth of commercial radio broadcasting in the early 1920s and lasted through the 1950s. People regularly tuned in to their favorite radio programs, and families gathered to listen to the home radio in the evening, including radio plays, mystery serials, soap operas, quiz shows, talent shows, daytime and evening variety hours, situation comedies, play-by-play sports, children’s shows, cooking shows, and more.

The public is invited to attend free performances of “The WVBS Players: Live & On the Air!” at **1pm on March 27th** and **6:30pm on March 28th** at the Veronica B. Smith Senior Center, 20 Chestnut Hill Avenue, in Brighton. The performance space is accessible by elevator. The MBTA’s 65, 86, and 57 buses stop directly at the center. For more info about the shows, please contact VBS at 617-635-6120.

▶ Did you Know?

Here are some topics in March we’re highlighting:

World Hearing Day - March 3, 2024 [who.int/campaigns/world-hearing-day/2024](https://www.who.int/campaigns/world-hearing-day/2024)
 World Hearing Day is an annual day to raise awareness for ear health and care. World Hearing Day in 2024 will focus on overcoming stigmas about hearing loss. Social stigma can prevent people from seeking the care they need. Over 80% of ear and hearing care needs remain unmet around the world. This World Hearing Day, talk to your friends and family about hearing loss. Someone you know may be nervous to bring up the topic, so it can be helpful to create a safe environment for someone to share their concerns. If you notice any changes in your hearing, make an appointment with your doctor. Remember, there is no shame in hearing loss, and there are often tools to help treat it.

Transgender Day of Visibility - March 31, 2024 [glaad.org/tdov](https://www.glaad.org/tdov)
 Transgender Day of Visibility happens annually on March 31st, and is a day to celebrate transgender and non-binary people and to raise awareness about and prevent the violence and discrimination often faced by the transgender community. In the United States, approximately 1% of people identify as transgender. Here are some ways to be an ally to the transgender community: **1)** If you aren’t sure what gender someone identifies as, ask! Most transgender people are happy to share what they would like for you to call them. **2)** Read a book or listen to a speech

from a transgender person. There are many transgender people who have written about their experience being transgender, and the best way to learn about a community is directly from its members. **3)** Talk to your friends and family about LGBTQ+ issues. Most Americans say they do not know a transgender person, and it can sometimes be confusing to learn about a group you don’t know anyone in. By talking about it, we can help create an inclusive culture where all people can be safe to live as who they truly are.

National Save Your Vision Month - March
 Like we would for any other part of our body, we should take steps to take care of our eye health. National Save Your Vision Month encourages us to take steps to improve our vision. First, if it has been a while since you got an eye exam, it is time to book one! Regular eye exams help catch any changes to your eyes or vision, and preventative care can help you avoid major issues later on. Second, limit your screen time. Spending extended periods of time looking at a screen isn’t great for your eyes. If you regularly use a smartphone, computer, or watch television, be sure to take occasional breaks to look at something other than a screen. Third, be sure to wear your glasses (if you have them). If you need glasses to see or read, going without them can put unnecessary strain on your eyes. Your vision is valuable, so it is important to take steps to maintain good eye health. If you have any concerns about your eyes or your vision, be sure to talk to your doctor.

March Happenings: Get Out and About in Boston!

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



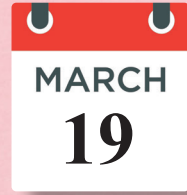
Friday Films: What Will People Say (2018)
Time: 2:00 pm - 4:00 pm
Location: BPL Parker Hill, 1497 Tremont St., Roxbury
Contact Info: Amy, alayton@bpl.org



Gund Kwok Women's Lion & Dragon Dance
Time: 12:00 pm - 1:00 pm
Location: BPL Charlestown, 179 Main St., Charlestown
Contact Info: Adult Programs Department, 617-859-2129



Meditation Circle: Queer Folx, Trans Folx, and BIPOC
Time: 4:30 pm - 5:30 pm
Location: BPL Jamaica Plain, 30 South St., Jamaica Plain
Contact Info: 617-524-2053



March Films: Celebrating Richard Harris
Time: 1:00 pm - 3:00 pm
Location: BPL South Boston, 646 East Broadway, South Boston
Contact Info: J.Bickford, 617-268-0180



Vegetable Gardening 101 with Trustees Boston Community Gardens
Time: 6:30 pm - 8:00 pm
Location: BPL Hyde Park, 35 Harvard Ave, Hyde Park
Contact Info: 617-361-2524



Annual Tropical Fiesta
Time: 11:00 am - 1:00 pm
Location: BPL Jamaica Plain, 30 South St., Jamaica Plain
Contact Info: 617-524-2053



On the Trail of Women's History in Dorchester: From Uphams Corner to Savin Hill
Time: 5:00 pm - 6:30 pm
Location: BPL Uphams Corner, 500 Columbia Rd, Dorchester
Contact Info: Elise, 617-265-0139



Introduction to Bees & Beekeeping: A Presentation by Local Beekeeper Val Mayo
Time: 6:00 pm - 7:00 pm
Location: BPL Hyde Park, 35 Harvard Ave, Hyde Park
Contact Info: 617-361-2524



Women's History Month Art Workshops
Time: 12:00 pm - 1:30 pm
Location: BPL Fields Corner, 1520 Dorchester Ave, Dorchester
Contact Info: Liz, 617-436-2155

"Dedicate yourself to continuous personal improvement you are your most precious resource." -Brian Tracy

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





WOMEN'S HISTORY MONTH

Each March, we think about Women's History Month -- we think about the significant role women have played, significant accomplishments by women. We learn about women we didn't know, barriers they've broken, causes they've championed. In this issue of Boston Seniority Magazine, we touch on the Grimke Sisters Bridge in Hyde Park, the Home for Aged Colored Women, and the Women's Heritage Trail.

-Boston Seniority Team

ONE WAY TO CELEBRATE WOMEN'S HISTORY MONTH: BOSTON WOMEN'S HERITAGE TRAIL

By Dillon Tedesco, Communications Coordinator



©John Wilcox

Boston is famous for its many historically significant sites. But, like in many other places around the world, the contributions of women throughout Boston's history are often overlooked. The Boston Women's Heritage Trail aims to change that.

In 1989, a group of Boston Public School teachers, Boston Public Librarians, and students thought of creating a Boston Women's Heritage Trail. This trail highlights the accomplishments of famous female leaders throughout Boston's history, along with shining a light on the contributions of lesser-known women that have been unacknowledged throughout the years.

In total, the Boston Women's Heritage Trail highlights over 200 Boston women's contributions across different neighborhoods, occupations, and backgrounds.

Because of the diversity of women and their contributions, there are a number of various self-guided tours to choose from, with themed walks including the "Ladies Walk," the "Road to the Vote," and "Women Feeding Boston." The Ladies Walk begins at the Boston Women's Memorial on the Commonwealth Mall (Back Bay), featuring monuments of Abigail Adams, Lucy Stone, and Phillis Wheatley. The "Road to the Vote" walk begins at the Massachusetts State House, where Women's Suffrage leaders were

arrested in 1919—ending at the Boston Public Library (Copley Square), where movement leaders gathered, planned, and organized.

There's also self-guided tours by neighborhood, as well as virtual tours online. To learn more about the many sites on the Boston Women's Heritage Trail, take a tour, or find information about leading women throughout Boston's history, visit bwht.org.

**"THE LEGAL RIGHT
FOR WOMAN TO
RECORD HER
OPINION WHEREVER
OPINIONS COUNT,
IS THE TOOL FOR
WHOSE OWNERSHIP
WE ASK."**

-LUCY STONE, WOMAN'S JOURNAL, 1891

THE HOME FOR AGED COLORED WOMEN NOT FORGOTTEN IN DORCHESTER

During Women's History Month, as we remember those who led the way, and uncover those not acknowledged, there's been something hiding at Cedar Grove Cemetery in Dorchester. It's a marker of a group grave: HOME FOR AGED COLORED WOMEN.

A group of Dorchester residents looked to uncover the history behind this marker, learning that 133 Black women were quietly buried there, beginning more than one hundred and fifty years ago. Only one group marker for 133 women, not individual headstones, no individual names.

Through research, the group learned that The Home for Aged Colored Women was founded in 1860, offering shelter to elderly African American women in Boston. During its operations at various locations around the West End/Beacon Hill until 1944, the home arranged to bury some deceased residents at Cedar Grove Cemetery in Dorchester.

The Home for Aged Colored Women remained at 27 Myrtle Street until 1900, when it moved to 22 Hancock Street. The move to Hancock Street was prompted by "the evolving needs for the Home, particularly with regard to space, structural safety, and modern sanitation," according to the Massachusetts Historical Society. In 1944, the Home



for Aged Colored Women ceased its operations after a significant decline in the number of residents. The Board of Directors continued its monthly financial aid until 1949, when the Home published its last annual report. The Home for Aged Colored Women reflected the longstanding tradition of mutual aid in Boston's Black communities, as well as the initiative shown by Boston's Black churches and allies to address racial disparities in poor relief during the 19th century.

Those involved in researching these women plan to uncover their names and their stories.

For more information visit thewestendmuseum.org.

HYDE PARK BRIDGE RENAMED FOR GRIMKÉ SISTERS KNOWN ABOLITIONISTS & SUFFRAGISTS



In 2019, the City of Boston took the opportunity to rename Hyde Park's reconstructed Dana Street Bridge for the Grimké Sisters, to celebrate the 100 year anniversary of women getting the right to vote in the United States.

Daughters of wealthy slaveholders in South Carolina, Sarah and Angelina Grimké became nationally known social reformers. Their work was informed by an unwavering belief in the humanity and dignity of all, regardless of race or gender. The sisters moved to the corner of Fairmount Avenue and Highland Street in Hyde Park in 1864, where they lived until their deaths. They were among the first American women to take part in social justice movements.

They spent time traveling the United States recounting their experiences with

slavery on their family's plantation. In 1837, Angelina Grimké became the first woman to address a legislature when she presented a petition to end slavery at the Massachusetts State House. They were early supporters of the women's suffrage movement. In March of 1870, a full 50 years before the 19th Amendment granted women the right to vote, they led a group of 50 women in Hyde Park to the ballot box, where they cast ballots that would not be counted. The Hyde Park Historical Society houses these ballots in its collection.

Built originally in 1908, the Grimké Sisters Bridge spans the Neponset River in Hyde Park and is one of the oldest city-owned bridges left in the City of Boston. To learn more visit boston.gov/news/city-bridge-named-honor-grimke-sisters.

► 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:

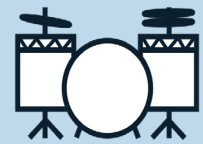
Call us for more details at 617-635-4366.



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:

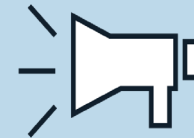
The Commission organizes many **in person and virtual** events and programs throughout the year.



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, YOU DESERVE ALL THE CREDIT!

Get your taxes done for free!



MAXIMIZE YOUR REFUND

Get all the tax credits available to you, even if you have no income



FINANCIAL EDUCATION AVAILABLE

Build your credit, learn how to open a bank account, and purchase a savings bond



ALL ARE WELCOME

File with your ITIN

Check if you are eligible, visit or call;

Boston.Gov/Tax-Help | 617.635.4500

MAKE SURE TO HAVE:

- Non-expired Photo ID required
- Social Security card or Individual Taxpayer ID Letter (ITIN) for you, your dependents and/or your spouse
- If you received health insurance through the Health Insurance Marketplace, you must bring in a 1095-A.
- A copy of last year's tax return (Not Required)
- All 1099 forms: 1099-G (unemployment), 1099-R (pension payments), 1099-INT (bank interest), 1099-SSA (Social Security), 1099 or self-employment
- W2 forms from all jobs in 2023
- Bank-issued printed account and routing numbers to direct deposit your tax refund into your account
- Proof of health insurance (Health insurance cards, MA 1099-HC, and 1095-A, 1095-C if applicable) for taxpayer, spouse and all dependents*
- Total child care expenses in 2023, and child care provider's name, address, and Employer Identification Number (EIN) or Social Security Number (SSN)
- All 1098-T forms (tuition payments), college statements, receipts for materials
- Total student loan interest paid (1098-E) or lender statement
- Proof of all rent paid in 2023
- Proof of ANY deductible out of pocket expenses (annual BWSC, charitable receipts, property taxes)
- Any mail from the MA Department of Revenue and/or any mail from the IRS

*Taxpayers who have received or expect to receive health insurance credits need to bring proof of ALL household income.

ONLINE SERVICES

Have your documents ready to upload

BOSTON TAX HELP CENTRAL

Boston.Gov/Tax-Help

APPOINTMENT, DROP OFF AND IN-PERSON SERVICES, CALL TO CONFIRM

Masks may be required at drop-off locations

1199 SEIU QUINCY

108 Myrtle Street #4
Quincy, MA 02171
877-409-1199

ABCD ALLSTON BRIGHTON NOC

640 Washington Street, Suite 202,
Brighton, MA 02135
617-903-3640

ABCD DORCHESTER NSC

110 Claybourne Street
Dorchester, MA 02124
617-288-2700

ABCD EAST BOSTON APAC

21 Meridian Street
East Boston, MA 02128
617-567-8857

ABCD MATTAPAN FSC

535 River Street
Mattapan, MA 02126
617-298-2045

ABCD NORTH END/WEST END

1 Michelangelo Street
North End, MA 02113
617-523-8125

ABCD PARKER HILL/FENWAY

714 Parker Street
Roxbury, MA 02120
617-445-6000

ABCD ROBERT M. COARD BUILDING

178 Tremont St
Boston, MA 02111
617-348-6329

ABCD ROSLINDALE

18B Corinth Street
Roslindale, MA 02131
617-477-3768

ABCD ROXBURY / NORTH DORCHESTER NOC

565 Warren Street
Boston, MA 02121
617-442-5900

ABCD SOUTH BOSTON APAC

424 West Broadway Street
South Boston, MA 02127
617-269-5160

ABCD SOUTH END NSC

544 Columbus Avenue
South End, MA 02118
617-267-7400

BRIGHTON BRANCH OF THE BOSTON PUBLIC LIBRARY

40 Academy Hill Road
Brighton, MA 02135
617-838-8089 | VITA@cfmp.us

BROOKLINE HOUSING AUTHORITY

617-838-8089 | VITA@cfmp.us

CENTER FOR WORKING FAMILIES

7 Palmer Street, 2nd Floor
Roxbury, MA 02119
617-514-0897

CHINATOWN MAIN STREETS

China Trade Center
2 Boylston Street
Boston, MA
617-350-6303
boscmsinformation@gmail.com

CODMAN SQUARE BRANCH OF THE BOSTON PUBLIC LIBRARY

690 Washington Street
Dorchester, MA 02124
617-838-8089 | VITA@cfmp.us

CODMAN SQUARE HEALTH CENTER

450 Washington Street
Dorchester, MA 02124
617-825-9660

COPLEY SQUARE LIBRARY

700 Boylston Street
Boston, MA 02116
617-838-8089 | VITA@cfmp.us

DOTHOUSE HEALTH CENTER

1353 Dorchester Avenue
Dorchester, MA 02122
617-288-3230

FIELDS CORNER BRANCH OF THE BOSTON PUBLIC LIBRARY

1520 Dorchester Avenue
Dorchester, MA 02122
617-838-8089 | VITA@cfmp.us

HARVARD VITA AT CAMBRIDGE PUBLIC LIBRARY

449 Broadway
Cambridge, MA 02138
617-390-2555
harvardvita@law.harvard.edu

JEWISH VOCATIONAL SERVICES

75 Federal Street
Boston, MA 02110
freetaxhelp.us/appt/-/jvs
617-399-3235

JOSEPHINE A. FIORENTINO COMMUNITY CENTER

123 Antwerp Street
Brighton, MA 02135
617-838-8089 | VITA@cfmp.us

JUST-A-START

402 Rindge Avenue
Cambridge, MA 02140
617-918-7525

LEGAL SERVICES CENTER, HARVARD LAW SCHOOL

122 Boylston Street
Jamaica Plain, MA 02130
617-390-2555
harvardvita@law.harvard.edu

LOWER MILLS BRANCH OF THE BOSTON PUBLIC LIBRARY

27 Richmond Street,
Dorchester, MA 02124
617-838-8089 | VITA@cfmp.us

ROSLINDALE BRANCH OF THE BOSTON PUBLIC LIBRARY

4246 Washington Street
Roslindale, MA 02131
617-838-8089 | VITA@cfmp.us

SOUTH BOSTON BRANCH OF THE BOSTON PUBLIC LIBRARY

646 East Broadway
South Boston, MA 02127
617-838-8089 | VITA@cfmp.us

STREETCRED AT BOSTON MEDICAL CENTER

801 Massachusetts Avenue, 7th Floor
Roxbury, MA 02119
617-414-5170 | bmc@mystreetcred.org
Priority to BMC Pediatric Patients and their families

URBAN EDGE

1542 Columbus Avenue
Roxbury MA, 02119
617-989-9323
FreeTaxPrep@UrbanEdge.org

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 for a list of sites where taxi coupons may be purchased.

CITY of **BOSTON**

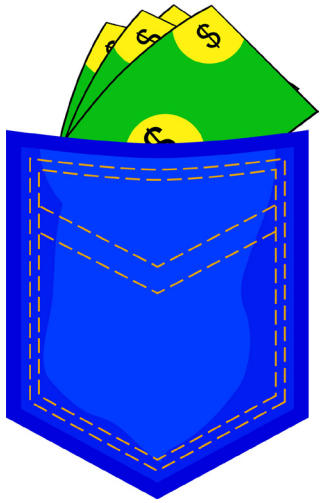
AGE+

Age Strong Commission

SENIOR CIRCUIT BREAKER TAX CREDIT

PUT UP TO \$2,590 IN YOUR POCKET!

The Massachusetts "Circuit Breaker" tax credit provides tax relief for low to moderate income older adults age 65+. This tax credit is available for renters & homeowners. Additionally, residents may apply for this income tax credit even if they owe no income taxes.



BASIC REQUIREMENTS FOR ELIGIBILITY:

- Must be a Massachusetts resident or part-year resident
- Must be age 65 or older by December 31 of the tax year
- Must own or rent residential property in Massachusetts and occupy it as your primary residence
- For tax year 2023, your total Massachusetts income doesn't exceed:
 - \$69,000 for a single individual who is not the head of a household
 - \$86,000 for a head of household
 - \$103,000 for married couples filing a joint return
- Homeowners can qualify if their property taxes & half of the water & sewer bills are more than 10% of their annual gross income
- Renters can qualify if 25% of their rent is over 10% of their total income for the year

YOU ARE INELIGIBLE FOR THIS TAX CREDIT IF:

- You are married & your status is married, but filing separately
- You are a dependent of another taxpayer
- You receive a federal or state rent subsidy or you rent from a tax-exempt entity
- For tax year 2023, the assessed value of your principal residence exceeds \$1,025,000

FOR MORE INFORMATION, CONTACT:

Age Strong at 617-635-4366 or visit mass.gov/info-details/massachusetts-senior-circuit-breaker-tax-credit

CITY of **BOSTON**

AGE+

Age Strong Commission



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



FARE-FREE BUSES EXTENDED THROUGH 2026!



Did you know that the City of Boston has three fare free bus routes? MBTA routes 23, 28, and 29 are fare free through March 2026! These routes run through parts of Dorchester, Roxbury, and Mattapan, and service popular main streets such as Columbus Avenue, Warren Street, and Washington Street. To use a fare free route, no need to load your Charlie Card or pay when you board. Simply enter the bus through the front or back door at no cost. The free fares will help riders save money, and all-door boarding will help passengers board faster. Anyone can participate in this program!

For the duration of the fare free routes, The Ride will also be free, so long as your ride starts and ends within ¾ of a mile of one of the free routes. MBTA staff can tell you whether your trip is free when you schedule it with them. For more information about the fare free MBTA routes, visit boston.gov/departments/transportation/free-route-23-28-and-29-bus-program or contact the Boston Transportation Department at 617-635-4680.



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.

VOLUNTEER OPPORTUNITIES

The Age Strong Commission seeks volunteers age 55+ to help fellow older adults across the city.

If you have a few hours to spare and want to help others, call 617-635-4366.



ANOTHER AGE-FRIENDLY BUSINESS CERTIFIED! CENTRE CUTS SALON & SPA IN ROSLINDALE

Last month, the Age Strong Commission certified a new Age and Dementia Friendly business—Centre Cuts Salon and Spa in Roslindale! Being Age and Dementia Friendly means that the business’ staff have completed Age Strong’s special training outlining how to be more accessible to older adults and those with memory loss.

Located at 6 Belgrade Avenue in Roslindale, Centre Cuts offers 10% off on all services on Tuesdays and Wednesdays (except holiday weeks) to those 65+. For more information, call 617-325-0002 or visit centrecuts.com.

▶ SEEN AROUND TOWN



Want help paying your Medicare costs?



THE NEWLY EXPANDED
MEDICARE SAVINGS
PROGRAMS CAN HELP.

Save more than \$3,000 a year in Healthcare Costs

Medicare Savings Programs (MSP), programs run by MassHealth, can help to pay for some or all of your Medicare costs. These are not insurance plans, they help with the cost of your Medicare coverage.

If your income is less than the listed limit, you may be eligible for:

- Premium Assistance
- Lower Prescription Costs
- Copay and Deductible Assistance

**2024 Income Limits
and now
NO ASSET LIMIT**
as of March 1, 2024

Individual	\$2,844
Married Couple	\$3,853

Apply Today!
Call **617-635-4366**



AGE+

City of Boston
Age Strong Commission

FOR MORE INFO, CONTACT AGE STRONG AND
SPEAK WITH A TRAINED SHINE* COUNSELOR



617-635-4366

**Serving the Health Insurance Needs of Everyone*