

BOSTON SENIORITY

Age Strong Commission

City of Boston

Mayor Michelle Wu

March/April 2025

Issue 3

Vol. 49

CELEBRATING OLDER ADULT WOMEN IN BOSTON!

MAYOR'S LETTER:
P. 4

SCAM CORNER:
P. 24

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CITY of BOSTON



FREE PUBLICATION



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Commission

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BOSTON SENIORITY MAGAZINE

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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

Hello, Boston!

The snow is melting, the birds are singing, and the days in Boston are getting longer. We're ushering in the spring season; embracing the warmer weather; and celebrating Women's History Month.

All of us at the City are excited to reflect on the foundational role that generations of women leaders and workers, advocates and artists have played in shaping our country and our city. In this issue of Boston Seniority Magazine, you'll meet Mary Russell, a Roslindale painter whose work captures the realities of climate change.

You'll also learn about Age Strong's longtime partner Greater Boston Legal Services and the ways in which they support our older residents. And we continue our series on Boston's basic city services. This month, take a look inside our Boston Transportation Department's work.

In time for tax season, you'll find information on free tax prep services from the Boston Tax Help Coalition and our Property Tax Application Assistance Clinics. For the past year, my team and I have been fighting to deliver property tax relief to our residents. Our proposed legislation passed the City Council and the State House but was blocked in the State Senate. In January of this year, I *once again* filed legislation to protect residents—especially older adults—by retroactively shifting property tax rates; increasing key property tax exemptions for senior homeowners moving forward; and offering rebates from surplus funds which would be issued to eligible homeowners in Boston.

I will continue advocating for tax relief for all of our residents. While the Statehouse considers this legislation, our Clinics can help you tap into savings on everything from property taxes to food and water, from heating bills to healthcare.

I hope you'll join us for this month's Property Tax Assistance Clinics and Age Strong Neighborhood Listening Sessions, where you'll have the opportunity to share your ideas and feedback on how we can keep Boston a home for everyone.

See you out in community,

Michelle Wu

Michelle Wu
Mayor of Boston



BOOKS

BPL BOOK PICKS

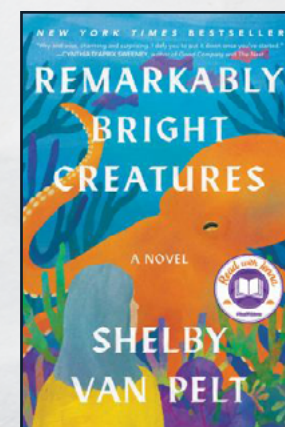
Source: Boston Public Library

"50 Books About Women Over Age 50" is a list of books that center the stories of women in their fifties and older.



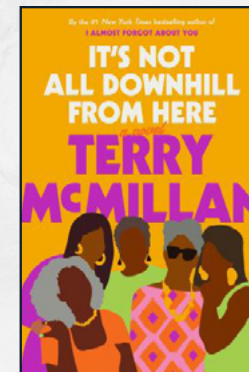
Mrs. Quinn's Rise to Fame
by Olivia Ford

Jennifer Quinn has a secret. Her love of baking has just won her a spot as a contestant on a primetime TV show. It's only the second time in fifty-nine years that she's kept something from her beloved husband Bernard.



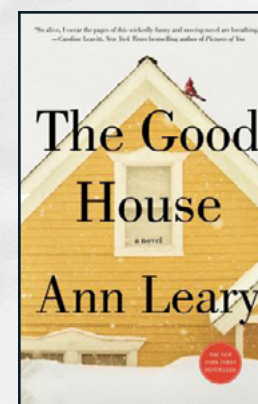
Remarkably Bright Creatures
by Shelby Van Pelt

A story that follows the bond between Tova Sullivan and Marcellus, the giant Pacific octopus of the Sowell Bay Aquarium, following the death of Tova's husband and the disappearance of her son.



It's Not All Downhill From Here
by Terry McMillan

A year in the life of Loretha Curry, the owner of a successful beauty product business, and her vibrant collection of friends and family.



The Good House
by Ann Leary

Set in a small New England town, this story follows real estate agent Hildy Good as she navigates her relationships and confronts the demons of her past.



The Old Woman and the River
by Ismā'il Fahd Ismā'il

The devastation of war left southeastern Iraq devastated excluding a lush and green seven kilometer strip of land, with one older woman who seems to be the key to its success.



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

MEET BOSTON RESIDENT LILLIAN O'NEIL

By Sarah Smith, Age Strong Staff

When asked what her biggest take away from aging in the City of Boston is, 85-year-old, Boston native, Lillian O'Neal tells us “don't let anyone take your dream away or tell you you're too old. Once you give your dream up, you'll be hard pressed to get it back.”

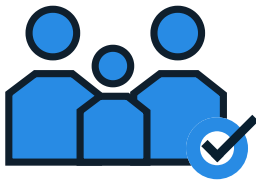
The daughter of the first black seascout, O'Neal was born and raised in Boston's Roxbury neighborhood. As an adult, she moved to Jamaica Plain where she raised her 8 children. She served her community as a window clerk for the United States Postal Service and was listed as a noteworthy Postal Administrator by Marquis' Whos Who. She also served her country, and is an auxiliary member of the 272nd Artillery Battalion.

She continues to be active in her community through participating in programs such as the Mass Senior Action Now Council, the Gold Star Wives of America, as well as The Goldenaires, the longest running senior group in the city.

The thing she is most proud of, though, is following her dream of writing poetry.

Her work is inspired by her life, and deals with themes such as the military, Black history, and is also heavily inspired by the city's “rich history.” She is the Poet Laureate for the Oscar Micheaux Family Theater Program Company and her children are helping her anthologize the thousands of poems she has written. She says that she dreams of publishing her works so her family has something of hers to pass down to generations to come.

O'Neal thanks Age Strong for what they do and states that their help has made aging in Boston and connecting with her community that much sweeter. She says she “can't imagine” living somewhere other than here.



HOW TO FILL OUT THE Annual Census

Make sure *you* get counted.



FILL IT OUT Online



Residents can visit boston.gov/census to respond to the annual census online. Translations are available online.



OVER THE Phone

Residents can call [\(617\) 635-8683 \(VOTE\)](tel:6176358683), Monday through Friday between 9 a.m. and 4:30 p.m. to complete the census.



SUBMIT BY Mail

Residents receive an annual census form mailing with a prepaid envelope that can be mailed back to city hall.

WHY SHOULD I DO THE CENSUS?

The 2025 Boston Annual Resident Listing helps provide information for the fair planning and distribution of City services. The information collected is used to provide access to a fair jury and helps maintain an accurate and up to date voter list.

BOSTON ELECTION DEPARTMENT | 1 CITY HALL SQUARE, ROOM 241

CITY of BOSTON



Election

MARY RUSSELL, ROSLINDALE ARTIST

By Dillon Tedesco, Age Strong Staff



As March is Women's History Month, we highlight Mary Russell, an artist who's lived in Roslindale for the last 17 years, about her artwork exhibitions and how her climate change activism informs her work.

Mary's art practice began in the early 1980s, painting watercolor landscapes on vacations. She worked fulltime, while also pursuing her creative practice. Although she's created landscapes and portraits, currently, Mary focuses mainly on oil painting and collages.

When asked about her creative inspiration, Mary explained, "I like shapes. I like color. The first art I remember was sitting halfway into the street

as a 6 year old after a rainstorm, taking a stick, and spreading the mud in shapes." Now, her art mainly focuses on climate change. "I've always been concerned about the climate. I was involved in the Boston Climate Action network, and I look at the science and I think people need to know the facts. I speak the facts with color."

"One of my first works was Disappearing Arctic Ice Cap. I followed the monthly data on the size and shape of the arctic ice cap. Over time, the graphic of the data looked like a beating heart getting smaller and smaller. It completely flipped me out. I needed to create art about it to show people."

When asked about her upcoming projects, Mary shared,



"right now I'm creating work in response to 'the cold blob,' fresh water melting off the Greenland ice sheet; ice leftover from the last ice age. Fresh water sits on top of salt water, impedes the movement of the gulf stream north, causing the gulf stream to slow by 30 percent. That is very bad."

Mary shared about becoming an artist later in life. "I wish I'd started a lot earlier. I wish I took my wish to paint more seriously.

There's much emphasis on new and emerging artists and it's hard to think of oneself as emerging in your 60s and 70s even though you are."

However, she encourages older adults looking to start an art practice. "Oh, do it! Do it. It's so much fun. Take the freedom to make bad art. You don't really know if it's good until about 2 weeks later. Keep doing more. Be brave. Get to know other artists. I'm a member of the JP and Hyde Park artist associations. Seek them out and take classes. We're all really artists in our own lives—how we live our lives is really an art in itself."



BOSTON'S BASIC CITY SERVICES: BOSTON TRANSPORTATION DEPARTMENT

By Age Strong Staff



As we shared last month, we're highlighting Boston's basic city services. This time it's Boston Transportation Department (BTD), which keeps Boston's streets safer for walking, biking, and driving.

We spoke with Angel Brea, Supervisor of Parking Enforcement, who oversees 6 shift supervisors, managing 168 enforcement officers. Born in the Dominican Republic, he lives in Roslindale with his family. He's worked for the city 16-plus years, as enforcement officer, meter supervisor, and now his current role.

"We're proud to work for the city, keeping it accessible for everyone. It's critical keeping streets clear allowing firetrucks, ambulances, and police to help those in need. "Boston has limited space for

vehicles to park. Policies and signage help rotate parking, so folks can come in, park, then allow others to park."

Brea's team responds to violations on City of Boston streets by 311 calls or the app. They ticket vehicles not complying with protocols. Parking tickets may be disputed at Boston City Hall.

"New hires go through in-depth training: 2-weeks in-class, then seeing how the job is done in the field—what can't be taught in the classroom. The job is good – room for advancement – for a lot of us, it's a lifelong career. Our senior staff is so knowledgeable and a valuable resource to new staff."

"Our team has a lot of interaction with residents," Brea says. "We help clarify parking signage." Their

team is also involved with special events like the Boston Marathon, St. Patrick's Day Parade, and others. "Many departments work together to ensure safety."

Brea's division, of course, is impacted by snow. "Knowing the rules is important," he says. "We allow the public 24 hours to get their car out during snowstorms."

"Sometimes we attend neighborhood meetings," Brea says, "to help solve larger issues. Sometimes folks expect issues can be solved overnight; sometimes the issue is complex. Other city departments like Neighborhood Services help out."

Brea's team works over 5 weekly shifts, including overnights and weekends. "Overnight enforcement is needed as we prepare for street cleaning – and again, to make sure emergency vehicles can move," he says.

"Sometimes our staff attend neighborhood association meetings," Brea says, "when requested, to help solve larger issues in neighborhoods. Sometimes folks think an issue can be solved overnight; but sometimes the issue is more complex and needs more time to solve. Often other city departments like

Neighborhood Services or even City Council staffers help out." Brea's team works over 5 weekly shifts, including overnights and weekends. "Overnight enforcement is needed as we prepare for street cleaning – and again, to make sure emergency vehicles can move," he says.

A historic city, some Boston streets are very narrow, one-way, or only allow parking on one side of streets. "Even with the older streets, like in the North End, Beacon Hill or Bay Village, we are on call to keep them clear."

"Our work helps allow strollers, wheelchairs, and older adults access to sidewalks. It's not just about cars, but some cars illegally parked block crosswalks, hydrants and curb cuts," Brea shares.

Although Boston has municipal parking lots in most neighborhoods, most drivers use the Park Boston app. "Constituents benefit most," Brea says, "they don't need to carry coins for meters. Folks can pay from afar or extend their parking, without running back to feed coins."

To learn more, visit: boston.gov/departments/transportation.

PARTNER PROFILE: GREATER BOSTON LEGAL SERVICES

By Jordan Rich Age Strong Staff

This year, Greater Boston Legal Services (GBLS) celebrates 125 years of providing free civil legal aid to those in need. Age Strong recently spoke with GBLS about their important work in the community.

How long has GBLS operated?

The Boston Legal Aid Society, now known as Greater Boston Legal Services, is the third oldest legal services organization in the U.S. Over the years GBLS has served a spectrum of clients from Irish immigrants at the turn of the century to the social justice efforts of the 1960s. In 1976, The Boston Legal Aid Society and the Boston Legal Assistance Project merged under the banner of Greater Boston Legal Services.

What legal services does GBLS offer?

We provide free legal assistance, in a range of poverty law issues, including housing and homelessness prevention, elder law, healthcare and public benefits, disability rights, immigration relief, consumer rights and debt relief, domestic violence-related

family law, employment and unemployment insurance, CORI record sealing, education access, and more.

What are you seeing the most need for in the older adult community?

Boston's older adults often face no-fault evictions at an alarming rate. Seniors are on fixed incomes with no way to pay rising rents. In addition to seeing issues with landlords not accommodating older adults under the reasonable accommodation laws, we also see problems with healthcare specific to older adults.

What are older adults seeking when they contact GBLS?

Our Elder, Health and Disability team helps older adults living in subsidized housing facing eviction, those whose disability benefits get terminated, those being told they owe more than \$10,000 to social security due to an overpayment, those with issues with SNAP benefits, Medicare, and Medicaid.

March is Women's History Month. Are there any programs or services you offer that specifically support women in need?

Almost two-thirds of our clients identify as female. Our domestic violence-related family law practice and our welfare law work are the areas with a largely female clientele, but we see female clients and senior clients throughout all of our departments.

We collaborate with community partners like Rosie's Place and Women's Lunch Place to provide additional support to clients. Rosie's Place offers financial assistance, a food pantry, job search assistance, and wellness care. Women's Lunch Place provides similar services, plus housing search support. Additionally, our advocates make referrals to trauma-informed, culturally competent therapists, women's health programs, domestic violence resources, addiction treatment, and more.

Are you able to provide service in languages other than English?

Our intake team speaks Cantonese, English, Haitian Creole, Mandarin, Portuguese, and Spanish. Other staff speak Amharic, Arabic, Bengali, Cape Verdean Creole, French, German, Greek, Hebrew,

Italian, Japanese, Korean, and Vietnamese. For further language needs, we use trained interpreters, free of charge to clients.

How do older adults in need contact GBLS?

By phone at 617-371-1234 weekdays 9:30am-12:30pm. We also accept walk-ins at our Friend Street office Monday and Thursday 1:30-4pm.

What else should Boston Seniority Magazine readers know about Greater Boston Legal Services?

We're celebrating our 125th anniversary by inviting anyone who has been involved with GBLS over the years to share their GBLS stories. Clients, volunteers, community partners, and former staffers are encouraged to reach out. Stories can be shared to Ana Cruz at ACruz@gbls.org.



MARCH IS NATIONAL NUTRITION MONTH!

By Maeve Forbes, Age Strong Staff



March is National Nutrition Month, a good time to check in on our eating habits and the small efforts we can make to help us age strong. Examples include making sure you are eating a variety of nutrients, connecting with family and friends, creating healthy habits and drinking plenty of fluids.

As we age our bodies process and utilize food, nutrients and water differently. It is important to eat a variety of nutrients and cut back on sweets. We want to eat well to build muscle mass and strong bones. Make sure to ask your health care provider if you have concerns about any nutrient and drug interactions. Here are some ways to make

your nutrition journey as an older adult easier.

Throughout our lives meals are often enjoyed with others. Whether with your family, friends or neighbors, a feeling of community emerges when sharing stories around a table, enjoying food with others. Many studies show that eating with others can make you feel happier, more satisfied with life, and even eat healthier. It can also provide people of all ages a sense of structure and belonging.

If you live in an apartment building or have a neighbor that you say hi to when taking your trash out, think about inviting them for a meal. Look in your

area for community meals for older adults. In Boston, there are 43 congregate meal sites for residents over 60 to gather for lunch and community. These meals are hosted by Ethos and The Greater Boston Chinese Golden Age Center to help reduce social isolation and get better nutrition.

If connecting with community feels overwhelming, you can build a better diet by connecting with yourself. Try creating a daily routine that sets you up for success around eating well and drinking enough water. Creating a schedule centered around eating can help you to be sure to eat and drink enough throughout the day.

Include water multiple times daily. Water keeps joints lubricated and your brain alert. Our bodies work best

when hydrated. Find at least 6-8 times a day to drink a glass of water. You can also add reminders to your meal schedule to drink water before and after each meal.

Your eating schedule can be fancy or simple—it's about finding one that works for you. Whether you write your meal times on the kitchen calendar, awarding a star each time you eat—leave sticky notes around the house reminding you to eat—or setting phone reminders—getting proper nutrition will help your overall wellbeing.

Remember that as we age, eating well and staying hydrated are important steps in our health journey.



FREE TAX PREPARATION FOR THOSE EARNING \$70K OR LESS!

By Dillon Tedesco, Age Strong Staff

It's spring, and that means it's time for tax preparation. For many, filing taxes can be frustrating, but did you know that the City of Boston, in partnership with the Boston Tax Help Coalition (BTHC) and Action for Boston Community Development (ABCD) may help you file your taxes for free?

At over 30 neighborhood tax sites across Boston, the Tax Help Coalition assists residents with free tax preparation, financial education, and economic stability opportunities. The

tax filing assistance service is available remotely and in person, and interpretation is available in Spanish, Haitian Creole, Cape Verdean Creole, Portuguese, French, Vietnamese, Mandarin, and Cantonese.

Part of Boston's Worker Empowerment Cabinet, the Boston Tax Help Coalition gives Boston's low-to-moderate income (LMI) residents a financial boost by eliminating predatory, for-profit, tax preparation fees and helping them to keep more of their earned



Director at ABCD Mattapan to learn more about the tax assistance program.

“For older adults, we focus on senior-specific credits such as Senior Circuit Breaker,” says Suncar. This credit allows taxpayers age 65 or older who own or rent residential property in Massachusetts a credit relating to the amount of real estate taxes paid on the property.

“We ask all clients to bring identification, their social security card, all tax forms (pension, social security), housing information (rent, mortgage statement, water bill, expenses, and anything else they think would be beneficial to their taxes).”

The 2025 tax season runs through April 17, 2025. “If you are interested in getting your taxes done, be sure to reach out sooner than later,” says Suncar.

To schedule an appointment email FreeTaxHelp@boston.gov or visit boston.gov/tax-help.

income. Since its founding in 2001, BTHC has served nearly 227,000 households with free tax preparation and returned over \$400 million in tax credits and refunds directly to residents. BTHC clients have an average income of \$30,000 and this service can provide a substantial financial boost.

ABCD is a nonprofit organization founded in the 1960s to build pathways out of poverty in partnership with families and communities so that everyone can thrive. ABCD provides a variety of services, including helping apply for benefits, case management, meals, fitness classes, and workshops. We recently talked with Bianny Suncar,

MARCH/APRIL AWARENESS

By Age Strong Staff

National Deaf History Month

Deaf History Month celebrates the contributions and accomplishments of the Deaf and Hard of Hearing community. There are five types of American Sign Language: American Sign (ASL), Black American Sign Language (BASL), Pidgin Signed English (PSE), Plains Indian Sign Language (PISL), and Signed Exact English (SEE). The first TV program to include closed captions was Julia Child's "The French Chef" in 1972. Learn more at nad.org/.

Breast Cancer Awareness Month

Breast Cancer Awareness Month, an international health campaign held every October, promotes screening and prevention of the disease, affecting 2.3 million women worldwide. Known for its pink theme color, the campaign supports people diagnosed with breast cancer, educating people about risk factors, encouraging regular screening starting at age 40, and fundraising for breast cancer research. Learn more at breastcancer.org.



National Move More Month

Created by the American Heart Association to help improve the health of Americans everywhere, National Move Month aims for more of us to hit 10,000 steps or 20-minutes of aerobic exercise everyday. Go for a walk, join a Zumba class, or hit the gym. Every movement counts. Learn more at heart.org.

Parkinson's Awareness Month

Nearly 90,000 people in the U.S. are diagnosed with Parkinson's Disease (PD) each year. Scientists believe a combination of environmental and genetic factors cause PD. People with Parkinson's experience movement and non-movement related symptoms. Symptoms can be managed through medications, lifestyle changes, exercise, and surgery. Early-onset Parkinson's disease occurs in people younger than 50. Learn more at parkinson.org/parkinsons-awareness-month.

Stress Awareness Month

Stress Awareness Month has been held every April, since 1992 to increase public awareness about both the causes and cures for stress. Everyone

experiences stress, often many times throughout the day. Stress is normal and healthy, occurring when we feel threatened, uncertain, or overwhelmed. Even the smallest steps taken each day toward stress reduction can significantly improve mental and emotional well-being over time. Learn more at stressawarenessmonth.com.





CITY of **BOSTON**

BOSTON, GET YOUR TAXES DONE FOR FREE



MAXIMIZE YOUR REFUND



FINANCIAL EDUCATION AVAILABLE



ALL ARE WELCOME

Check if you are eligible:

Boston.gov/Tax-Help | 617-635-4500

MAKE SURE TO BRING:

- ☐ Non-expired Photo ID required
- ☐ Social Security card or Individual Taxpayer ID Letter (ITIN) for you, your dependents and/or your spouse
- ☐ A copy of last year's tax return
- ☐ 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 2024
- ☐ 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 *
- ☐ If you received health insurance through the Health Insurance Marketplace, you must bring in a 1095-A
- ☐ Total child care expenses in 2024, 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 2024
- ☐ 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

Visit boston.gov/tax-preparation. Have your documents ready to upload.

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

1199 SEIU QUINCY

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

ABCD ALLSTON BRIGHTON NOC

640 Washington Street, Suite 201,
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 02136
617-298-2045

ABCD NORTH END/ WEST END

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

ABCD PARKER HILL/ FENWAY NSC

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

ABCD ROBERT M. COARD BUILDING

178 Tremont Street, Boston, MA 02111
617-348-6583

ABCD ROSLINDALE

25 Corinth Street, Roslindale, MA 02131
617-477-3768

ABCD ROSLINDALE - BCHC SATELLITE

3297 Washington Street,
Jamaica Plain, MA 02130
617-477-3768

ABCD ROXBURY/ NORTH DORCHESTER NOC

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

ABCD SOUTH BOSTON APAC

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

ABCD SOUTH END NSC

554 Columbus Avenue, Boston, MA 02118
617-267-7400

BHA CHARLESTOWN

76 Monument Street, Charlestown, MA 02129
617-337-5612

BRIGHTON PUBLIC LIBRARY

40 Academy Hill Road, Brighton, MA 02135
617-863-7376 | vita@cfmp.us

CAMBRIDGE PUBLIC LIBRARY CENTRAL SQUARE

45 Pearl Street, Cambridge, MA 02139
617-349-4041 | frontdesk@cplvita.org

CAMBRIDGE PUBLIC LIBRARY MAIN BRANCH

449 Broadway, Cambridge, MA 02138
617-349-4041 | frontdesk@cplvita.org

CENTER FOR WORKING FAMILIES

7 Palmer Street, 2nd Floor,
Roxbury, MA 02119
617-541-2699

CHARLESVIEW COMMUNITY CENTER

123 Antwerp Street Ext., Brighton, MA 02135
617-863-7376 | vita@cfmp.us

CHINATOWN MAIN STREET

2 Boylston Street, China Trade Center, Suite G07,
Boston, MA 02116
617-350-6303

CODMAN SQUARE HEALTH CENTER

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DOTHOUSE HEALTH

1353 Dorchester Avenue, Dorchester, MA 02124
617-740-2421

EGLESTON SQUARE PUBLIC LIBRARY

2044 Columbus Avenue, Roxbury, MA 02119
617-863-7376 | vita@cfmp.us

INDIVIDUAL WITH DISABILITIES

boston.gov/disability-tax-help |
617-918-5260 | lynn.dann@boston.gov

JUST-A-START

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

LOWER MILLS PUBLIC LIBRARY

27 Richmond Street, Dorchester, MA 02124
617-863-7376 | vita@cfmp.us

ROSLINDALE PUBLIC LIBRARY

4246 Washington Street, Roslindale, MA 02131
617-863-7376 | vita@cfmp.us

SOUTH BOSTON PUBLIC LIBRARY

646 East Broadway, South Boston MA 02127
617-863-7376 | vita@cfmp.us

TRUSTMAN FAMILY LEARNING CENTER

341R Saint Paul Street, Brookline, MA 02446
617-863-7376 | brookline@cfmp.us

URBAN EDGE

1542 Columbus Avenue, Roxbury, MA 02119
617-989-9326 | freetaxprep@urbanedge.org

VETERANS FAMILY LEARNING CENTER

226 High Street, Brookline, MA 02445
617-863-7376 | brookline@cfmp.us



SHARE YOUR VOICE, IDEAS & FEEDBACK

By Andrea Burns, Age Strong Staff

Do you have an idea of how to improve your neighborhood or Boston in general? Age Strong wants to hear from you! Join friends and neighbors for a discussion about your aspirations for the future.

We kicked off our citywide listening session tour at the West Roxbury Branch of Boston Public Library on January 31st. Over coffee and treats from Anna’s Donuts, residents said they appreciated access to high quality healthcare, opportunity to learn new things, the wonderful programs at Ethos, Age Strong’s shuttle, and volunteer programs.

Some noted the reconstruction of West Roxbury’s Centre Street has made the street safer. Folks requested more communication, discounts for museums, assistance with homes upkeep, like reduced rate landscaping services. While many prefer to stay in their homes, if they cannot, they would like assisted living that is affordable. What’s on your mind? What would YOU say?

Monday, March 24th
10:30am-12pm
Boston Public Library,
Jamaica Plain Branch, 30
South Street

Wednesday, April 2
LGBTQIA+ Listening Session
6-7:30pm
Virtual Meeting
To register, please email
programs@outstandinglife.org

Friday, April 18th
10:30am -12pm
Boston Public Library,
Mattapan Branch, 1350 Blue
Hill Avenue

Friday, April 25th
DEAF, INC. Listening Session
1-3pm
Boston Public Library
Brighton Branch, 40 Academy Hill
Road


If you can’t join, please fill out the form on the next page and mail it back to us.





PLEASE LIST STRENGTHS OF BOSTON AS A GOOD CITY TO AGE WELL IN

WEAKNESSES?

MY IDEAS TO IMPROVE BOSTON







MY AGE

MY NEIGHBORHOOD

PLEASE RETURN TO:

The Age Strong Commission
ATTN: Ava Portela
One City Hall Square,
Room 271
Boston City Hall
Boston, MA 02201

SCAM CORNER: PROTECT YOUR SNAP BENEFITS FROM SCAMMERS

By Sophia Wang, Age Strong Staff
Source: MA Department of Transitional Assistance

SNAP and other benefits can be stolen by scammers through “skimming” or “phishing.”

Skimming happens when thieves place a device on a store’s card-swiping machine to copy the card information and PIN when you swipe your EBT card. Phishing is when scammers use texts or phone calls to get you to share your card information and identity. The stolen information is used to make fake EBT cards, then used to steal funds from real SNAP accounts.

To protect your SNAP benefits from scammers:

- **Change your EBT card PIN regularly** by calling 800-997-2555 (the number on the back of your card), and follow the instructions (in many languages) to change your PIN.
- **Keep your EBT card locked until you need to use it.** To lock and unlock your EBT card, log into your DTA account through DTACONnect.com or through your DTA Connect mobile app, navigate to where you see your EBT balance and EBT card number, and you can lock your

- EBT card. When you are ready to use your EBT card, go through the same steps to unlock your card.
- **Look for signs of tampering on card swiping machines and avoid self-checkouts.** Card swiping machines with skimming devices often have overlays - physical casings placed on the card terminals that make the original machine bigger. These devices are often placed at self-checkout machines.
 - **Never give anyone your EBT card information or PIN over the phone or text.** DTA will never ask for your EBT PIN or card number.

If your SNAP benefits are stolen, please call the DTA Fraud Line at 833-602-9247, or call the DTA Assistance Line at 877-382-2363. For more information and other ways to report the theft, please visit mass.gov/how-to/report-stolen-benefits-to-dta.



BOSTON OLDER HOMEOWNERS

GET IN-PERSON APPLICATION ASSISTANCE

Find out if you’re eligible for **tax exemptions, tax deferrals** & other potential savings like the **Senior Circuit Breaker Tax Credit, SNAP, Fuel Assistance** & more

March 26, 11-3:30 pm

Boston Elks Lodge
1 Morrell St., W. Roxbury

March 27, 11-3:30 pm

BPL Grove Hall
41 Geneva Ave., Dorchester

March 28, 11am-3:30pm

Boston City Hall
1 City Hall Square, Boston



SCAN ME FOR MORE INFORMATION!

RSVP at 617-635-4366 | boston.gov/prop-tax-clinics



Age Strong Commission



Water and Sewer Commission



Home Center



Environment



Civic Organizing



Assessing



Worker Empowerment

CITY of BOSTON

EVENTS + ACTIVITIES

MARCH/APRIL HAPPENINGS

* Please note events are free and are subject to change



Adult Coloring
2 PM – 3 PM
BPL West End,
151 Cambridge St,
West End
617-523-3957



Annual Tropical Fiesta
11 AM – 1 PM
BPL Jamaica Plain
30 South St,
Jamaica Plain
617-524-2053



Tea Time
12 PM – 2 PM
BPL Codman Square,
690 Washington St,
Dorchester
617-436-8214



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



Boston Camera Club
Members' Exhibition
Call for library hours
BPL Honan-Allston
1300 North Harvard St,
Allston
617-787-6313



Interpretation of
Music: Lessons for Life
10 AM – 12 PM
BPL Central
700 Boylston St,
Back Bay
617-859-2129



Jim Vrabel: When and
Where in Boston
6:30 PM – 7:30 PM
BPL Faneuil
419 Faneuil St, Brighton
617-782-6705



Roxbury Writes!
6:00 PM – 7:30 PM
BPL Roxbury
149 Dudley St, Roxbury
617-442-6186



THE BUZZ: AGE STRONG PARTNER ACTIVITIES IN MARCH & APRIL



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

Senior Swim (55+)

BCYF Paris Street Pool
113 Paris Street, East Boston
Every Tuesday, 10-11am
Contact: 617-635-1410



LGBTQIA+ Support Group

Boston Senior Home Care
Virtually on Zoom
1st & 3rd Monday each month, 6:30-8pm
Email supportgroups@bshcinfo.org with your name/email

Coffee and Conversations

Operation PEACE
Peterborough Senior Center
42 Peterborough St., Fenway
Each Thursday, 11:30am
Contact: 617-536-7154,
tracey@operationpeaceboston.org



Assistive Technology Program

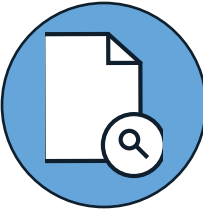
Massachusetts Association for the Blind and Visually Impaired
Boston Public Library-Mattapan Branch
1350 Blue Hill Ave., Mattapan
3rd Thursdays monthly, 11:00am-2:00pm
Contact: 617-906-3042, Acolburn@mabcommunity.org
Appointment required

► **IN BOSTON, WE AGE STRONG.**

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

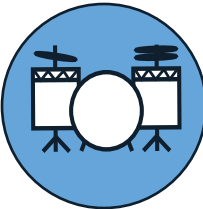


We can help with: *Call us for more details at 617-635-4366*



AGE STRONG ADVOCATES

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



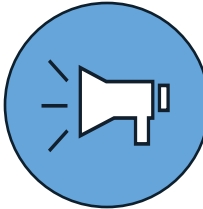
EVENTS & PROGRAMMING

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



TRANSPORTATION

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



VOLUNTEER OPPORTUNITIES

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



AGE & DEMENTIA FRIENDLY BOSTON

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



HOUSING SUPPORT

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

▶ SEEN AROUND TOWN



SENIOR CIRCUIT BREAKER TAX CREDIT

PUT UP TO **\$2,730** 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 2024, your total Massachusetts income doesn't exceed:
 - **\$72,000** for a single individual who is not the head of a household.
 - **\$91,000** for a head of household.
 - **\$109,000** 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 2024, the assessed value of your principal residence exceeds \$1,172,000.

CONTACT THE MA DEPARTMENT OF REVENUE FOR MORE INFO:

Call **617-887-6367** or visit [**mass.gov/info-details/massachusetts-senior-circuit-breaker-tax-credit**](https://mass.gov/info-details/massachusetts-senior-circuit-breaker-tax-credit).