

# BOSTON SENIORITY

City of Boston  
Issue 3

Age Strong Commission  
March 2026

Mayor Michelle Wu  
Vol. 50



MAYOR'S LETTER  
P. 3

NATIONAL NUTRITION  
MONTH P.10

UPCOMING EVENTS  
P.15



CITY of BOSTON



FREE PUBLICATION



AGE+ | Age Strong  
Commission

# TABLE OF CONTENTS

- 3 LETTER FROM MAYOR WU
- 4 BOSTON PUBLIC LIBRARY BOOK PICKS
- 5 SCAM CORNER: TAX SEASON
- 6-7 VOLUNTEER INTERVIEW
- 8-9 PARTNER HIGHLIGHT: SAMARITANS, INC.
- 10-12 NATIONAL NUTRITION MONTH
- 13 UPCOMING EVENTS
- 22-23 WHITE'S STADIUM
- 26-28 AGE STRONG'S ROLLING GRANT

## BOSTON SENIORITY MAGAZINE

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Although all material accepted is expected to conform to professional standards, acceptance does not imply endorsement by the City of Boston.



## MAYOR'S LETTER MARCH 2026 Hello Boston!

Welcome to the March 2026 issue of Boston Seniority Magazine. This Women's History Month, we're excited to spotlight Mary Connolly. Mary immigrated to Boston from Ireland when she was just 17 years old. Now—more than 70 years later—read her reflections on the life, family, and history she has built here.

Inspiring women like Mary have shaped Boston for generations. Discover their stories by perusing the Boston Public Library's Women's History reading list—or, as the snow melts and the days grow warmer, consider getting outside and using our guide to explore the Boston Women's Heritage Trail.

This issue also includes information on the various Age Strong programs we're offering this month. From fitness and wellness classes to game days and Memory Cafes, these programs are designed to keep you aging strong and healthy. Age Strong is also proud to support local nonprofit programs for older adults through our grant initiatives—meaning there is no shortage of ways for you to stay active and engaged with our community.

And, since we know it can be hard for older adults to make ends meet, we're also proud to host free, in-person Cost-Savings Clinics all across our neighborhoods. Our advocates will make sure you're taking advantage of all the programs and benefits you're eligible for—including fuel assistance, tax credits, and water and sewer discounts. To schedule an appointment, call 617-635-4366.

Hope to see you around town,

Mayor Michelle Wu

*Michelle Wu*



**STAY CONNECTED  
WITH THE AGE  
STRONG COMMISSION!**



**Main number:** (617) 635-4366



**Age Strong Shuttle:** (617) 635-3000



**Website:** [boston.gov/age-strong](https://boston.gov/age-strong)



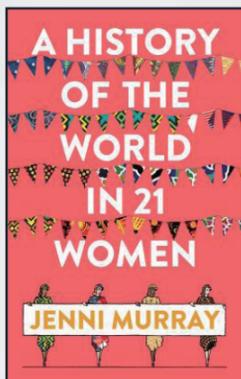
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► BOOKS

BPL BOOK PICKS

Source: Boston Public Library

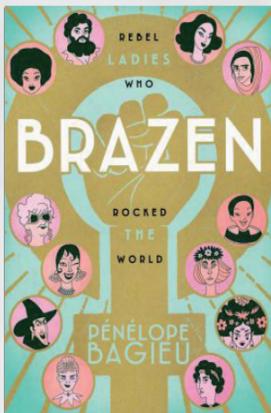
These biographies are full of inspiring stories of women overcoming a world full of discrimination to achieve their dreams.



**A History of the World in 21 Women** by Jenni Murray

Jenni Murray gives the lie to Thomas Carlyle's infamous declaration that 'the history of the world is but the

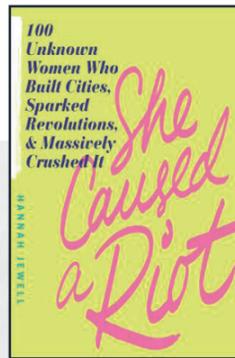
biography of great men.'



**Brazen** by Pénélope Bagieu

With her characteristic wit and dazzling drawings, celebrated graphic novelist Penelope Bagieu profiles

the lives of these feisty female role models, some world famous, some little known. From Nellie Bly to Mae Jemison or Josephine Baker to Naziq



**She Caused a Riot** by Hannah Jewell

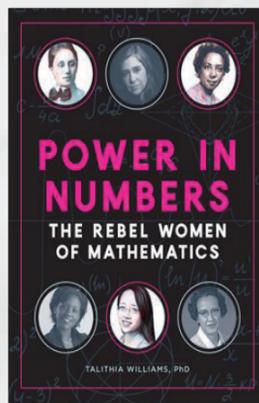
An empowering, no-holds-barred look into the epic adventures and dangerous exploits of 100 inspiring women who were too brave,

too brilliant, too political, too poor, or too unconventional to be recognized by their contemporaries.



**Pre-Raphaelite Girl Gang** by Kristy Stonell Walker

A fabulous introduction to the Pre-Raphaelite movement, through the muses and artists that helped shape the era.



**Power in Numbers** by Talithia Williams

A full-color volume that takes aim at the forgotten influence of women on the development of mathematics over the last two millennia.

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

**PROTECT YOURSELF FROM SCAMS DURING TAX SEASON**



By Sophia Wang, Age Strong Staff

**Tax season is a prime opportunity for scammers trying to steal personal information and money.**

Steer clear of unsolicited messages and promises of big payouts, and never give your information to people you don't know.

**Common Tax Season Scams:**

- Scammers pretend to be from the IRS or tax preparers, reaching out with threats of tax fraud charges, needing to verify personal information, or promises of a big tax refund.
- Fraudulent tax preparers may promise a big tax refund and charge their fee based on the size of your refund. They might adjust tax filings to get a higher refund, leaving the taxpayer responsible for penalties and interest. A major red flag is a preparer who is unwilling to sign your tax return.
- Criminals file fake tax returns using stolen personal information and Tax Identification Numbers, claiming refunds before the taxpayer is even aware.

**How to Protect Yourself:**

- File early: filing taxes as early as possible will limit the amount of

time scammers have to file a fake tax return in your name.

- Request an IRS Identity Theft PIN: This is a six-digit number that you must include when filing taxes. It prevents criminals from filing fake returns using your information. To get one, create an online account through IRS.gov using the "Get an IP PIN" tool. You can make an appointment at your local IRS Taxpayer Assistance Center to get one.
- Look out for unsolicited text messages, emails, or calls: the IRS will never call, text, or email you asking for personal information unless you are in contact with them about back taxes. Scammers will use urgency, threats, and prizes to get information. Ignore these messages.

To report tax schemes or preparers, use Form 14242 - Report Suspected Abusive Tax Promotions or Preparers. If you suspect identity theft, use Form 14039 - Identity Theft Affidavit. You can also forward scam emails to [phishing@irs.gov](mailto:phishing@irs.gov).

Source: [AARP](http://AARP)

## MEET VANESSA WILSON-HOWARD: A PROPERTY TAX WORK-OFF PROGRAM VOLUNTEER

By Edzani Kelapile, Age Strong Staff

**The Age Strong Commission hosts four volunteer programs, two in partnership with AmeriCorps Seniors: the RSVP Program and the Senior Companion Program.** The others are Age Strong's City Hall Greeter program and the Property Tax Work-Off Program. The Property Tax Work-Off Program gives qualifying homeowners age 60+ the opportunity to “work-off” up to \$2,000 of their property tax bill by volunteering with various departments and sites within the

City of Boston.

Vanessa Wilson-Howard, who’s served as an Age Strong volunteer for 20 years, recently participated as a Property Tax Work-Off volunteer. Vanessa has owned and lived in her Boston home for 26 years. “Being able to work off some of my bills really lightens up the load,” she shares. For Vanessa, volunteering in this program is a win-win: she gets to do activities that bring joy and satisfaction to her, and she gets to save some

significant money where it matters.

As a Property Tax Work-Off Volunteer, Vanessa served as a customer service representative for Boston Centers for Youth and Families Ohrenberger Center in West Roxbury. She volunteered assisting children and their families before and after activities. She’s proud to help in the community center and believes “there’s a great importance of being the first welcoming impression someone sees when they enter the space. I take that responsibility seriously,” she says, considering her position at the front desk and trying to be as helpful as she can be to whoever walks in.

Prior to being a Property Tax Work-Off Volunteer, Vanessa volunteered for Age Strong in other ways. By using her certification in health and wellness, she led a walking program for older adults and helped coordinate some of Age Strong’s annual events.

Vanessa encourages everyone to take time in 2026 to volunteer, no matter what form that may take. Outside of Age Strong, she volunteers with her church's nurse unit to provide medical supplies

and aid to people in need, and she feels great whenever she’s made someone’s day better. Vanessa believes in the importance of doing good deeds. “Angels without wings have helped us all,” she says. “Be supportive in any situation you’re in. There will always be a positive outcome.”

Learn more about and apply to Age Strong’s Property Tax Work-Off Program: [boston.gov/departments/age-strong-commission/senior-property-tax-work](https://boston.gov/departments/age-strong-commission/senior-property-tax-work) or call the Age Strong Commission at **(617) 635-4366**.



## AGE STRONG PARTNER HIGHLIGHT: SAMARITANS, INC.

By Jordan Rich, Age Strong Staff

**The winter months can be challenging for a variety of reasons but historically, calls to the Samaritans 24/7 Helpline increase in the spring and early summer.**

The Age Strong Commission connected with Kacy Maitland, Chief Clinical Officer at Samaritans, Inc. to learn more.

### **How did Samaritans start?**

Samaritans, Inc., was founded in Boston in 1974 by Monica Dickens, the great-granddaughter of Charles Dickens. We are a Massachusetts-based nonprofit that follows the principles of befriending, established by Samaritans in the United Kingdom. Our mission is to prevent suicide and offer hope and support to those affected.

### **What programs/services do you offer Boston's older adults?**

Samaritans help people of all ages find hope and connection. We offer educational workshops to elder care facilities and community organizations, support groups for individuals who have been affected by suicide, and crisis services

for those who are feeling lonely, depressed, or suicidal.

### **Samaritans is an Age Strong Behavioral Health grantee. How have you used Age Strong grant funding to support older adults?**

Through the Age Strong Behavioral Health grant, we've been able to tailor our educational workshops specifically to older adults. These workshops cover topics like caring for our mental health, identifying risk factors and warning signs, supporting loved ones, and how to get help if someone is struggling. They're designed to foster connection, community, and hope for adults 55+. Through the grant, we have also created training for caregivers who work with older adults. This training empowers professionals with skills and resources needed to support patients who are in crisis or struggling with mental health.

### **What are the challenges facing older adults?**

Major life changes like retirement, health issues, moving from home, and grief can lead to feelings of

isolation, sadness, and suicidal thoughts. But you don't have to face these moments alone, and it's important to note that you don't have to be feeling suicidal to use our services. If you're feeling overwhelmed, lonely, or depressed, you can reach out to us 24/7. We are here to listen without judgment.

### **Are there any barriers to providing services to older adults in Boston?**

We have educational workshops specifically tailored to older adults, but one challenge can be identifying the locations where we are needed. If there are community centers and other organizations where we can present, please invite us, via our website.

### **What should people do if they're struggling or know someone who is?**

Call or text the 988 Suicide & Crisis Lifeline or chat with someone at 988lifeline.org. You can also call or text our 24/7 Helpline directly at 1-877-870-4673. If you know someone who is struggling, please share these free, confidential resources. If you are struggling, you are not alone. No one is immune to difficult times and

feeling loneliness and depression. Resources are available—we're here to help you, and we'd love to hear from you. Samaritans is here to offer nonjudgmental listening and peer support to anyone who has been impacted by suicide, and to anyone who is struggling.

### **Are Samaritans' services available to the public? How do older adults connect?**

All our lifesaving services are free to all. Anyone seeking suicide grief support or educational information can visit our website at SamaritansHope.org and click on the "Our Services" tab. Our 24/7 crisis services are free and confidential.





## MARCH IS NUTRITION MONTH: COMMUNITY MEAL SITES & HOME DELIVERED MEALS

By Maeve Forbes, Age Strong Staff

**Established in 1972 through the Older Americans Act (OAA), the Senior Nutrition Program provides older adults (60+) with free, nutritious meals through home-delivery and community group meals on a daily basis.**

The program aims to reduce food insecurity and malnutrition, promote socialization, and support wellbeing, helping older adults stay independent and age in place. In Boston, the Age Strong Commission partners with non-profit organizations Ethos and the Greater Boston Chinese Golden Age Center to provide over 2.3 million meals and nutrition services each year.

Eating nutritious food plays a critical role in maintaining healthy minds and bodies. As we age, we often experience increased medical needs, reduced appetite, and decreased motor skills, all of which can impact our nutrition. That's why The Senior Nutrition Program is so vital in fostering a city that values the importance of aging in place.

Community Meal Sites allow older adults (60+) to enjoy their lunches with others at over 40 locations across Boston neighborhoods. On top of healthy meals, sites offer socialization and opportunities for connections through shared meals. Many sites also host programming benefitting the mind and body, like tai chi, crafting classes, workshops, and more.

For homebound residents, Meals on Wheels helps older adults live safely in their own homes by providing hot, nutritious meals every weekday. Beyond nutrition, delivery drivers ensure the well-being of residents and offer daily wellness and safety checks, while offering an opportunity for one-on-one connection and conversations. Surveys show that 76% of meal delivery recipients feel less lonely because of these regular visits.

Having enough of the right foods is an important part of aging well. To meet the diverse cultural and dietary needs of Boston's

older adults, Age Strong and its nutrition partners offer ten different meal options. Through multiple vendors, participants are able to receive Vietnamese, Caribbean, Kosher, traditional American, Italian, Chinese, Puree, Vegetarian, Allergen Friendly, or therapeutic meals tailored to dietary restrictions based on medical issues. 79% of participants reported that the meals helped improve their health.

To qualify for the Senior Nutrition Program, adults must reside in the City of Boston, and be 60 or older. To get help with meal sites or home delivered meals, call Age Strong at **(617) 635-4366**.

### **Community Meal Sites Run by Ethos & Chinese Golden Age (Preregistration Required):**

Beacon House Café  
19 Myrtle St., Back Bay

Café Emmanuel  
15 Newbury St., Back Bay

Morville House Café  
100 Norway St., Back Bay

Covenant House Café  
30 Washington St., Brighton

Veronica Smith Café  
20 Chestnut Hill Ave., Brighton

Ferrin Café (Georgine Tower)  
100 Ferrin St., Charlestown

Main Street Café  
382 Main St., Charlestown

Codman Apartments Café  
784 Washington St., Dorchester

Grove Hall Café  
51 Geneva Ave., Dorchester

Keystone Café  
151 Hallet St., Dorchester

Olmstead Green Café  
2 Kingbird Rd., Dorchester

Pascuicco Café (Pasciucco Apartments)  
330 Bowdoin St., Dorchester

Peabody/Englewood Café  
1875 Dorchester Ave., Dorchester

VietAID Café  
42 Charles St., Dorchester

East Boston Senior Center  
7 Bayswater St., East Boston

Blake Estates Café  
1344 Hyde Park Ave., Hyde Park



Amory Street Café  
125 Amory St., Jamaica Plain

Back of the Hill Café  
100 S. Huntington Ave., Jamaica Plain

Crossroads, First Baptist Church  
633 Centre St., Jamaica Plain

Julia Martin House Café  
90 Bickford St., Jamaica Plain

Nate Smith House Café  
155 Lamartine St., Jamaica Plain

Mount Pleasant Home  
301 S. Huntington Ave., Jamaica Plain

Rogerson House  
32 Beaufort Rd., Jamaica Plain

Woodbourne Café  
6 Southbourne Rd., Jamaica Plain

BCYF Mildred  
5 Mildred Ave., Mattapan

Church of the Holy Spirit  
525 River St., Mattapan

Nazzaro Community Center  
30 N. Bennet St., North End

La Alianza Café  
1000 Massachusetts Ave., Roxbury

Ruggles/Hearth Café  
25 Ruggles St., Roxbury

Walnut Café  
237 Walnut Ave., Roxbury

South Boston Neighborhood House  
136 H St., South Boston

Anna Bissonette House  
1640 Washington St., South End

Medeiros Center Café  
1960 Washington St., South End

Union Church Café  
485 Columbus Ave., South End

Unity Tower Café  
80 West. Dedham St., South End

Cheriton Heights Apartments  
18 Cheriton Rd., West Roxbury

West Roxbury Elks  
1 Morrell St., West Roxbury

Roche Community Center  
1716 Centre St., West Roxbury

Hong Lok House  
15-25 Essex St., Chinatown

Quincy Tower  
5 Oak Street W., Chinatown

Brighton House  
677 Cambridge St., Brighton

## CELEBRATE WOMEN'S HISTORY MONTH AT THE BOSTON WOMEN'S HERITAGE TRAIL

By Edzani Kelapile, Age Strong Staff

**March is Women's History Month, and we turn our attention to the Boston Women's Heritage Trail (BWHT), the result of a campaign led by Boston Public School students, faculty, and staff.** The trail honors the lives of women who helped shape Boston into the city it is today. From familiar figures like Abigail Adams and Rose Kennedy to lesser-known influential leaders like Chew Shee Chin and Melnea Cass, the BWHT restores women to their rightful place in Boston history by amplifying their stories and contributions.

The Boston Women's Heritage Trail is not one path, but a collection of historically-significant sites organized into a number of neighborhood-based trails. Sites include where significant events in women's history either occurred, are commemorated, or are former homes of influential people leaving lasting marks in their communities.

East Boston's trail includes homes of many remarkable women, including Annie Frasier Norton's, who joined the Navy during World

War I and died of Spanish flu at 25 years old. For her service, she received full military honors upon her death.

In Roxbury, the trail was developed by students at the William Monroe Trotter School, itself named for the prominent African American newspaper editor and activist. The trail honors his sister Maude Trotter Steward, who continued his legacy at The Guardian, a civil rights newspaper William co-founded.

Hyde Park's trail honors Dr. Rebecca Lee Crumpler, the first African American to earn a medical degree in the United States. She authored one of the first books on medicine written by an African American, making a lasting contribution to public health.

Additional trails include Back Bay, Beacon Hill, Chinatown, Dorchester, Jamaica Plain, North End, West End, and South End. BWHT also offers curated tours including the Women's Suffrage Tour. To learn more visit [bwht.org](http://bwht.org).

# AGE STRONG PROGRAMMING ACROSS NEIGHBORHOODS: UNION CHURCH, SOUTH END

By Age Strong Staff



As part of Mayor Wu's vision to make Boston a home for everyone, Age Strong launched exciting new free programming last year for older adults at community sites across the City. One of these welcoming hubs is Union Church, located at 485 Columbus Avenue in the South End.

Every Tuesday and Thursday from 9 am to 1pm, residents age 55+ are invited to drop in to enjoy a lively mix of activities including social coffee hour, arts and craft classes like crocheting with Stitch House, fitness and wellness workshops like chair yoga and tai chi, educational talks, board games, and a shared community lunch.

Registration is not required (except for lunch), just stop by and be part of a vibrant community! Come meet your neighbors, make new friends, stay active, and try something new. All are welcome, and we'd love to see you there!

## March Program Schedule Tuesdays

9am	Board Games
10am	Crochet
11am	Tai Chi
11:30am	Lunch
12pm	Ageless Grace

## Thursdays

9am	Morning Talk
10am	Guest Speakers
11:30am	Lunch
12pm	Chair Yoga

Other neighborhood sites with free Age Strong programming include the Dewitt Center in Roxbury, Spontaneous Celebrations in Jamaica Plain, the Elks in West Roxbury, BCYF Holland and Codman Square Library in Dorchester.

To learn more about Age Strong's programming sites including Union Church, call **(617) 635-4366** or visit [boston.gov/departments/age-strong-commission/events-and-engagement-older-adults](https://boston.gov/departments/age-strong-commission/events-and-engagement-older-adults).



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 2025
- ID.me account information
- 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 2025, 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 2025
- 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](https://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 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](mailto:vita@cfmp.us)

#### CAMBRIDGE PUBLIC LIBRARY CENTRAL SQUARE

45 Pearl Street, Cambridge, MA 02139  
617-349-4040 | [frontdesk@cplvita.org](mailto:frontdesk@cplvita.org)

#### CAMBRIDGE PUBLIC LIBRARY MAIN BRANCH

449 Broadway, Cambridge, MA 02138  
617-349-4040 | [frontdesk@cplvita.org](mailto:frontdesk@cplvita.org)

#### CENTER FOR WORKING FAMILIES

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

#### CHINATOWN MAIN STREET

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

#### CODMAN SQUARE HEALTH CENTER

450 Washington Street, Dorchester, MA 02124  
617-822-8182

#### CODMAN SQUARE PUBLIC LIBRARY

690 Washington Street, Dorchester, MA 02124  
617-863-7376 | [vita@cfmp.us](mailto:vita@cfmp.us)

#### COPLEY SQUARE LIBRARY

700 Boylston Street, Boston, MA 02116  
617-863-7376 | [vita@cfmp.us](mailto:vita@cfmp.us)

#### 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](mailto:vita@cfmp.us)

#### JUST-A-START - RINDGE AVE

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

#### JUST-A-START - NORFOLK ST.

55 Norfolk Street, Cambridge, MA 02140  
617-918-7525

#### ROSLINDALE PUBLIC LIBRARY

4246 Washington Street, Roslindale, MA 02131  
617-863-7376 | [vita@cfmp.us](mailto:vita@cfmp.us)

#### DEAF INC

50 Hunt Street, Watertown, MA 02472  
617-863-7376 | [vita@cfmp.us](mailto:vita@cfmp.us)

#### TAXPAYERS WITH DISABILITIES

[boston.gov/disability-tax-help](https://boston.gov/disability-tax-help)  
617-918-5260 | [lynn.dann@boston.gov](mailto:lynn.dann@boston.gov)

#### THE NEIGHBORHOOD DEVELOPERS

155 Clifton St., Chelsea, MA 02150  
617-545-8310 | [info@tndinc.org](mailto:info@tndinc.org)

#### URBAN EDGE

1542 Columbus Avenue, Roxbury, MA 02119  
617-989-9326 | [freetaxprep@urbanedge.org](mailto:freetaxprep@urbanedge.org)



# SENIOR CIRCUIT BREAKER TAX CREDIT

## PUT UP TO \$2820 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 2025, your total Massachusetts income doesn't exceed:
  - **\$75,000** for a single individual who is not the head of a household.
  - **\$94,000** for a head of household.
  - **\$112,000** 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 2025, the assessed value of your principal residence exceeds \$1,298,000.

### 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).

## EVENTS + ACTIVITIES

## MARCH HAPPENINGS

\* Please note events are free and are subject to change



**Senior Quilting Group**  
10:30 AM – 12:30 PM  
**BPL Codman Square**  
690 Washington St.,  
Dorchester  
(617) 436-8214



**Women Veterans Roundtable**  
11:00 AM – 2:30 PM  
**UMASS Boston**  
100 Morrissey Blvd.,  
Dorchester  
617-635-3026



**Puzzles & Jazz**  
1:30 PM – 3:00 PM  
**BPL Mattapan**  
1350 Blue Hill Ave  
Mattapan  
(617) 298-9218



**Mindful Movements for Older Adults**  
12:30 PM – 1:30 PM  
**BPL Brighton**  
40 Academy Hill Rd  
Brighton  
(617) 826-6032



**Tuesday Games**  
1:00 PM – 2:30 PM  
**BPL Faneuil**  
419 Faneuil St  
Brighton  
(617) 782-6705



**Chess Club (All Ages)**  
10:00 AM – 11:30 AM  
**BPL Roslindale**  
4246 Washington St.,  
Roslindale  
(617) 323-2343

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

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

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



## MARY CONNOLLY: AN IRISH IMMIGRATION STORY

By Jordan Rich, Age Strong Staff

**Driven by a struggling Irish economy and high unemployment, more than 50,000 Irish citizens emigrated to the United States in the 1950s.** Mary Connolly was just 17 years old when she left Ireland in search of work. After a train journey from her home county of Galway to a sailing port in Cork, Mary said goodbye to her parents and boarded The Franconia, a ship headed for the U.S. in 1952. The sea sickening journey took eleven days, with a brief pause in Nova Scotia, before docking in New York. Mary traveled alone and remembers a kind female passenger looking out for her along the way.

Mary's Aunt Jenny met her on the dock in New York and brought her home to Boston. She recalls the bright blue sky, shining sun, and shockingly cold temperature. On her first morning in Dorchester, her cousin woke her with donuts, which she'd never tasted before. Despite initial loneliness and a lack of confidence in her English skills, Mary pushed ahead. She recalls writing letters home weekly, staying closely connected with friends and family. She found work as a nanny, a domestic worker, and later in home health care. She met her husband at a dance at the Irish Hall in Dudley Square and together they raised their family.

Mary has returned to Ireland over the years for occasions both happy and sad. When asked if she feels American, she explained that she feels American while in Boston, but Irish when she is in Ireland. Now 91, she reflects on how different Ireland is now compared to the Ireland she left so many years ago.

Seven decades later, Mary still cares for her Dorchester community. She's a Senior Connect Program volunteer at the Irish Pastoral Center (IPC), calling older adults weekly to help fight isolation. Mary praised the IPC and the work they do for seniors, families, and newly

arrived immigrants to Boston, noting that she wishes she could have benefited from such a network and resources when she arrived.

Mary wishes everyone a Happy St. Patrick's Day and says she'll celebrate by attending IPC's holiday gathering, while also hosting her niece who is visiting from Ireland.

To learn more about IPC's resources visit [ipcboston.org/resources](http://ipcboston.org/resources) or visit the Mayor's Office for Immigrant Advancement at [boston.gov/departments/immigrant-advancement](http://boston.gov/departments/immigrant-advancement).



## ▶ 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.



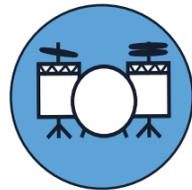
*We can help with:*

*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 their 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.

## AGE STRONG'S ROLLING GRANT FUNDS MANY PROGRAMS FOR OLDER ADULTS

By Sarah Smith, Age Strong Staff

**Age Strong is making it easier to access low-barrier funding year-round so that partners in the community can respond quickly, creatively, and equitably to the needs they see on the ground.** One way is through the Rolling Grant program, aiming to create new and expand existing programs for Boston's older adults.

The Rolling Grant funds projects that are small in scale, offering financial assistance to help community groups overcome unexpected costs that often arise related to day-to-day programming. It's designed to ensure that financial barriers don't stand in the way of an organization's ability to meet the need for older adult programs throughout the year. This grant program builds on Mayor Michelle Wu's commitment to increasing social connection opportunities for older adults and building a Boston that's a home for everyone.

Rolling Grant funds can help build on current programming, like

Karina Liendo's "Like Water for Chocolate" series which she has led for a year. Karina received a grant to share intergenerational stories that celebrate how food expresses love, memory, and cultural tradition. Each story is paired with a traditional recipe, inviting participants to reminisce, share their own family stories, and enjoy tastes from her grandmother's kitchen.

"These stories," she says, "are inspired by my Grandma. She loved cooking and expressed her love to her family through food." With support from the Rolling Grant, Liendo was able to make her events the best they could possibly be, by adding new elements and reaching a wider audience, like adding some traditional Peruvian dishes mentioned in the stories. "It added something really special," she explained. "Hearing the stories and tasting the dishes brought up a lot of feelings for the attendees. They got to talk about their loved ones and recipes that reminded them of important memories and

people. The funds made the event more impactful."

The Deutsches Altenheim Foundation used its Rolling Grant to launch new programming introducing "Barn Babies" to their Senior Place Adult Day Health community. "From the moment the animals arrived," shares Claudia Mahan, Chief Development Officer, "the room filled with excitement, curiosity, and conversation. Even folks who were hesitant gradually engaged. The grant allowed us to introduce a creative, person-centered program that truly enriched daily life for the seniors in our care."

Age Strong has awarded three rounds of Rolling Grants so far, with two more opportunities to apply including March 12 and May 7.



### Round 1

- Abia American Association
- Deutsches Altenheim, Inc.
- Greater Boston Nazarene Compassionate Center, Inc.
- Inquilinos Boricuas en Acción, Inc.
- Irish Pastoral Centre
- Janice Gadson Louissaint
- Karina Liendo
- Mabazza Foundation, Inc.
- Mission Main Tenant Task Force, Inc.
- Mitchell Cohen
- Neighborhood Network Center
- New England Hong Kong Festival
- North Suffolk Community Services, Inc.
- Shalupe Community Alliance (Shalupe Foundation)
- The Community Builders, Inc.
- Upham's Corner Health Committee, Inc.
- Waldo Immigration and Refugee Services, Inc.
- Wally's Cafe Student to Student Music Project & Jam Session, Inc.
- Young Men's Christian Association of Greater Boston, Inc.
- Yvonne Quinama

### Round 2

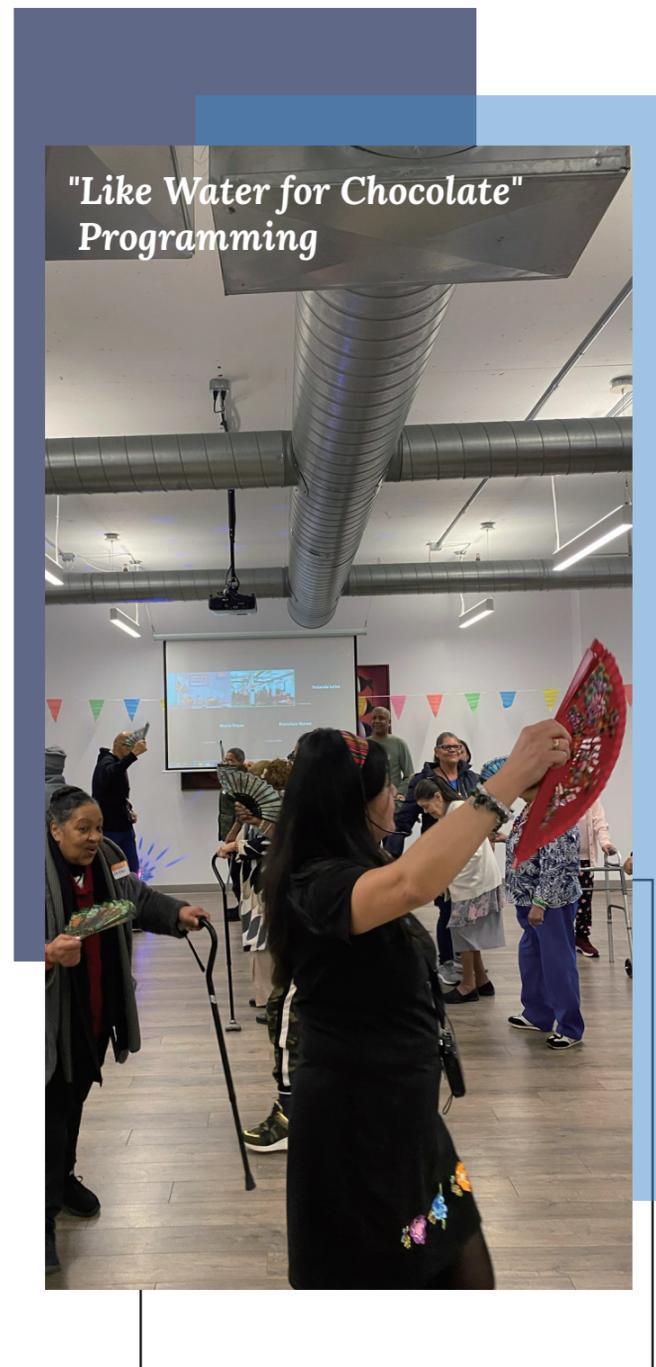
- Asian American Association of Boston

- Asian American Civic Association
- Hawthorne Youth and Community Center, Inc.
- Multicultural AIDS Coalition, Inc.
- South Boston Neighborhood House
- Susan Thompson
- The Heart of a Giant Foundation, Inc.
- Urban Farming Institute
- West Broadway Task Force
- Whittier Street Health Center
- The Witherspoon Institute
- YMCA of Greater Boston (Roxbury Branch)

### Round 3

- Bay Cove Human Services
- Boston Senior Home Care
- Camfield Tenants Association
- Cornell Coley
- DeeDee's Cry Suicide Prevention & Family Support
- Deutsches Altenheim (the German Centre)
- Gilbert Albert Community Center, Inc
- Greater Boston Nazarene Compassionate Center
- Mabazza Foundation
- Masjid Al Quran, Inc.
- OutstandingLife
- The Community Builders
- Waldo Immigration and Refugee Services

For more information on Age Strong's Rolling Grant, visit [boston.gov/age-strong-rolling-grant](https://boston.gov/age-strong-rolling-grant)



## REBUILDING WHITE STADIUM: WHAT YOU NEED TO KNOW

By Age Strong Staff

Since opening in 1949, White Stadium, located in the Playstead area of Franklin Park, has been the home to Boston Public School athletics and a gathering place for the Boston community, hosting generations of youth sports games, BPS graduations, legendary concerts like Earth, Wind, & Fire, Black Panthers rallies, and ongoing annual traditions like Juneteenth that brought communities together for decades. After years of deferred maintenance including a major fire in the East Grandstand over thirty years ago, the facility fell into serious disrepair and no longer met the needs of our student athletes and the community.

As a result, in 2022, the City conducted a needs assessment for significant and expensive restoration. Then, the City released a Request for Proposals (RFP) to seek a private partner to help deliver on the vision of a renovated facility that would meet the current and future needs of students and residents. Over the last two years, the City

engaged residents in over 100 public meetings and community conversations to shape the current plan: to transform White Stadium into a fully ADA compliant, world-class, City-owned athletic complex for BPS Athletics and a year-round public community hub.

Today, construction is currently underway with utility and foundation nearing completion and vertical construction expected to begin this Spring.

The renovated stadium will expand public access dramatically. Where the stadium was once open Monday through Friday for limited weekday hours (8AM-4PM), the new facility will be open seven days a week, from morning through evening, more than tripling available hours and creating new opportunities for seniors, families, and community organizations to use the space. With more time, more accessible amenities, and flexible indoor and outdoor spaces, the stadium will include:

-

- **Indoor amenities:** strength and conditioning suites, sports medicine suite, and study spaces accessible year round for BPS students; renovated home and away team locker rooms, along with offices for BPS coaches and staff; and a community room with a prep kitchen, available for community groups to host events
- **Outdoor amenities:** a professional-grade grass field with proper drainage and maintenance; regulation eight-lane track and dedicated field event spaces; newly renovated play courts, and wayfinding/pedestrian walkway improvements

“Our Boston students deserve nothing less than the best, and I’m proud to fight for our kids every day,” said Mayor Wu. “The newly renovated White Stadium will deliver the largest community benefits deal in Boston’s history. Our partnership with Boston Legacy will have a lasting impact through investments in local businesses, Franklin Park, surrounding communities, and our students.”

As codified in the legal agreements associated with this project, the

City and Boston Public Schools will retain ownership of White Stadium and control over 90% of all programming and scheduled hours. Boston Legacy FC, will be allowed to play no more than 20 games per year at White Stadium.

- This project will deliver the largest community and public benefits deal in Boston’s history with more than \$252 million in privately-funded community benefits over 15 years. These investments include:
  - \$190 million private capital investment to revitalize White Stadium
  - \$34 million in privately funded operations and maintenance to ensure the stadium remains a year-round public asset
  - \$15.4 million in rent and City revenue sharing, to be reinvested into Franklin Park, other neighborhood properties, and a new citywide BPS athletics fund
  - \$9.3 million in community benefits payments from Boston Legacy FC, directed to a Community Annual Fund and distributed in consultation with the City and neighborhood leaders
  - \$3.75 million to invest in Franklin Park capital projects and tree

canopy improvements, including a first-ever tree fund

The City will invest \$135 million in construction, while Boston Legacy FC will invest \$190 million. These updated costs account for finalized designs, competitive public bidding, and rising construction market costs.

Additionally, this project will improve the surrounding park area through:

- stormwater and drainage upgrades in the Playstead
- new amenities such as drinking fountains and public bathrooms
- improved pathways and lighting in the areas that surround the stadium
- new utility connections to different magnet locations such as the Overlook and the Bear Dens

The benefits of the project are already reaching the community. Construction will create nearly 500 jobs, and to date the project has committed \$43 million in contracts to Minority and Women Owned Business Enterprises (MWBE). Tens of millions of additional dollars in contracting opportunities will be made available in the next phase

of construction, intended for businesses in the neighborhoods surrounding Franklin Park, including Dorchester, Roxbury, Jamaica Plain, and Mattapan.

**For seniors who remember its history, students just beginning their athletic journeys, and neighbors looking for a welcoming place to gather, the renewed White Stadium represents a future where Franklin Park continues to bring Boston together. As this space grows, what would make you want to spend time here — morning walks, cultural events, senior fitness, or something we haven’t imagined yet? Share your thoughts, learn more, or sign up for updates at [boston.gov/white-stadium](https://boston.gov/white-stadium).**



# ▶ SEEN AROUND TOWN



## THE BUZZ: FREE ACTIVITIES FOR BOSTON OLDER ADULTS FROM AGE STRONG PARTNERS

Check out a sampling of activities from our community partners across Boston's neighborhoods. You can also view our Monthly "To-Do" calendar via email, listing dozens of free activities across Boston for older residents.



### Thirsty for Soup Thursday

March 5, 6-8pm  
Brighton Allston  
Congregational Church,  
404 Washington Street, Brighton  
-Allston Brighton Health  
Collaborative Food  
Access Committee-  
[jessi.rubin@abhealthcollab.org](mailto:jessi.rubin@abhealthcollab.org) or  
[abhealthcollaborative.org](http://abhealthcollaborative.org)

### Poetry Reading

March 12, 7-9pm  
Menino Arts Center, 26 Central  
Ave., Hyde Park  
-Menino Arts Center-  
617-364-2787  
[info@hpaa-mac.org](mailto:info@hpaa-mac.org)  
[robert.chan@boston.gov](mailto:robert.chan@boston.gov)

### The Big Connect 2026

March 7, 10:30am-2pm  
20 Child Street, Jamaica Plain  
*Sharing stories of overcoming  
obstacles & meaningful  
connections, food &  
entertainment.*  
-Margarita Muniz Academy-  
RSVP: [bit.ly/big-connect-2026](https://bit.ly/big-connect-2026)  
617-635-8198 or [csoriano@bostonpublicschools.org](mailto:csoriano@bostonpublicschools.org)

### South Boston St. Patrick's Day/ Evacuation Day Parade

March 15, 11:30am  
Start: Broadway Station, along  
East Broadway, ends:  
Andrew Station  
-South Boston Allied War  
Veterans Council-  
[commander@  
southbostonparade.org](mailto:commander@southbostonparade.org) or  
[southbostonparade.org](http://southbostonparade.org)



# GET RELIEF FROM RISING COSTS AT **COST-SAVING CLINICS!**

Scan to visit  
program webpage!



Call **617-635-4366** to register for cost-saving clinics where Boston residents aged 55+ can find help lowering everyday expenses. For details, visit [boston.gov/cost-saving](http://boston.gov/cost-saving).

**Transportation is available to and from sites.**

## **MARCH 2**

10am-3pm

Veronica B. Smith Center  
20 Chestnut Hill Ave., Brighton

## **MARCH 5-6**

10am-3pm

BPL Shaw-Roxbury Branch  
149 Dudley Street, Roxbury

## **MARCH 9-13**

10am-3pm

The Parish of All Saints  
209 Ashmont St., Dorchester

## **MARCH 23-27**

10am-3pm

Boston City Hall  
1 City Hall Square, Downtown



Mayor Michelle Wu



CITY of **BOSTON**