

Boston's Age Strong Commission

Weekly Digest

February 28 - March 6, 2022

Information & opportunities for Boston's older adults

Boston's Annual Budget



Want to help inform how Boston's annual budget resources are allocated? To participate, you can fill out [our budget survey](#) or call 311. Visit boston.gov/budget to learn more.

[WEEKLY DIGEST
Table of Contents](#)

[Boston's Annual
Budget](#)

[Events February
28-March 6](#)

[Telling Your Story
Series](#)

[Covid-19 Testing](#)

[Free Tax Services](#)

**Stay Connected
to Age Strong:**

City Hall, Room 271
1 City Hall Square
Boston, MA 02201
617-635-4366
agestrong@boston.gov
boston.gov/agestrong

  [@AgeStrongBos](#)

AGE+

City of Boston
Age Strong
Commission

BOSTON 2022 CITIZENSHIP DAY



Mayor's office for
**IMMIGRANT
ADVANCEMENT**

SATURDAY, MARCH 26

**RECEIVE FREE HELP WITH YOUR
CITIZENSHIP APPLICATION!**

You must:

- Be at least 18 years old
- Be a legal permanent resident for 5 years or 3 years if married to a U.S. Citizen

CALL NOW FOR AN APPOINTMENT



(617) 694-5949

ProjectCitizenship.org

*COVID-19 protocols will be in place on Citizenship Day on March 26.

 **Eastern Bank**
JOIN US FOR GOOD™



MONDAY, FEBRUARY 28

9am

Age Strong Virtual Chair Yoga

No registration necessary

Click [here](#) for more information.

11:30am

Age Strong Virtual Meditation

No registration necessary

Click [here](#) for more information.

5pm

Parks: Virtual Fitness: Dance Fit

Click [here](#) to register & for more information.

TUESDAY, MARCH 1

10:30am

A Quilting Circle

BPL: Codman Square

690 Washington Street, Dorchester

Click [here](#) to register & for more information..

11:30am-12:30pm

Age Strong Virtual Latin Dance

No registration necessary

Click [here](#) for more information.

5:30pm

Virtual Housing Stability Legal Clinic

Click [here](#) for more information.

6:30pm

Parks: Virtual Fitness: Afrobeats Dance

Click [here](#) to register & for more information.

WEDNESDAY, MARCH 2

10:30am

BPL: Older Adults' Chair Yoga

Boston Public Library: West End Branch

151 Cambridge Street, West End

Click [here](#) to register & for more information.

11am

Parks: Virtual Fitness: Chair Yoga

Click [here](#) to register & for more information.

11:30am

Age Strong Virtual Yoga

No registration necessary

Click [here](#) for more information.

12noon-3pm

Free Immigration Legal Consultations

Mayor's Office of Immigrant Advancement

Click [here](#) to register & for more information.

12noon

Solos Together: Roundtable w/5

Composers - Celebrity Series of Boston

Click [here](#) to register & for more information.

3pm

BPL Virtual: Shelf Service Live:

Personalized Reading Recommendations from Librarians

Click [here](#) to register & for more information.

**DID YOU KNOW YOU COULD
SAVE UP TO \$1,500
ON YOUR PROPERTY TAXES?**



**JOIN AGE STRONG'S PROPERTY TAX
WORK-OFF PROGRAM**

*Our mission is to enhance the lives of
Boston's older adults with meaningful
programs and resources.*

ABOUT PTWOP

- Qualified older homeowners could volunteer up to 106 hours for the City of Boston, in exchange for a property tax abatement of up to \$1,500 per fiscal year.

REQUIREMENTS

- Age 60+
- Gross income:
\$40,000 or less if single
\$55,000 or less if married
- You must own & occupy property 3+ years & occupy property as a primary residence.

HOW IT WORKS



Step 1

Submit your application with all supporting documents by July 1, 2022.



Step 2

If approved, we'll match you with a volunteering opportunity.



Step 3

When you complete the hours, you'll receive a property tax abatement.

AGE+

City of Boston
Age Strong Commission
Mayor Michelle Wu

617-635-5741
lisa.martins@boston.gov

4-7pm

BPL: Free Tax Preparation (Drop-Off & Remote Only)

Click [here](#) to register & for more information.

7pm

BPL Virtual: Emotional and Mindful Eating

Click [here](#) to register & for more information.

THURSDAY, MARCH 3

1pm

BPL Virtual: Lunchtime

Science Fiction/Fantasy Short Story Club

Click [here](#) to register & for more information.

2pm

BPL Virtual: Breathwork & Meditation with Hands to Heart Center

Click [here](#) to register & for more information.

2:30-5:30pm

The Dudley Winter Market

11 Brook Avenue, Roxbury

Click [here](#) for more information.

6pm

BPL Virtual: "Book Group: Vesper Flights" by Helen Macdonald

Click [here](#) to register & for more information.

6pm

BPL Virtual: The Spice Kitchen with the Milk Street Cooking School

Click [here](#) to register & for more information.

6pm

We Are Boston

Online Reception Celebrating Immigrants

Click [here](#) to register & for more information.

6:30pm

Parks: Virtual Fitness: Zumba

Click [here](#) to register & for more information.

6:30pm

BPL Virtual: Book Discussion Club: "The Library Book" by Susan Orlean

Click [here](#) to register & for more information.

7:30pm

Sandeep Das & Nino de los Reyes

Boston Free Virtual Concert

Click [here](#) to register & for more information.

FRIDAY, MARCH 4

10am-12noon

BPL Virtual: Drop-in Office Hours: Legal Services Center

Click [here](#) to register & for more information.

11:30am

Age Strong Virtual Zumba

No registration necessary

Click [here](#) for more information.

12:30pm

Parks: Virtual Fitness: Chair Meditation

Click [here](#) to register & for more information.

SATURDAY, MARCH 5

9am

Parks: Virtual Fitness: Strength Training

Click [here](#) to register & for more information.

10am-1pm

Dorchester Winters Farmers Market

6 Norfolk Street, Dorchester

Click [here](#) for more information.

BECOME AN AMERICORPS RSVP VOLUNTEER



Let's Help Boston's Older Adults
Get Access to Food

Make Local Deliveries or Volunteer at a Local Pantry

- Must be 55+
- Pass a CORI check
- Have a valid driver's license & reliable vehicle
- Flexible schedule



To Register, Call:

Monique Carvalho at 617-635-4374

AGE+

City of Boston
Age Strong Commission
Mayor Michelle Wu



AmeriCorps

GIVE BACK

As an AmeriCorps
Volunteer Tax Preparer!!!

Help older adults maximize
their state and federal refunds.



- Help provide **no-cost tax preparation** services for income-eligible residents.
- Free training to become an RSVP Tax Preparer.



No tax preparation experience required!



- Must Be 55+
- Complete a CORI check

For more information, contact
Monique Carvalho 617-635-4374
Monique.Carvalho@Boston.gov

AGE+

City of Boston
Age Strong Commission
Mayor Michelle Wu



AmeriCorps
Seniors



WINTER SAFETY TIPS

If you see individuals out in the cold who appear immobile, disoriented, or underdressed for the cold, please call **911**.

Boston.gov/cold

CITY of BOSTON

10am-2pm

Low-Cost Dog Licensing/Rabies Clinic

BCYF Perkins Community Center
155 Talbot Ave, Dorchester
Click [here](#) for more information.

12noon-3pm

**Winter Express: Fields Corner
Town Field**

1565 Dorchester Ave, Dorchester
Click [here](#) for more information.

SUNDAY, MARCH 6

12noon-3pm

Roslindale Farmers Market

19 Corinth Street, Roslindale
Click [here](#) for more information.

6pm

Parks: Virtual Fitness: Yoga

Click [here](#) to register & for more information.

TELLING YOUR STORY!

Join this two-week writing workshop and learn how to turn your favorite memories into micro-stories, memoirs, and personal memory maps – FREE on Zoom. Offered by Age Strong Boston and Write the World.

JOIN US:

Tuesdays from 7PM to 8PM on March 8 & March 15

OR

Wednesdays from 11AM to NOON on March 9 & March 16

TO REGISTER, OR FIND OUT MORE CONTACT:

Renee Frechette renee.frechette@boston.gov 617-635-4168

AGE+



City of Boston
Age Strong Commission
Mayor Michelle Wu



Write the Family

**FREE!
MEETS
ONLINE!**



Walk Up

Free COVID-19 Testing

Bruce C. Bolling Building

2300 Washington Street

Roxbury, MA 02119

Tuesdays - Saturdays

12 p.m. - 8 p.m.



OTHER TESTING SITES AVAILABLE HERE: [BOSTON.GOV](https://www.boston.gov)

Call the Mayor's Health Line at 617-534-5050
for more information



SIGN UP FOR ALERT-BOSTON!

In 4 simple steps:

- 1 Enter your Email or Phone number
- 2 Select how you would like to be Alerted
- 3 Enter your First and Last Name
- 4 Enter your Zip Code & Select a Language

Sign up at [boston.gov/alert-boston](https://www.boston.gov/alert-boston)

	<h2>HEY BOSTON, RECYCLE YOUR CLOTHING AND TEXTILES!</h2> <p>Boston and HELPSY are working together to keep unwanted clothes, shoes, and accessories out of the trash. As part of our Zero Waste Boston plan, our clothing and textile dropoff sites help the City budget, create jobs for Boston residents, and support 100 local charities.</p> <p>Just drop your dry, unwanted clothes, shoes, and textiles in the bin, and we'll take it from there.</p> <p>Check our website for more info, visit: boston.gov/clothing</p>																																							
	<h3>WHAT WE WILL RECYCLE:</h3> <table border="0"> <tr> <td>Pants</td> <td>Jackets</td> <td>Socks (singles too!)</td> </tr> <tr> <td>Shorts</td> <td>Suits</td> <td>Purses</td> </tr> <tr> <td>Shirts</td> <td>Scarves</td> <td>Comforters</td> </tr> <tr> <td>Pajamas</td> <td>Undergarments and bras</td> <td>Sheets</td> </tr> <tr> <td>T-shirts</td> <td>Shoes (singles too!)</td> <td>Blankets</td> </tr> <tr> <td>Jerseys</td> <td>Flip Flops</td> <td>Pillows</td> </tr> <tr> <td>Sweatshirts and pants</td> <td>Slippers</td> <td>Pillow cases</td> </tr> <tr> <td>Sweaters</td> <td>Belts</td> <td>Curtains and draperies</td> </tr> <tr> <td>Jeans</td> <td>Ties</td> <td>Table linens</td> </tr> <tr> <td>Dresses</td> <td>Backpacks, book bags</td> <td>Stuffed animals</td> </tr> <tr> <td>Coats</td> <td>Hats</td> <td></td> </tr> </table>						Pants	Jackets	Socks (singles too!)	Shorts	Suits	Purses	Shirts	Scarves	Comforters	Pajamas	Undergarments and bras	Sheets	T-shirts	Shoes (singles too!)	Blankets	Jerseys	Flip Flops	Pillows	Sweatshirts and pants	Slippers	Pillow cases	Sweaters	Belts	Curtains and draperies	Jeans	Ties	Table linens	Dresses	Backpacks, book bags	Stuffed animals	Coats	Hats		
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	<h3>WHAT WE WON'T RECYCLE:</h3> <table border="0"> <tr> <td>carpets, rugs,</td> <td>oil rags, mattresses,</td> <td>wet or mildewed items.</td> </tr> </table>						carpets, rugs,	oil rags, mattresses,	wet or mildewed items.																															
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CITY of BOSTON



Public Works



Hearing Loss?

Will you hear your smoke alarm?

The Boston Fire Department will install a free bed shaker alarm with smoke and CO detectors to ensure you will be able to respond in the event of an emergency. For installation and additional information please call 617-343-3337 or email michelle.mccourt@boston.gov



Here is how the HLAC works:

Ordinary T-3 smoke alarm

Patented Lifetone™ technology constantly listens for your smoke alarm

Bright orange screen flashes "FIRE"



Powerful pulsating bed shaker vibrates

The LOUD low-frequency 520 Hz T-3 alarm sounds
A baritone voice says "FIRE! GET OUT!"

WINTER SAFETY TIPS

If you see individuals out in the cold who appear immobile, disoriented, or underdressed for the cold, please call **911**.

Boston.gov/cold

CITY of BOSTON



Am I eligible for a COVID-19 booster shot?

Who?

Individuals 12+ who are fully vaccinated*

*Individuals age 12-17 can only get the Pfizer booster

When?

- At least 6 months after Moderna
- At least 5 months after Pfizer
- At least 2 months after Johnson & Johnson

Which booster shot do I get?

- You may have a preference, but you can get any type of vaccine for your booster shot

More information at mass.gov/COVID19booster

For help scheduling a booster or transportation to get a booster, call 311 or Age Strong at 617-635-4366 or visit boston.gov

Need help paying for heat this winter?

You're not alone.

Find out if YOU qualify for fuel assistance discounts!

Call Age Strong at 617-635-4366 for an appointment with an advocate.



City of Boston
Immigrant Advancement

FREE IMMIGRATION CONSULTATIONS

Ask a lawyer for advice

immigrantadvancement@boston.gov

617-635-2980



KEEP BOSTON SENIORS WARM THIS WINTER

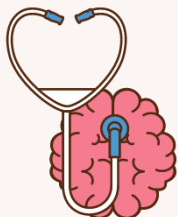
The **Seniors Save** program can provide up to \$8,000 to eligible seniors to replace faulty heating systems.

Visit boston.gov/seniors-save to apply today.



MASSACHUSETTS
Alzheimer's Disease
Research Center

BOOST YOUR BRAIN



WHAT'S GOOD FOR THE HEART IS GOOD FOR THE BRAIN



The Massachusetts Alzheimer's Disease Research Center (MADRC) encourages you to make brain health a priority in 2022 and beyond!

Studies show that heart-healthy behaviors can lower your risk for developing dementia. To learn how Diet, Exercise, Sleep and Social & Mental Activity contribute to brain health, scan the codes below.

DIET



EXERCISE



SLEEP



SOCIAL & MENTAL



LEARN

For more information about brain health, visit:

www.madrc.org/brain-health/

COVID-19 Vaccine in Boston

The COVID-19 vaccine is an important and effective tool to keep ourselves and our communities safe. Along with wearing masks, social distancing, and frequent handwashing, the vaccine will help us end the COVID-19 pandemic. Click [here](#) for more information.

Need help booking an appointment?

Older Boston residents that are interested in the COVID vaccine and who need help with online registration or transportation should contact the Age Strong Commission at 617-635-4366 for vaccine assistance.



HEY, BOSTON, COME ON BACK!
TAX SITES ARE OPEN & SAFE. CALL FIRST



FREE TAX SERVICES



Over **180,000** taxpayers served
Over **\$320 million** dollars returned
directly to taxpayers' pockets

**Maximize your refund; get all the credits available to you,
even if you have no income**

Advanced Child Tax Credit, Stimulus Payments, EITC, Healthcare credits

Save for Emergencies and Plan for the Future

Open a Bank Account, Purchase a Savings Bond, Fix and build your credit

Residents welcome even if undocumented

Apply for an ITIN or file your taxes with a current ITIN ,
bilingual tax prep available

BostonTaxHelp.org | 617.635.4500



fb.com/BostonTaxHelp
@BosTaxHelp
@BostonTaxHelp