

Boston's Age Strong Commission

Weekly Digest

April 18 - April 24, 2022

Information & opportunities for Boston's older adults

If it's been at least four months since your first booster, you are eligible for a second booster if you are:

- 50 years or older; or
- 12 years or older and moderately to severely immunocompromised; or
- 18 years or older AND received 1 Johnson & Johnson's Janssen COVID-19 primary dose and 1 booster dose

Boosters are essential for preventing severe illness from COVID-19. **Stay up to date on your vaccinations by getting your COVID-19 booster!**

boston.gov/covid19-vaccine



Mayor's Health Line:
617-534-5050

WEEKLY DIGEST
Table of Contents

[Second Booster Eligibility](#)

[Events April 18- April 24](#)

[Senior Circuit Breaker Tax Credit](#)

[Disability Community Forum](#)

[Affordable Connectivity Program](#)

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

Medicare Covers Over-The-Counter Covid-19 Tests

During the COVID-19 public health emergency, people with Medicare can get up to 8 over-the-counter COVID-19 tests per month for free from participating pharmacies and health care providers.

Visit [medicare.gov/medicare-coronavirus#300](https://www.medicare.gov/medicare-coronavirus#300) for more information.



AGE+



City of Boston
Age Strong
Commission



MONDAY, APRIL 18

All Boston Public Library branches closed for the Patriot's Day holiday.

9am

Patriots Day Parade 2022

1 City Hall Square, Boston

Click [here](#) for more information.

9am

Age Strong Virtual Chair Yoga

No registration necessary

Join by Zoom link [here](#).

11:30am

Age Strong Virtual Meditation

No registration necessary

Join by Zoom link [here](#).

5pm

Parks: Virtual Fitness: Dance Fit

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

TUESDAY, APRIL 19

10am-2pm

Boston Rec Fest

Franklin Park, Pierpont Road, Dorchester

Click [here](#) for more information.

10:30am

A Quilting Circle

BPL: Codman Square

690 Washington Street, Dorchester

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

10:30am-12noon (6-week course)

BPL: Computers for Beginners

Boston Public Library: Central Branch

700 Boylston Street, Copley Square

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

11am-1pm

Knit/Crochet Circle

Boston Public Library: Roslindale Branch

4246 Washington Street, Roslindale

Click [here](#) for more information.

11:30am - 12:30pm

Age Strong Virtual Latin Dance

No registration necessary

Join by Zoom link [here](#).

2pm

BPL Virtual: Taking Care of Yourself While Taking Care of Others

Katie McInnis-Dittrich, ACSW, PhD

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



5:30pm

Virtual: Housing Stability Free Legal Clinic

Click [here](#) for more information.

6:30pm

Parks: Virtual Fitness: Afrobeats Dance

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

6:30pm

BPL: Hatha Yoga

Boston Public Library, Fields Corner Branch
1520 Dorchester Avenue, Dorchester

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

WEDNESDAY, APRIL 20

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.

3pm

BPL Virtual: Shelf Service Live:

Recommendations from BPL Librarians

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

THURSDAY, APRIL 21

1pm

BPL Virtual: Lunchtime

Science Fiction/Fantasy Short Story Club

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

2-6pm

East Boston Farmers Market

250 Sumner Street, East Boston

Click [here](#) for more information.

3pm

BPL Virtual: Book Discussion Group

"Braiding Sweetgrass" by Robin Wall

Kimmerer

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

6:30pm

BPL: "¡Con Salsa!" The History of Afro-Latin Music

Boston Public Library: Hyde Park Branch

35 Harvard Avenue, Hyde Park

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

6:30pm

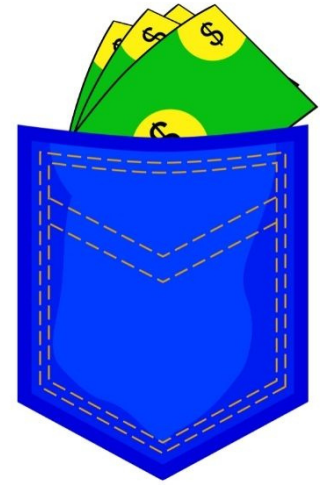
Parks: Virtual Fitness: Zumba

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

Senior Circuit Breaker Tax Credit

Put up to \$1,170 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 January 1, 2022
- Must own or rent residential property in Massachusetts and occupy it as your primary residence
- For tax year 2021, your total Massachusetts income doesn't exceed:
 - \$62,000 for a single individual who is not the head of a household
 - \$78,000 for a head of household
 - \$93,000 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 2021, the assessed value of your principal residence exceeds \$884,000

**Contact the MA Department of Revenue for more information at:
617-887-6367**

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FRIDAY, APRIL 22

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

Join by Zoom link [here](#).

12:30pm

Parks: Virtual Fitness: Chair Meditation

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

2pm

BPL: The Tuskegee Airmen

Lecture by Muqeedah Salaam

BPL: Mattapan Branch

1350 Blue Hill Avenue, Mattapan

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

6:30-9:30pm

Community IFTAR

Bruce Bolling Building

2700 Washington Street, Roxbury

Click [here](#) for more information.

SATURDAY, APRIL 23

9am

Parks: Virtual Fitness: Strength Training

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

11:30am

"Red Tails" Film Screening

BPL: Mattapan Branch

1350 Blue Hill Avenue, Mattapan

Click [here](#) for more information.

1pm

Baroque Style Musical Performance

BPL: West End Branch

151 Cambridge Street, West End

Click [here](#) for more information.



SUNDAY, APRIL 24

6pm

Parks: Virtual Fitness: Yoga

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

For more information about City of Boston events, visit boston.gov/events

**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.

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City of Boston
Age Strong Commission
Mayor Michelle Wu

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



DISABILITY COMMUNITY FORUM

CITY of **BOSTON**

YOU ARE INVITED

To the City of Boston Mayor's Commission on Disabilities
2022 Disability Community Forum.

Please join us for an opportunity to meet City of Boston government officials, learn about accessibility initiatives, and provide input about accessibility priorities. To submit questions in advance visit: bit.ly/DisabilityBOS



MAY 11, 2022
2:00-3:30PM



SUFFOLK UNIVERSITY
LAW SCHOOL
120 TREMONT ST.
BOSTON MA 02108



Seniors Save Program

Did you notice over this winter you need to replace your faulty heating system? The Boston Home Center's Seniors Save Program helps Boston residents over 60 replace their failing heating systems.

Visit boston.gov/how-join-seniors-save-program for the application and more information.

DOG LICENSING AND PET VACCINE CLINICS

We are offering low-cost vaccines and dog licensing at clinics around Boston. Learn more at boston.gov/animals

SATURDAYS | 10 A.M. – 2 P.M.

DORCHESTER | MARCH 5

BCYF Perkins Community Center
155 Talbot Ave.

WEST ROXBURY | MARCH 19

BCYF Roche Community Center
1716 Centre St.

EAST BOSTON | APRIL 2

BCYF Pino Community Center
86 Boardman St.

CHARLESTOWN | APRIL 16

BCYF Charlestown Community Center
255 Medford St.

JAMAICA PLAIN | APRIL 30

BCYF Curtis Hall Community Center
20 South St.

SOUTH BOSTON | MAY 14

BCYF Condon Community Center
200 D St.

ROXBURY | JUNE 4

BCYF Tobin Community Center
1481 Tremont St.

PRICES:

Rabies: \$5 | Distemper: \$5 | Microchipping: free
Microchips donated by Homeagain

DOG LICENSING

Spayed/Neutered dogs: \$15 | Intact dogs: \$30



Animal Care and Control



Boston Center
For Youth & Family



INTERESTED IN FREE OR DISCOUNTED INTERNET?

The Affordable Connectivity Program offers eligible households up to \$30 per month for internet service, and up to \$100 in a one-time discount for a digital device.

Learn more and submit an application online at **ACPBenefit.org**.

CITY of BOSTON



Innovation and Technology

ALL ABOARD

Starting Tuesday,
March 1, the 23, 28 and
29 MBTA buses will be
fare-free for two years.

OFFICE of MAYOR WU



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



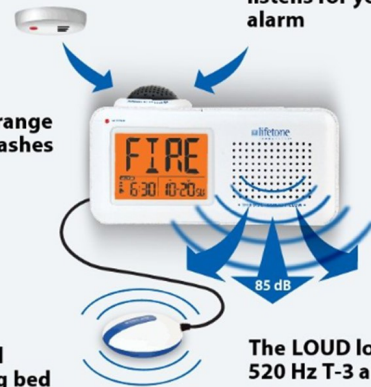
Here is how the HLAC works:

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!"



EVACUATION

REQUEST FOR
INFORMATION

(RFI)



The Office of Emergency Management is seeking the community's help to find innovative ways to approach and improve our evacuation planning through the **Evacuation Request For Information!**

Please respond to this RFI and help us improve the way we think about evacuation in Boston by visiting :

[Bit.ly/BostonEvacuation-RFI](https://bit.ly/BostonEvacuation-RFI)



BE INFORMED, PLAN AHEAD, STAY READY!