

Boston Seniority

Age Strong Commission

City of Boston

Mayor Michelle Wu



WAYS YOU CAN SAVE

p.16-21

March 2023
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FREE PUBLICATION



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Boston Seniority

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Stay Connected with the Age Strong Commission:



Main number: (617) 635-4366



Website: boston.gov/age-strong
Email: agestrong@boston.gov



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



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

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

Email us at BostonSeniority@boston.gov



From the Mayor's Desk

Greetings Bostonians!

With changes to assistance programs like SNAP and MassHealth, it's even more important to share information on ways older adults can help make ends meet. Inside, learn about assistance with food resources, fuel, taxes, transportation, and health expenses.

In March we start enjoying days with more sunlight hours, and with that, we'll start seeing plants beginning to flower, and more folks starting to get out and about outdoors. Did you know that the city offers Age Friendly walking paths throughout Boston? They are outdoor walking trails that are mostly flat, well-lit, and most close to water fountains, public restrooms and parking. Look inside to see the list and get moving!

In March we also celebrate Women's History Month, where we recognize the accomplishments of women. Inside see Boston Public Library's curated list of books related to Women's History Month, as well as an article from the Mayor's Office of Women's Advancement.

Looking forward to seeing you in the neighborhoods,

Michelle Wu

Michelle Wu
Mayor of Boston



► Books

BPL Staff Book Picks

Source: Boston Public Library

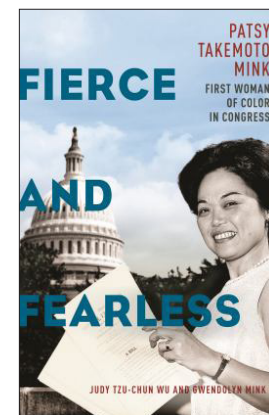
March is Women's History Month! Celebrate the diversity of women's lives and experiences with one of these recent recommended titles written by women.



Ma and Me
by Putsata Reang

Memoir. Reang, now an award-winning journalist, explores the long legacy of inherited trauma and the crushing weight of cultural and filial duty after fleeing war-torn Cambodia as a baby

with her family.



Fierce and Fearless
by Judy Tzu-Chun Wu

Biography. Coauthored by Mink's daughter, this illustrated first biography of the Congresswoman best known as an advocate for and defender of Title IX recounts her remarkable life, from her childhood in Hawai'i to her long career in the House.



The Catch Me If You Can
by Jessica Nabongo

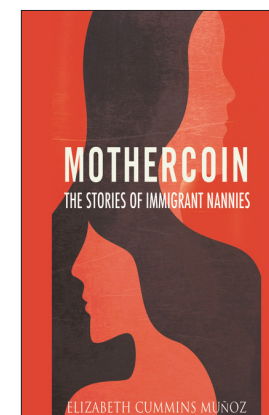
Nonfiction. In this inspiring travelogue, the first Black woman on record to visit all 195 countries in the world shares her journey around the

globe, including fascinating stories of adventure, culture, travel musts, and human connections.



Catching the Light
by Joy Harjo

Memoir. Former U.S. Poet Laureate Harjo reflects on significant points of illumination, experience, and questioning from her fifty years as a poet.



Mothercoin
by Elizabeth Cummins Muñoz

Nonfiction. The lives of Mexican and Central American women employed in the U.S. as nannies are explored, revealing the consequences for them

and their families.



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

Age Friendly Walking Paths in Boston

Provided by Andrea Burns, Director, Age-Friendly Boston, Age Strong Commission

Did you know the city has a map of “age-friendly” walks? We consider walks age-friendly that are smooth, with gentle grades and loops of different lengths, good signage with parking nearby. A bonus is public restrooms and public water fountains. Getting outside for a walk is a great way to get fresh air and exercise, meet people and explore Boston.



*Picture: Sherrin Woods
Photo by Steve Kruskowski*

You will see familiar walks, plus lots of places you probably never knew existed. We just added five walks from the Urban Wilds areas of Boston:

1. Sherrin Woods (Hyde Park)
2. Bussey Brook Meadow (Jamaica Plain)
3. Gladeside (Mattapan)
4. Roslindale Wetlands (Roslindale)
5. Allandale Woods (West Roxbury)

View a map of age-friendly walking locations at boston.gov/agefriendlywalks

Spring is the perfect time to join a Hike Boston event or meet a friend and explore the wonderful green gems Boston has to offer. Hike Boston event information available at boston.gov/hike-boston.

Visit five or more and be entered in a drawing for a prize! Fill out the checklist on the next page and send to:

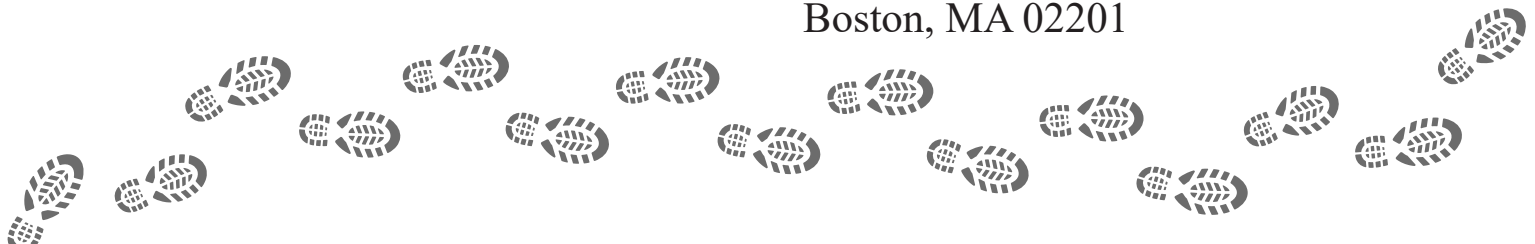
Andrea Burns
c/o Age Strong Commission
One City Hall Square, Rm 271
Boston, MA 02201

AGE-FRIENDLY WALKS



Check off the paths you walked through and mail this checklist back to the Age Strong Commission by Wednesday, May 31, 2023 to enter a prize drawing.

<input type="checkbox"/> Boston Common (Downtown) <input type="checkbox"/> The Armenian Heritage Park on the Greenway (Downtown) <input type="checkbox"/> Commonwealth Mall (Back Bay/Downtown) <input type="checkbox"/> Evergreen Cemetery (Brighton) <input type="checkbox"/> Brighton Common (Brighton) <input type="checkbox"/> Artesani Park (Brighton)	<input type="checkbox"/> East Boston Greenway (East Boston) <input type="checkbox"/> Castle Island (South Boston) <input type="checkbox"/> Carter Park (South End) <input type="checkbox"/> Millenium Park (West Roxbury) <input type="checkbox"/> Hynes Field (West Roxbury) <input type="checkbox"/> Allandale Woods (West Roxbury)
<input type="checkbox"/> Franklin Park/Scarboro Pond (Dorchester) <input type="checkbox"/> Franklin Park/Wonder Walk (Dorchester) <input type="checkbox"/> Ronan Park (Dorchester) <input type="checkbox"/> Neponset Greenway (Dorchester) <input type="checkbox"/> Harambee Park (Dorchester) <input type="checkbox"/> Bernie and Mary's Walk (Charlestown)	<input type="checkbox"/> Almont Park (Mattapan) <input type="checkbox"/> Mt. Hope Cemetery (Mattapan) <input type="checkbox"/> Gladeside (Mattapan) <input type="checkbox"/> Fairview Cemetery (Hyde Park) <input type="checkbox"/> George Wright Golf Course (Hyde Park) <input type="checkbox"/> Stony Brook Reservation (Hyde Park)
<input type="checkbox"/> Franklin Park/George White Stadium (Roxbury) <input type="checkbox"/> Arnold Arboretum/Wonder Spots (Jamaica Plain) <input type="checkbox"/> Forest Hills Cemetery (Jamaica Plain) <input type="checkbox"/> Jamaica Pond (Jamaica Plain) <input type="checkbox"/> Bussey Brook Meadow (Jamaica Plain) <input type="checkbox"/> Roslindale Wetlands (Roslindale)	<input type="checkbox"/> Sherrin Woods (Hyde Park) <hr/> <input type="checkbox"/> <hr/> <input type="checkbox"/> <hr/> <p>YOUR CONTACT INFORMATION:</p> <input type="checkbox"/> NAME <hr/> <input type="checkbox"/> PHONE # <hr/>



Ways to Save on Your Taxes

Did you know there are a number of tax exemptions that seniors in Boston are entitled to? As a Boston homeowner, you may be entitled to:

- A residential exemption
- An Elderly exemption
- A Veteran's exemption

To find out what exemptions you may be entitled to, contact:

City of Boston's Taxpayer Referral & Assistance Center at 617-635-4287 or boston.gov/assessing

Property Tax Work-Off Program

The **Senior Citizen Property Tax Work-Off Program** offers qualified senior homeowners the opportunity to earn up to \$1,500 per fiscal year off their property tax bill for volunteer work performed.

Available positions are located at government offices for the City of Boston such as Boston City Hall, Boston Public Schools, Boston Centers for Youth and

Families, and other municipal offices in Boston.

Please call the Age Strong Commission at (617) 635-4366 to learn more.

Senior Circuit Breaker Tax Credit

The Massachusetts “Circuit Breaker” tax credit provides tax relief to low to moderate income adult homeowners or renters age 65+. Residents can apply for this income tax credit even if they owe no income taxes. The value of the refundable credit can be as high as \$1,080 for 2022 tax filers. To obtain the credit, you must file a MA Income Tax “Form 1” and the “Schedule CB Form” for the 2022 tax year. You may file to get a refundable credit for the last 3 years* tax returns, in addition to this year’s credit.

Basic Requirements for Eligibility:

- Must be a Massachusetts resident, age 65 or older
- Must own or rent residential property in MA as your primary residence

- Must have an annual income of \$57,000 or less for a single filer, \$72,000 or less for a head of household, \$86,000 or less for joint filers
- **Homeowners** can qualify if their property taxes and 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 and do not file jointly
- You are a dependent of another tax filer
- You receive a federal or state rent subsidy directly, or live in a property tax exempt facility
- Your property is assessed at a value greater than \$747,000

For more information, contact:

The Department of Revenue at 617-887-6367 or visit mass.gov

Don't forget!
File your exemptions by April 1 and your taxes by April 15th.

5 Reasons to Think about Your Taxes Now

There are many important reasons to think about filing your taxes as early as possible.

Here are 5 top reasons to think about your taxes now:

- 1 Feel less stress by getting your taxes filed early.
- 2 Be prepared so the process can be done correctly.
- 3 Have more time to review tax credits, deductions, and exemptions you may be eligible for.
- 4 Have another set of eyes to eliminate errors.
- 5 Get your tax refund sooner.

Want help filing your taxes?

The Boston Tax Help Coalition offers free tax preparation and filing for Boston residents who qualify. More information available at bostontaxhelp.org and on pages 10-11.

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, 1099-R, 1099-INT, 1099-SSA, 1099 or self-employment)
- W2 forms from all jobs in 2022
- Bank-issued printed account and routing numbers to direct deposit your tax refund into your account
- Proof of health insurance for taxpayer, spouse and all dependents
- If you receive the premium tax credit, you must bring in a 1095-A
- Total child care expenses in 2022, and child care provider's name, address, and Employer Identification Number (EIN) or Social Security Number (SSN)
- All 1098-T forms (tuition payments)
- Total student loan interest paid (1098-E) or lender statement
- Proof of all paid rent in 2022
- Proof of ANY deductible out of pocket expenses (annual BWSC, charitable receipts, property taxes)
- Any mail from the MA Department of Revenue and/or the IRS
- *Taxpayers who have received or expect to receive health insurance credits need to bring proof of ALL household income

Tax Sites

From Boston's Tax Help Coalition

Note: Your income must be less than \$60,000 to qualify for free assistance.

▶ **ALLSTON-BRIGHTON**
ABCD Allston Brighton NOC
640 Washington St. / 617-903-3640

DEAF, Inc. - (Only for deaf taxpayers. By appointment only.)
215 Brighton Ave. / vita@cfmp.us

Brighton Branch Library
40 Academy Hill Rd. / 617-838-8089

Josephine A. Fiorentino Community Center
123 Antwerp St. / 617-838-8089

▶ **BACK BAY**
Central Library in Copley Square
700 Boylston St. / 617-838-8089

▶ **CHARLESTOWN**
Charlestown Adult Education
76 Monument St. / 617-398-6947

▶ **DORCHESTER**
ABCD Dorchester NSC
110 Claybourne St. / 617-288-2700

Codman Square Health Center
450 Washington St. / 617-825-9660

DotHouse Health
1353 Dorchester Ave. / 617-288-3230

Fields Corner Branch Library
1520 Dorchester Ave. / vita@cfmp.us

Lower Mills Branch Library
27 Richmond St. / vita@cfmp.us

▶ **DOWNTOWN**
ABCD Robert M. Coard Building
178 Tremont St. / 617-348-6239

JVS Boston
75 State St. / 617-399-3235

▶ **EAST BOSTON**
ABCD East Boston APAC
21 Meridian St. / 617-567-8857

▶ **FENWAY**
ABCD Parker Hill / Fenway NSC
714 Parker St. / 617-445-6000

▶ **MATTAPAN**
ABCD Mattapan FSC
535 River St. / 617-298-2045

▶ **ROSLINDALE**
ABCD Roslindale
18B Corinth St. / 857-408-4319

▶ **ROXBURY**
ABCD Roxbury/North Dorchester NOC
565 Warren St. / 617-442-5900

Roxbury Center for Financial Empowerment
7 Palmer St. (2nd Floor) / 617-514-0897

Urban Edge
1542 Columbus Ave. / 617-989-9323

▶ **SOUTH BOSTON**
ABCD South Boston APAC
424 W. Broadway / 617-269-5160 ext. 1

▶ **SOUTH END**
ABCD South End NSC
554 Columbus Ave. / 617-267-7400



All tax sites are wheelchair accessible except for ABCD: South End NSC. For disability accommodations, call: 617-635-3682

***For appointments, drop off, and in-person services, call ahead.**

Celebrating Every Woman

Source: Mayor's Office of Women's Advancement

March is Women's History Month and this year's theme is "Celebrating the Women Who Tell Our Stories." It's a time to uplift the women who have contributed to the advancement, status, and position of women. We recognize activists and authors, without whom, women would not have the rights we have today. We recognize courageous women with ties to Massachusetts including Myrna Vázquez, founder of Casa Myrna Domestic Violence Shelter; Rebecca Lee Crumpler, the first Black woman doctor in the US; Grace Sterling Stowell, LGBTQ+ activist; and Lucretia Mott, an intersectional suffrage activist.

What our mothers, grandmothers, aunts, neighbors, sisters, and friends have learned, accomplished, and contributed – are lessons for us all. Storytelling and story-listening are ways to capture the histories that may not be documented.

Preserving family memories/traditions and understanding older women as whole human beings is vital.

In 2022, the Mayor's Office of Women's Advancement (MOWA) surveyed Boston women who noted senior housing, aging in place, and transitions into retirement as primary areas of concern. We must learn more about the needs of women aging in Boston and policies should be shaped by women's lived experiences.

We should encourage older women to share their stories—to document their experiences. Storytelling can have therapeutic benefits for both the storyteller and listener.

To learn more about Women's History Month activities, call 617-635-3138 or visit boston.gov/women

COVID-19 Vaccines & Boosters – Q&A

Older adults are still at high risk of Covid. The Boston Public Health Commission recommends getting vaccinated and all available boosters.

Provided by the Boston Public Health Commission

How do I know if it's time to get a COVID-19 booster?

New bivalent COVID-19 boosters that are safe and very effective against the newer Omicron strains became available in September 2022. Therefore, if you haven't had any COVID-19 vaccine since September 2022, you are due for your COVID-19 bivalent booster and should get it as soon as possible.

Where can I get a COVID-19 booster?

The city of Boston has 4 free COVID-19 vaccine and testing sites. While supplies last get a \$75 gift card for receiving a COVID-19 vaccine or booster available through March 31, 2023 at any one of these sites:

Bruce C. Bolling Municipal Building
2302 Washington St., Roxbury
Tuesday-Saturday, 12-8pm

Lena Park Community Development Corporation
150 American Legion Hwy, Dorchester)
Monday & Friday, 9:30–5:30pm
Wednesday, 11-7pm
Sunday, 10-2pm

BCYF Hyde Park

1179 River St., Hyde Park
Tuesday, 12-8pm
Thursday, 7am-3pm

Josephine Fiorentino Community Center

123 Antwerp St., Allston
Monday, Tuesday & Wednesday, 9am-3pm
Thursday, 5-9pm
Sunday, 12-4pm

Do I need to bring an ID or insurance card or any other paperwork when I go to the vaccine clinic?

The only thing you need to bring with you is your vaccine card, If you have it. If you can't find it, that's ok.

What if I need a ride to get a vaccine?

Call Boston's Age Strong Shuttle at 617-635-3000 for assistance.

I want to get a COVID-19 booster, but I can't leave my house. Can I get a COVID-19 booster at my home?

Yes! Call the Massachusetts In-Home Vaccine Support line at 1-833-983-0485, they can help arrange for in-home COVID-19 vaccines, boosters, and testing.



March Happenings: Get Out and About in Boston!

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

MARCH
20
Friends of the West Roxbury Branch Library: Used Book Sale - Time: 12:00 pm - 7:30 pm
Location: BPL West Roxbury, 1961 Centre St., West Roxbury
Contact Info: Sheila, 617-325-3147

MARCH
21
March Films: Ireland - Wild Mountain Thyme (2020)
Time: 1:00 pm - 3:00 pm
Location: BPL South Boston, 646 East Broadway, South Boston
Contact Info: J. Bickford, 617-268-0180

MARCH
22
American Mahjong
Time: 1:00 pm - 3:00 pm
Location: BPL West End, 151 Cambridge St., West End
Contact Info: Lauren, llepanto@bpl.org

MARCH
23
Shake-Scene
Time: 2:00 pm - 3:00 pm
Location: Central Library in Copley Square, 700 Boylston St., Boston
Contact Info: Adult Programs Dept., 617-859-2129

MARCH
23
Seed Starting at Home
Time: 6:00 pm - 7:00 pm
Location: BPL Hyde Park, 35 Harvard Ave., Hyde Park
Contact Info: 617-361-2524

MARCH
24
Art & Architecture Tour
Time: 11:00 am - 12:00 pm
Location: Central Library in Copley Square, 700 Boylston St., Boston
Contact Info: Art & Architecture Tours Office, 617-859-2216

MARCH
27
Weekly Chess Club for Adults
Time: 2:30 pm - 3:30 pm
Location: BPL North End, 25 Parmenter St., North End
Contact Info: 617-227-8135, northend@bpl.org

MARCH
28
Hatha Yoga
Time: 6:30 pm - 7:45 pm
Location: BPL Fields Corner, 1520 Dorchester Ave., Dorchester
Contact Info: 617-436-2155, alicia@night-kitchen.com

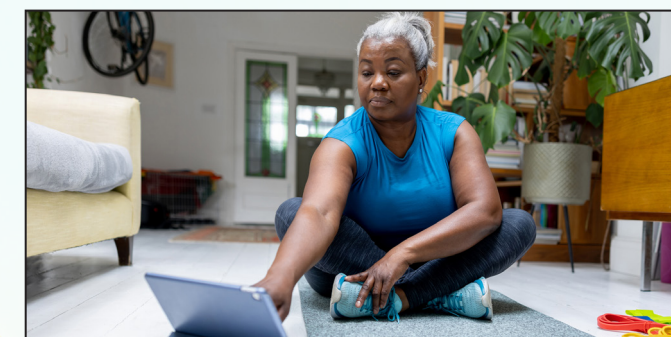
MARCH
30
The Basics of Investing
Time: 6:00 pm - 7:30 pm
Location: BPL Uphams Corner, 500 Columbia Rd., Dorchester
Contact Info: Elise, 617-265-0139

"Be the energy you want to attract."

-Anonymous

Age Strong Commission Events

We can connect you to programs and outings that enrich your life in Boston. You can also take part in our virtual programs and classes.



For more information, call 617-635-4366 or visit boston.gov/age-strong-events



WAYS YOU CAN SAVE!

It's often hard to make ends meet as an older adult with a fixed income. That's why we're outlining various ways you can save on food, transportation, fuel and taxes. Find out what you're eligible for!

-Boston Seniority Team



You May Be Eligible for Help Paying for Your Medicare Health Coverage

Source: Mass Senior Action Council

With food and fuel costs rising, it's important to know about the Medicare Savings Programs (MSP) you may be eligible for. MSPs are federal programs run by each state that can help you pay for your monthly Medicare Part B premium (doctors visits), your Part D premiums and copays (prescription drugs), and for some folks, it will help pay for Medicare Parts A and B (hospitals and doctors visits) out of pocket costs (deductibles and coinsurance).

You're eligible for MSP if your monthly income is at/under \$2754 and your assets* total at/under \$18,180 (if you're single). Married couples are eligible if your combined monthly income is at/under \$3718 and combined assets* total is at/under \$27,260.

*your home, car, and life insurance are NOT counted as assets.

To see if you're eligible for Medicare Savings Programs, call to speak with an Age Strong advocate at 617-635-4366.

Save on Transportation

- Get free rides to medical appointments by taking the Age Strong Shuttle
- Call ahead to schedule
- Rides available Monday-Friday, 8am-4pm, first come, first served
- Age Strong also sells discounted taxi coupons, call to find out more!
- And don't forget about the 3 fare-free bus lines: 23, 28, 29



Save On Fuel/Utilities

- See if you qualify for assistance paying for your heating fuel
- Qualified residents may get up to \$1,400 to help with the heating
- Adults over 60 can apply to replace an old heating system through the Senior's Save program
- Qualified homeowners are eligible for a 30% discount on their monthly water/sewer charges if you are 65 and older, or fully disabled, and live in a 1-4 family residential dwelling



Save On Food

- See if you're eligible for Supplemental Nutrition Assistance Program (SNAP)
- Double Up Food Bucks gets you 50% off produce at participating stores with your EBT card.
- SNAP shoppers can use the Healthy Incentives Program (HIP) earning an instant match on your EBT card when buying fresh produce at farmers markets.
- Fair Foods \$2 a bag program offers healthy produce, more information available at fairfoods.org.

There are a number of ways older adults in Boston can save, to help make ends meet. Call your Age Strong Advocate to see what you're eligible for at **617-635-4366**.

► In Boston, we Age Strong.

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



We can help with:

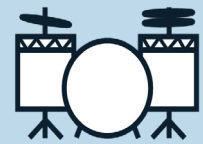
Call us for more details at 617-635-4366.



Access to Information and Benefits:

Our Community Advocates connect older adults to a comprehensive array of resources, benefits, and information. We can:

- Assist with applications for public benefits like Supplemental Nutrition Assistance Program (SNAP) and fuel assistance.
- Ease the process of applying for, and receiving, Medicare benefits.
- Assist older adults in accessing several tax relief exemptions and programs like the Elderly Exemption 41C, Senior Circuit Breaker Tax Credit, and others.
- Assist older adults with navigating systems including the aging network and city services.



Outreach and Engagement:

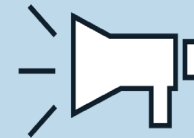
The Commission organizes many **in person and virtual** events and programs throughout the year.



Transportation:

We are committed to helping older adults continue to lead independent lives by connecting them to transportation resources. We offer:

- Free wheelchair-accessible shuttles that provide door-to-door service for non-emergency doctor's appointments. Call 617-635-3000 for more information.
- Taxi Coupons at discounted rates.



Volunteer Opportunities:

We operate volunteer programs that impact our work across the city:

- *RSVP* matches seniors with valuable volunteer opportunities in Boston.
- The *Senior Companion Program* matches seniors with homebound persons who need assistance and companionship.
- *Senior Greeters* volunteer their time to greet guests of City Hall.
- *Senior Property Tax Work-Off Program*: Qualified senior homeowners may work-off up to \$1,500 on their property tax bill by volunteering for a City agency.



Housing:

The Age Strong Commission works to ensure that older adults are able to find and maintain housing. We can:

- Assist with housing applications.
- Connect older adults with other City and community agencies that can provide resources for home repair and other challenging situations like hoarding.
- Provide mediation and court advocacy.



Alzheimer's and Caregiver Support:

Know that you are not alone; we are here to support you. We:

- Host Memory Cafés, places where individuals experiencing memory loss and their caretakers can meet in a safe, social environment.
- Provide referrals and offer workshops, training, and support groups for those who are supporting an older loved one.

► Healthy Recipe

Spring Minestrone Soup

Provided by Melissa Carlson, MS, RD,
Deputy Commissioner of Programs and Partnerships,
Age Strong Commission



Ingredients:

- 2 leeks (white & pale-green parts only)
- 2 carrots
- 2-3 medium red potatoes (2-3 cups diced)
- 6 cups vegetable broth
- 1 bunch asparagus (2-3 cups sliced)
- 1 cup peas* (or sugar snap peas, sliced)
- 15 oz. can cannellini beans (or great northern, garbanzo, etc.)
- 2-3 tbsp. fresh dill
- 1 tbsp. white miso or salt

Instructions:

1. Prepare leeks: trim off the roots and dark green tops (use the white & pale green parts only). Cut leeks in half lengthwise. Rinse very well under the faucet, fanning out the layers to remove any stubborn grit/soil trapped inside. Drain well. Slice them in small half-moons.

2. Dice carrots.

3. In a large stockpot over medium-high heat, sauté leeks and carrots for 5-6 minutes (use 3 tbsp. water/veggie broth for no-oil sauté method, adding more as needed).

4. Meanwhile, dice potatoes.

5. When leeks soften, add potatoes and broth to the stockpot. Bring to a boil, then

reduce heat, cover, and simmer for 8-10 minutes (or until potatoes are just tender as they will continue to cook through the next couple steps).

6. Remove woody ends from asparagus and slice into about 1 1/2" pieces. Roughly chop dill.

7. When potatoes are just tender, add asparagus, peas, white beans (rinsed/drained), and fresh dill. Stir and return to a light boil. Simmer for 3 minutes or until asparagus is tender.

8. In a small bowl, whisk miso with about 1/4 cup warm water until thin and clumps are dissolved. Add to pot and stir. Salt/pepper to taste if desired or garnish with additional fresh dill before serving. If you do not have miso, use salt and pepper to taste.

*Peas: fresh green peas or frozen peas work. If using frozen, simply add them with the asparagus during the last few minutes of cooking (no need to thaw).

Nutrition - Calories 198
Carbohydrates 43g
Protein 9g

Source and photo:
thegardengrazer.com/spring-minestrone-soup/

2023 DOG LICENSING AND LOW-COST RABIES CLINICS

DOG LICENSING FEES

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

RABIES VACCINE FEE

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

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

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

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

DORCHESTER | MARCH 4
BCYF Perkins
155 Talbot Ave Dorchester

CHARLESTOWN | APRIL 15
BCYF Charlestown
255 Medford St Charlestown

SOUTH BOSTON | MAY 13
BCYF Condon
200 D St South Boston

WEST ROXBURY | MARCH 18
BCYF Roche
1716 Centre St West Roxbury

JAMAICA PLAIN | APRIL 29
BCYF Curtis
20 South St Jamaica Plain

ROXBURY | JUNE 3
BCYF Tobin
1481 Tremont St Roxbury

EAST BOSTON | APRIL 1
BCYF Pino
86 Boardman St East Boston



Boston's Age Strong Commission Offers Discount

TAXI Coupons

- For Boston residents age 65+ & persons with disabilities
- Valid for taxis licensed by City of Boston
- Please show ID proving Boston residency
- Each coupon book costs \$5 (worth \$10)
- Please pay with cash
- Coupons don't expire (for a limited time each resident may buy 4 books/month)

Coupons may be purchased in person at the Age Strong Commission, Rm 271 City Hall, 1 City Hall Square in Boston, 9am-5pm.

Visit boston.gov/agestrong for a list of sites where taxi coupons may be purchased.



CITY of BOSTON

AGE+

Age Strong Commission

**MEET YOUR AGE STRONG
ADVOCATES IN-PERSON
THROUGHOUT BOSTON'S
NEIGHBORHOODS...**

Learn about benefits, resources and programs you may be eligible for to save money.

Call the Age Strong Commission at **617-635-4366** to connect with your neighborhood Advocate or visit **boston.gov/agestrong** to view the days/times Age Strong advocates are in your neighborhood.

**For Ages
60+**

CITY of BOSTON

AGE+

Age Strong



SIGN-UP TODAY

Check out the latest Age Strong *Weekly Digest*! We include events for older adults, volunteer opportunities, and much more. Sign-up for the weekly newsletter and read more at boston.gov/departments/age-strong-commission/age-strong-commission-weekly-digest.



ANNUAL CENSUS

Have you replied to the 2023 Annual Residential Listing yet? Don't forget! We need your response to help us count all Boston residents and ensure the equitable distribution of City services. It's easy!

Be counted, visit boston.gov/census



CITIZENSHIP DAY

April 1, 2023 is Citizenship Day!

Call 617-694-5949 today to make an appointment for free legal help with your citizenship application. Learn more at boston.gov/immigrants



EMERGENCY ALERTS

Have you signed up for emergency alerts, Boston?

Sign up today and we'll notify you by phone, text, or email in the event of an emergency.

Learn more at boston.gov/alertboston

SPRING CLEANING

Spring cleaning is just around the corner! Recycle used clothes, shoes, worn blankets, and more with Boston's free textile recycling program. We make it easy with drop-off locations or you can schedule a pick-up!

Learn more here: boston.gov/textiles



WANT FREE INTERNET?

You may qualify for the Affordable Connectivity program and can save money on your internet bill.

Learn more at affordableconnectivity.gov



▶ SEEN AROUND TOWN





Celebrating Women's History Month 2023

AGE+



City of Boston
Age Strong Commission