

Boston's Age Strong Commission

Weekly Digest

March 28 - April 3, 2022

Information & opportunities for Boston's older adults

Boston's Age Strong Commission invites applications for our Creating Connections & Reducing Isolation Grant



CREATING CONNECTIONS & REDUCING ISOLATION GRANT

Stronger social connections & networks can boost a person's lifespan by 50 percent!

Applications due: **Thursday, April 7, 2022**
boston.gov/agestrong

AGE+

City of Boston
Age Strong Commission
Mayor Michelle Wu

Boston's Age Strong Commission seeks grant applications from organizations and individuals who are working to build social connections and community for Boston's older adults. Grants will range from \$5,000 to \$25,000. To learn more about this grant, visit boston.gov/news/creating-connections-and-reducing-social-isolation-grant-announced.

WEEKLY DIGEST
Table of Contents

[Creating Connections
and Reducing Isolation
Grant](#)

[Events March 28-
April 3](#)

[Senior Circuit
Breaker Tax Credit](#)

[Affordable
Connectivity Program](#)

[Women's History
Month Booklist](#)

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

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City of Boston
Age Strong
Commission



MONDAY, MARCH 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.

1pm

BPL: Take Back the Kitchen: Cooking Classes for Older Adults

Boston Public Library, Roxbury Branch

149 Dudley Street, Roxbury

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

5pm

Parks: Virtual Fitness: Dance Fit

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

6pm

BPL Virtual: Roxbury Reads Book Discussion: "Whatever Happened to Interracial Love?" by Kathleen Collins

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

TUESDAY, MARCH 29

10:30am

A Quilting Circle

BPL: Codman Square

690 Washington Street, Dorchester

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.

11am

Women Veterans Roundtable

William Carter Post AL 16

1531 Blue Hill Avenue, Mattapan

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

11:30am-12:30pm

Age Strong Virtual Latin Dance

No registration necessary

Click [here](#) for more information.

12noon

BPL Virtual: Digital Skills for Everyday Tasks

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

3-5pm

BPL Virtual: Sketching & Mindfulness

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

5:30pm

Virtual: Housing Stability Free Legal Clinic

Click [here](#) for more information.

6pm

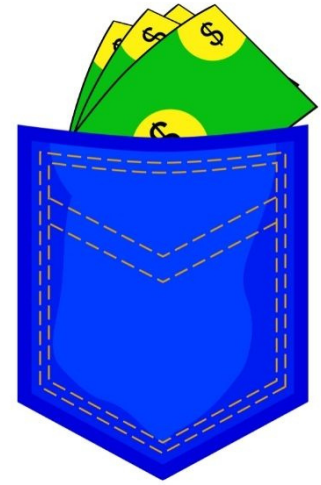
BPL Virtual: Pirate or Patriot?

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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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, DorchesterClick [here](#) for more information & to register.7pm**Community Choice electricity****Information Session : Mothers Out Front - JP**Email info.ma.jamaicaplain@mothersoutfront.org
to register & for more information.**WEDNESDAY, MARCH 30**10:30am**BPL: Older Adults' Chair Yoga**

151 Cambridge Street, West End

Click [here](#) to register & for more information.11am**BPL Virtual: Introduction to Medicare: Learn the Basics**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.3pm**BPL Virtual: Shelf Service Live:****Recommendations from BPL Librarians**Click [here](#) to register for more information.4-7pm**BPL: Free Tax Preparation (Drop-Off & Remote Only)**Click [here](#) to register & for more information.**THURSDAY, MARCH 31**10:30am**BPL Virtual: Food Access is a SNAP!**Click [here](#) to register & for more information.1pm**BPL Virtual: Lunchtime****Science Fiction/Fantasy Short Story Club**Click [here](#) to register & for more information.1pm**BPL Virtual: Lunchtime****Science Fiction/Fantasy Short Story Club**Click [here](#) to register & for more information.2:30-5:30pm**The Dudley Winter Market**

11 Brook Avenue, Roxbury

Click [here](#) for more information.6:30pm**Parks: Virtual Fitness: Zumba**Click [here](#) to register & for more information.**FRIDAY, APRIL 1**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.

**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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Age Strong Commission
Mayor Michelle Wu

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

12:30pm

Parks: Virtual Fitness: Chair Meditation

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

SATURDAY, APRIL 2

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.

10am-2pm

Low-Cost Dog Licensing/Rabies Clinic

BCYF Perkins Community Center

155 Talbot Ave, Dorchester

Click [here](#) for more information.

10am-4pm

City-Wide Friends Book Sale

Boston Public Library, Central Branch

700 Boylston Street, Copley Square

For more information, click [here](#).

12noon

Lion Dance with Gund Kwok

Boston Public Library: Codman Square

Branch

690 Washington Street, Dorchester

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

SUNDAY, APRIL 3

12noon-3pm

Roslindale Farmers Market

19 Corinth Street, Roslindale

Click [here](#) for more information.

Bus Buddy Chronicles

AmeriCorps Volunteers teach older adults how to use the MBTA



**Special Screening Event:
Tuesday, April 12, 1-3pm**

Veronica B. Smith Senior Center
20 Chestnut Hill Avenue, Brighton
RSVP to dawn.lepore@boston.gov
or 617-635-4858

A 3-part video series by Dominga Martin
Watch free online at boston.gov/AgeStrong,
Boston City TV & Boston Neighborhood
Network TV

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**AmeriCorps
Seniors**

**BECOME
A CITIZEN**

Apply now!
Call (617) 694-5949
for free help

PROJECT CITIZENSHIP

Mayor's Office for
**IMMIGRANT
ADVANCEMENT**



Disability Community Forum

SAVE THE DATE
MAY 11, 2022 @2PM

An opportunity to meet local government officials, learn about City initiatives, ask questions, and tell us about your accessibility priorities.



City of Boston
Disabilities Commission

Boston.gov/disability

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

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!"

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



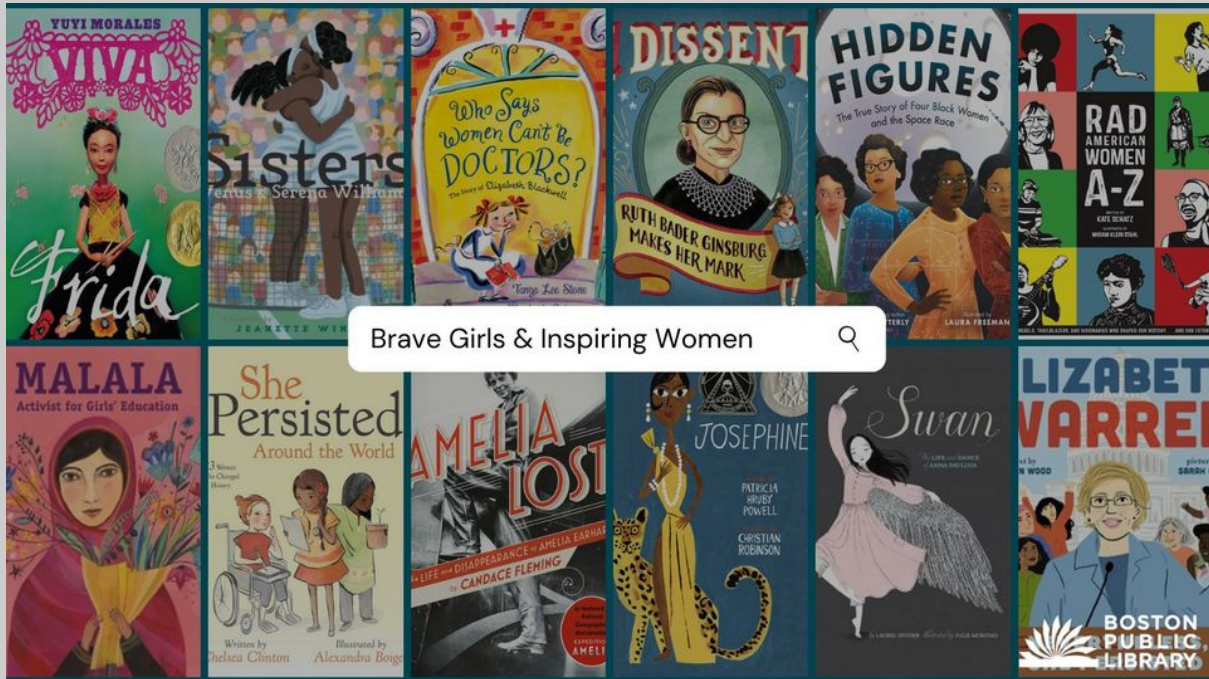
City of Boston
Immigrant Advancement

FREE IMMIGRATION CONSULTATIONS

Ask a lawyer for advice

immigrantadvancement@boston.gov

617-635-2980



Celebrate Women's History Month with a book about brave girls and inspiring women from the Boston Public Library. Check out the Women's History booklist here: bit.ly/BPLWomensHistory