

Boston Seniority

Age Strong Commission

City of Boston

Mayor Michelle Wu



BLACK HISTORY MONTH

p.16-21

February 2023
Issue 2
Vol. 47

FREE PUBLICATION



MAYOR'S LETTER
P. 4



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Boston Seniority

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Michelle Wu
Mayor

Emily K. Shea
Commissioner

Ami Bennitt
Director of Communications

Martha Rios
Editor and Photographer

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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



Twitter: @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

Hello, Boston!

As we welcome more hours of sun and longer days, we also welcome celebrating Black History Month, here in Boston. It's a special time of year when we pay tribute to the generations of African Americans who struggled with adversity to achieve full citizenship in American society.

In Boston, we welcome "The Embrace," the new public art sculpture paying tribute to Dr. Martin Luther King, Jr. and Coretta Scott King. Located on Boston Common, the bronze statue was designed by Hank Willis Thomas, and was inspired by a photograph taken when the couple was told that King had won the Nobel Peace Prize. What a treasure this is to our city, our citizens, our story.

The Boston Public Library has curated wonderful Black History Month book lists in non-fiction, fiction, young adults, and for children—some of which you can view inside this issue of Boston Seniority Magazine.

February is also National Cancer Prevention and American Heart Month—reminding us to make sure we've had our yearly physical exams, and learned about health risks as well as ways to prevent illness, cancer, and heart disease.

I hope to see you out at Black History Month events and celebrations,

Michelle Wu

Michelle Wu
Mayor of Boston

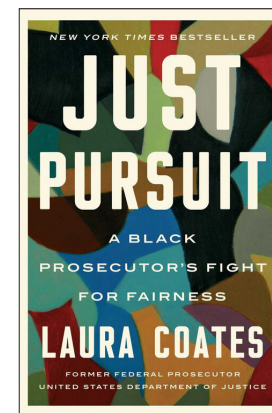


► Books

BPL Staff Book Picks

Source: Boston Public Library

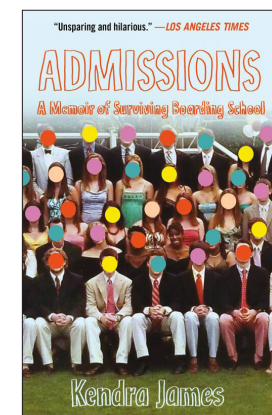
Black Is... is a list of books published in the previous year for all ages concerning the African American experience. This printing is part of the Boston Public Library's annual observance of Black History Month. Check out some of the books here.



Just Pursuit

by Laura Coates

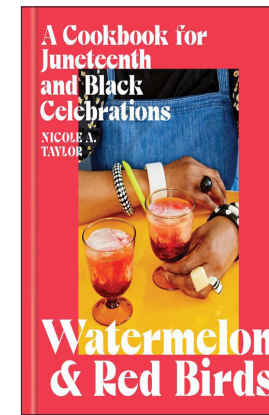
Biography/Memoir. In a groundbreaking account of bias in the courtroom, legal analyst Laura Coates recounts her time serving as a Black female prosecutor for the US Department of Justice.



Admissions

by Kendra James

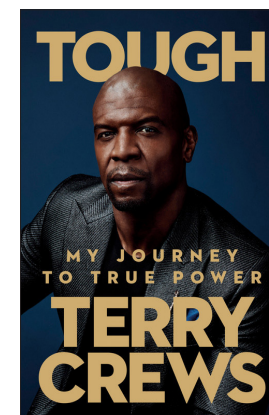
Biography/Memoir. Now an admissions officer specializing in diversity recruitment, James recounts her negative experiences at a predominantly white boarding school, where she became the poster child for diversity and endured countless microaggressions.



Watermelon and Red Birds

by Nicole A. Taylor

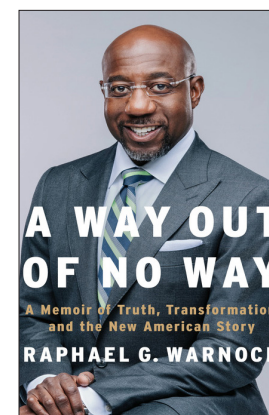
Expressions. A celebrated food writer presents the very first cookbook dedicated to the federal holiday of Juneteenth, which celebrates the emancipation of enslaved African Americans.



Tough

by Terry Crews

Nonfiction. When toxic masculinity led him down a road of addiction and unstable relationships, actor and former NFL star Terry Crews embarked on a quest to find the true meaning of toughness. In this inspirational book, he shares the lessons he learned along the way.



A Way Out of No Way

by Raphael G. Warnock

Biography/Memoir. Georgia's first Black senator made history in 2021 when he won a runoff election that flipped control of the Senate at a pivotal moment. On the heels of his historic election to the United States Senate, he shares his remarkable spiritual and personal journey.

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

► Special Feature

From Barbados to Boston: A Life of Grace & Gratitude

Provided by Pat Kelleher

Winifred Nurse may have made it to Boston the long way, coming from Barbados, through London and New York, but since she landed here at age 25, she has created and led a very Boston-facing life.

Almost 70 years ago, she answered the call for British citizens to relocate and to help rebuild London after World War II. As an immigrant following her husband to the U.S. she worked at well-known Boston-based institutions—first at the Gillette corporation’s national headquarters in South Boston and then moved into customer claims support at Blue Cross Blue Shield, the region’s largest health insurer.

She raised four children in an active and loving home in Roxbury where life was all about two things: faith and family; both of which still drive her today. Her nest may be empty, but not so much on Sundays, when she says anywhere from two to 8 of her children and grandchildren are found underfoot. Sundays are also for services at her most beloved Boston institution: The Grace Church of All Nations in Roxbury, where she has worshiped for almost three decades. The church, as Nurse describes it, is “a welcoming mix of Presbyterian and Pentecostal denominations.”

Despite some painful arthritis and a bad back from a serious fall from a tree as a young child in Barbados, Nurse lives a life of gratitude. “I start every single day - even before breakfast - counting my blessings and expressing gratitude,” says Nurse.

Another subject of her gratitude: the Age Strong exercise coaches that come into her home religiously every morning at 8am via the local access television (BNN TV).

At 91, the cold winter weather may cut down her outside activity, and the long walks she used to take from Jamaica Plain to Back Bay; but she still sees herself as blessed for living so close to public transportation. She hopes again soon to be on the Orange Line to another local fixture: Haymarket, where she takes great pride in negotiating a bargain on her favorite fruits.

Her daughter Sharon Nurse Christian says she and her siblings all got their strength and determination directly passed down from their mother. She always preached that “where there is a will there's a way.” For Winifred Nurse, the way is always forward.



► Memory Cafes

Boston’s Age Strong Commission Offers Memory Cafes

For those with memory loss and their care partners

Provided by Corinne White, Dementia-Friendly Staff Assistant, Age Strong Commission

Are you living with memory loss? Are you a care partner to a loved one who is experiencing memory loss or is living with dementia? Being a care partner has its challenges. Sometimes it takes a village. It may be difficult to find the right community of support; maybe you don’t know where to turn for social engagement. There is a place for you.

The Age Strong Commission runs a Memory Café on the second Wednesday each month at the Codman Square Branch of the Boston Public Library at 10am.

The first “Alzheimer’s Café” was founded in 1997 in Leiden, Holland by geriatric psychiatrist Dr. Bere Miesen. Dr. Miesen recognized that fear and stigma were prohibiting people from seeking a diagnosis and community support for Alzheimer’s disease and related dementias. The model was intended to diminish fear by offering a space to share with friends, as well as provide information about dementia, socialization and engagement. The Memory Café concept was brought to the United States in 2008.



At our Memory Café in Dorchester, we strive to nurture a welcoming, respectful, inclusive and fun environment for people living with memory loss or dementia and their care partner(s). Providing respite in the day-to-day of living with dementia and of being a care partner, we engage in different social, artistic, physical, musical, activities each month, together. Regardless of where you are on your journey with memory loss, please join us.

If you have questions about Memory Cafes, or about memory loss, please contact Corinne White at corinne.white@boston.gov or 617-635-3745.

3 Scams to Look Out for in 2023

Source: AARP

Scammers have proved ingenious when it comes to updating traditional criminal operations such as the romance scam or the Ponzi scheme with new twists to make them more convincing and effective. And like the rest of society, scammers are increasingly going online.

Here are 3 emerging scams that anti-fraud experts are tracking in 2023, along with tips on how to thwart the crooks.

1. Cryptocurrency-romance scam

Crooks combine crypto scams with old-fashioned romance scams, posing as internet love interests so they can cajole their targets into downloading an app and investing in fake crypto accounts. While the app displays data that seems to show your wealth growing, criminals are just taking your money.

How to stay safe: Carefully scrutinize any investment opportunity, even if you think you're a sophisticated investor.

2. Payday loan scam

Criminals exploit the inflation squeezing workers by offering fake payday loans that they claim will help people settle their bills. Loan applicants are told they'll need to prepay a fee. The money goes into the crooks' pockets, and the applicant gets nothing.

How to stay safe: Be wary of anyone who asks you to pay any sort of loan fee with a gift card or some other non traceable form of payment.

3. One-time password (OTP) bot scam

Scammers utilize bots — automated programs — to trick people into sharing the two-factor authentication codes sent to them via text or email from financial institutions (or from companies such as Amazon). The bot will make a robocall or send a text that appears to come from a bank, asking you to authorize a charge, then it asks you to enter the authentication code you've just been sent if the transaction isn't yours. It's actually the bot that's trying to log into your bank account, and it wants the code that the bank sent to you as a precaution, so it can get in.

How to stay safe: Never share authentication codes, or provide other information, in response to an unsolicited phone call or text.

AARP's Fraud Watch Network can help you spot and avoid scams. Call their toll-free fraud helpline at 877-908-3360 or visit aarp.org if you or a loved one suspect you've been a victim.

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 you may receive a \$75 gift card if you receive a COVID-19 vaccine or booster at 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.

► Wellness

Beat the Post-Holiday Winter Blues

Tips to stay healthy & active this winter.

Source: AARP

After the hustle of the holidays is over, and winter sets in, many older adults feel blue. The cold weather, combined with shorter days, makes seasonal sadness common. This list of tips to beat the winter blues is easy to add into your daily routine and will give you the boost you need to get through the season.

► **Brighten Your Home**

One cause of winter blues, officially known as seasonal affective disorder (SAD), is due to the less than adequate access to sunlight. When the days are shorter, it's easy to develop sad feelings so it's important to make your space as comfortable and warm as possible. Opening blinds and curtains daily can help with a little extra boost of sunshine. Alternatively, taking supplements such as vitamin D or eating vitamin D-rich foods such as fish can help with improving the winter blues and overall mental health.

► **Socialize With Others**

Socializing with friends and family is a great way to get out of the winter doldrums. Being around others rather than being isolated for extended periods



of time can help boost morale and lift your spirits. Whether you meet for lunch, attend a church service, volunteer in your community, or drop a line, getting through the winter months with support is better than going at it alone. If you are looking for a way to stay active in the community or on a national scale, check out a volunteer program.

► **Stick to a Schedule**

When the winter blues hit, it can be difficult to maintain activities of daily living or uphold a schedule. Participating in activities can seem daunting, which allows for possible isolation and increased sadness. However, maintaining a routine and sticking to positive habits can have a significant benefit when you are feeling down. If you attend a Sunday service at your church or meet up with friends for cards once per week, don't skip it this time of year.

► **Stay Active and Eat a Balanced Diet**

Exercising regularly and eating a balanced diet can be essential for older adults and is a great way to boost mood and energy levels, especially in the winter months.

Nourish your body with plenty of whole foods, and avoid things such as processed food and unhealthy snacks. Depending on where you live, consider exercising indoors. Or, if you want some fresh air, dress in layers and enjoy the sunshine! Activities such as walking, lifting weights, and riding a stationary bike are great ways to incorporate regular exercise into your routine and will help you get rid of the winter blues.

► **Accomplish a Goal**

Setting attainable goals for yourself can be a great way to build motivation and incentive, particularly if the winter blues are making you feel heavy. Consider making a to-do list for more simple and mundane tasks that are easily achievable and a separate list for bigger goals, such

as New Year's resolutions. No matter the size of the goal, setting your mind toward achievement can be beneficial to emotional well-being and give you the boost you need this winter.

► **Ask for Help When You Need It**

While the previously mentioned tips and tricks are ideal for getting through the winter blues, you may struggle with a slump you can't climb out of, which is why it is crucial to pay attention to the distinction of SAD and clinical depression. Don't be afraid to reach out to friends, family, or health professionals if you think you have depression or need additional help. If you have Medicare, coverage plans for depression and other related mental health are also available.

The Age Strong Commission Introduces its New Behavioral Health Unit

By Bob Linscott, Behavioral Health Manager, Age Strong Commission

Age Strong recently launched its new behavioral health unit, with the mission of helping Boston's older adults with services, resources, and information. The unit includes a staff of 3, with backgrounds in social work, constituent services, mindfulness, and aging.

Over the next year, this team will host workshops throughout Boston's

neighborhoods – at senior and community health centers and libraries. Topics will include grief support groups, mindfulness/managing stress, and help connecting to services for older adults struggling with hoarding or memory loss and dementia.

For more information call Age Strong at 617-635-4366 or boston.gov/agestrong.

► Volunteer Program

Property Tax Work Off Volunteer Program

If you're a Boston home-owner, this might be for you!

At Boston's Age Strong Commission, we offer various volunteer programs for those looking to earn money, get involved in their communities, and help others. One is our Property Tax Work Off program that offers opportunity for Boston home owners to provide volunteer work hours to the City in exchange for a property tax abatement.

To be eligible for this program:

- You must be 60 or older by January 1, 2023.
- You need to have owned and occupied a residential property in Boston for at least three years.
- You must own and occupy your property as a principal residence. If the property is subject to a trust, you must have legal title (you need to be one of the trustees and a beneficiary).

The maximum abatement amount for this program is \$1,500, which equals 100 volunteer hours at a rate of \$15.00 per hour. The amount of the tax work-off



credit cannot exceed the total tax due for the fiscal year after any other exemptions have been allowed.

Application Filing Deadline:
July 3, 2023

Work Completion Date*:
November 6, 2023

*If you are approved, you will receive credit for work performed up to November 6, 2023, toward your Fiscal Year 2024 third-quarter tax bill.

To learn more about this program and how to apply, call Age Strong at 617-635-4366.



► Health

February is American Heart Month!

Source: National Heart, Lung, and Blood Institute

Did you know that people who have close relationships at home, work, or in their community tend to be healthier and live longer? One reason, according to the National Heart, Lung, and Blood Institute (NHLBI), is that we're more successful at meeting our health goals when we work on them with others.

Here are some facts, how-to tips, and resources to inspire you to join with others, even if you can't be physically together, to improve your heart health.

Heart disease is a leading cause of death for both men and women in the United States. Most middle-aged and young adults have one or more risk factors for heart disease, such as diabetes, high blood pressure, high cholesterol, being a smoker or being overweight. Having multiple risk factors increases your risk for heart disease.

Why Connecting is Good for Your Heart

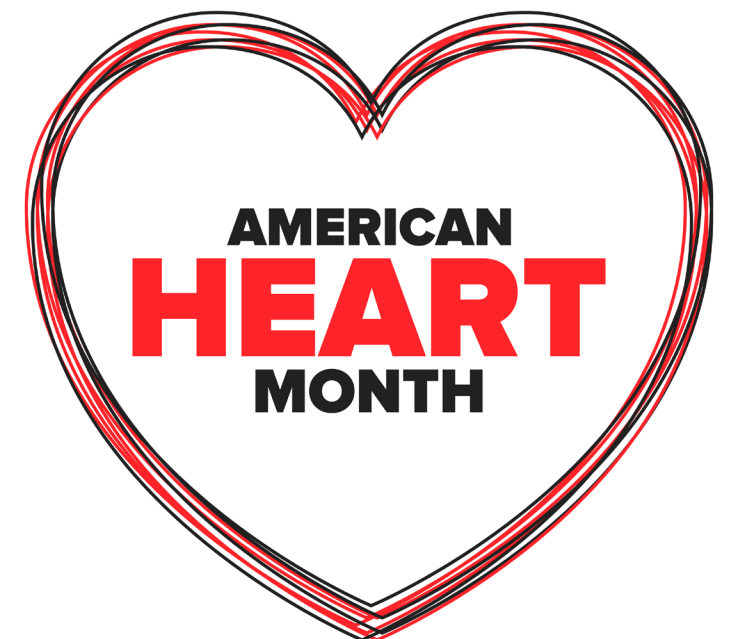
Feeling connected with others and having positive, close relationships benefit our overall health, including our blood pressure and weight. Having people in our lives who motivate and care for us helps, as do feelings of closeness and companionship.

Follow these heart-healthy lifestyle tips to protect your heart. It will be easier and more successful if you work on them with others.

- Be more physically active.
- Maintain a healthy weight.
- Eat a nutritious diet.
- Quit smoking.
- Reduce stress.
- Get 7-8 hours of quality sleep.
- Track your heart health stats.

You don't have to make big changes all at once. Small steps will get you where you want to go.

Visit nhlbi.nih.gov for inspiration on what others around the country are doing together for their heart health.



February Happenings: Get Out and About in Boston!

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

FEBRUARY
13
Quirky Film Comedies:
Sweet Smell of Success (1957)
Time: 1:30 pm - 3:30 pm
Location: BPL Roslindale,
4246 Washington St., Roslindale
Contact Info: 617-323-2343

FEBRUARY
14
Codman Square
Quilting Circle
Time: 10:00 am - 12:30 pm
Location: BPL Codman
Square, 690 Washington St.,
Dorchester
Contact Info: 617-436-8214

FEBRUARY
16
ICA Free Thursday Night
Time: 5:00 pm - 9:00 pm
Location: 25 Harbor Shore
Drive, Boston
Contact Info: 617-478-3100
Tickets will be available at
icaboston.org/tickets at 10 AM
on that Thursday morning.

FEBRUARY
18
Hygge at the Library
Time: 11:00 am - 1:00 pm
Location: BPL South Boston,
646 East Broadway, South Boston
Contact Info: J. Bickford,
617-268-0180

FEBRUARY
21
Love is in the Air: Classic Films
for February - The Lady Eve
(1941)
Time: 1:00 pm - 3:30 pm
Location: BPL South Boston,
646 East Broadway, South Boston
Contact Info: J. Bickford,
617-268-0180

FEBRUARY
23
Film Screening - Let There Be
Light: Building an Artificial Star
Time: 2:00 pm - 3:30 pm
Location: Central Library in
Copley Square, 700 Boylston St.,
Boston **Contact Info:** Adult
Programs Dept., 617-859-2129

FEBRUARY
23
Poetry Open Mic Night with
Skoot Mosby and Stratusfier
Time: 6:00 pm - 7:00 pm
Location: BPL Grove Hall,
41 Geneva Ave., Dorchester
Contact Info: Kate,
617-427-3337

FEBRUARY
24
Friday Films: Ryan's
Daughter (1970)
Time: 1:00 pm - 4:00 pm
Location: BPL North End,
25 Parmenter St., North End
Contact Info: 617-227-8135

FEBRUARY
27
Quirky Film Comedies:
Real Life (1979)
Time: 1:30 pm - 3:30 pm
Location: BPL Roslindale,
4246 Washington St.,
Roslindale **Contact Info:**
617-323-2343

*"It's never too late - never too late to
start over, never too late to be happy."*

-Jane Fonda

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



**BLACK
HISTORY
MONTH
2023**

Each year, February marks the time when we celebrate Black History month throughout the United States. We learn about the contributions and impact of black people, the Civil Rights movement, and equity.

-Boston Seniority Team

BLACK HISTORY MONTH EVENTS

Throughout the month of February, we honor the accomplishments of Black people – both here in our city, and across the nation. From public art to concerts, there is much to celebrate.

The City lists various initiatives, events, and resources here: boston.gov/equity-and-inclusion/black-history-month

FIGHT THE POWER: 70S-THEMED SKATE PARTY

February 18, 2023 / 12:00pm-3:00pm
Chez Vous Roller Skating Rink
11 Rhoades St., Mattapan, MA 02124

It's a groovy blast from the past! Break out your bell bottoms and skate and boogie to some of the greatest hits of the era.

Attendance is first come, first served. Skate rental and pizza included.

Contact: susan.mccollin@boston.gov

BLACK VETERANS APPRECIATION BRUNCH

February 25, 2023 / 10:00am-11:00am
Location to be determined

Please join Mayor Wu in celebrating and honoring the contributions and sacrifices of Black Veterans in helping to create and add to our great nation's legacy. We will also be honoring deserving veterans with Community and Outstanding Service awards.

Contact: Veterans Services Department, 617-241-8387

ALL BLACK EVERYTHING

February 26, 2023 / 2:00pm-6:00pm
National Center of Afro-American Artists
300 Walnut Ave., Roxbury, MA 02119

We're closing out Black History Month with a celebration of all we have accomplished and what we still need to work on for the future.

Enjoy light refreshments from Soleil Cafe, music from a live DJ along with poetry readings, and a visual art rendering completed on-site.

Contact: susan.mccollin@boston.gov



THE EMBRACE

On Boston Common, we honor the life and legacy of Rev. Dr. Martin Luther King, Jr. and Coretta Scott King with the new public art sculpture, "The Embrace". Designed by artist Hank Willis Thomas and MASS Design Group, the new memorial – in partnership between the City of Boston and Embrace Boston, aims to celebrate the couple's history in Boston, and spark a public conversation on advancing racial and social justice in Boston today.

► 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:

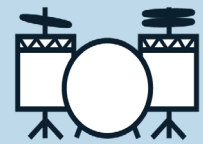
Call us for more details at 617-635-4366.



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:

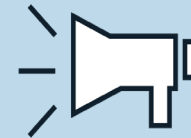
The Commission organizes many **in person and virtual** events and programs throughout the year.



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.

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/departments/age-strong-commission/information-and-referrals-older-people to view the days/times Age Strong advocates are in your neighborhood.

For Ages
60+

CITY of **BOSTON**

AGE+

Age Strong



ARE YOU STRUGGLING TO PAY YOUR BILLS?

FINANCIAL NAVIGATORS CAN HELP!

WE HAVE RESOURCES TO HELP WITH...

✕ Tax Preparation

✕ Filling Your Fridge

✕ Rent or Mortgage Payments

✕ Utilities Payments

AND MORE!

CALL (617) 356-8229 OR FILL OUT AN INTAKE FORM AT FINNAV.ORG/BOSTON



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





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.



PSST! FRIENDLY REMINDER

Don't forget about Boston's three free bus routes! Learn all about why we are doing this, where these buses go, and more at boston.gov/free-bus.

MBTA Routes 23, 28, and 29 are still free to board at all doors. No Charlie Card required.



**FREE FARES ON
BUS ROUTES 23,
28, AND 29**

Learn more at boston.gov/free-bus

CITY of BOSTON 



©Mike Mejia

CELEBRATING NORMAN BORKOW

Mayor Wu visited Norman in celebration of his 80th birthday and in recognition of him being a resident for more than 60 years of the YMCA of the Greater Boston Housing Program.



WHEN TO CALL 311 DURING COLD WEATHER

311 is prepared to assist you with cold-weather related resources, information and service requests. For medical, shelter, or all other emergencies, please call 911.

SHARE THE WARMTH THIS WINTER

We're welcoming donations across the City to share with our unsheltered neighbors. Donations can be made through April.

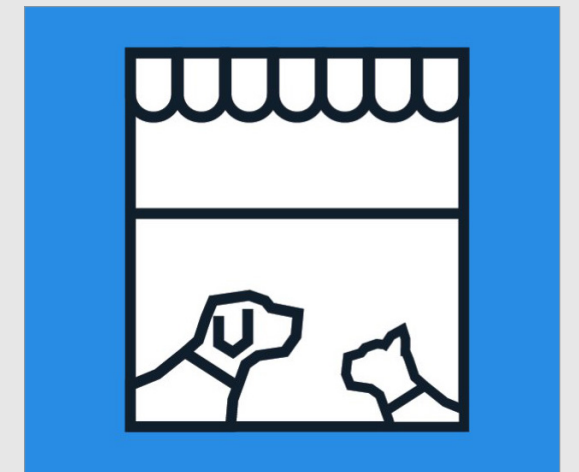
Learn more here:
boston.gov/winter-donations



WINTER SAFETY TIPS

Help your pets stay warm by keeping them indoors. They suffer in the cold, just like humans.

If you see a pet in distress, call Animal Care and Control at 617-635-4500 or 311.



▶ SEEN AROUND TOWN



YOU MAY INCREASE YOUR SNAP BENEFITS BY VERIFYING YOUR MEDICAL COSTS



Older adults age 60+ may claim medical costs to increase their SNAP benefits.

SNAP benefit amounts are based on household income and expenses. Claiming medical expenses could reduce your countable income.

These medical costs may be claimed: medications, prescriptions, supplements/vitamins, insurance premiums, vision, dental, medical equipment, home health care, acupuncture, massage, physical therapy, chiropractor, incontinence supplies, transportation, parking, mileage and medical co-payments.

You will need to provide receipts/bills to prove most medical costs.

To see if you're eligible for an increased SNAP benefit, call Boston's Age Strong Commission at 617-635-4366.

AGE+



City of Boston
Age Strong Commission