

Boston Seniority

Age Strong Commission

City of Boston

Mayor Martin J. Walsh

BLACK HISTORY: MORE THAN A MONTH

p. 16-21



Feb 2020
Issue 2
Vol. 44

Free Publication



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See if we saw you! A photo series from social outings around the city of Boston.

On the Cover:

Monty Flemming, 61, invited *Boston Seniority* to meet some members of his family and talk about the importance of black history. "My grandmother and mother shared their stories with me, and I try to do that now with my grandchildren," said Monty. His eight-year-old granddaughter Laila said, "It's so



we can remember!" Monty and Laila were joined in this photoshoot by Monty's grandson, Luis, 11, and his mother Pansy, 83. Flemming works at Boston City Hall in the Treasury Department.



Boston Seniority

Published by the City of Boston's Age Strong Commission

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City Hall Plaza-Room 271
Boston, MA 02201

Printed by Flagship Press, Inc.

Boston Seniority is supported in part by The Executive Office of Elder Affairs.

Although all material accepted is expected to conform to professional standards, acceptance does not imply endorsement by the City of Boston.

Stay Connected
with the Age Strong
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Main number: (617) 635-4366



Website: www.boston.gov/age-strong



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

More Than A Month: Celebrating Black History All Year Long



In the City of Boston, we celebrate our diversity and our history. This month is a time to reflect and honor those who came before us and dedicated their lives to uplifting the Black community in this City and across the nation.

Although February is Black History Month, this heritage should be celebrated year-round. We should always pay tribute to the trailblazers, activists, and leaders who have fought so hard for freedom, inclusion, and equality.

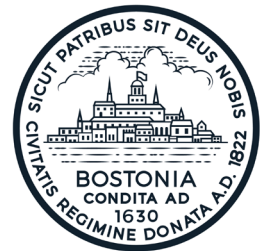
2020 will be a very important year for the City of Boston. This July we will host the 111th NAACP National Convention. It's a milestone for our city, and it marks a new era of progress we have achieved together.

I invite all Bostonians to join me in celebrating Boston's Black history and Black achievement at special events all month long. You can find details inside this issue and at Boston.gov.

These events are a great opportunity for the community to come together, celebrate our shared values, and recommit ourselves to building a better world, together.

Sincerely,

-Mayor Martin J. Walsh



▶ Reader Submission

Jet and Age Strong

I've been recruited by old age.

All I did was turn a calendar page.

Dome seeded with gray hair,
got wrinkles, extra pounds every where.
I'm drowning in a sea of sleepless nights;

it's a current a senior fights,

Don't know if I'm wrong or right,
to break the mold I'll fight, fight, fight.

Look in the mirror, "Who do I see?"

A girl of seventeen staring at me
Who doesn't see the turbulence ahead,
with positive thoughts her brain is fed.

Turn this ageism norm around,
vital and active new energy found.

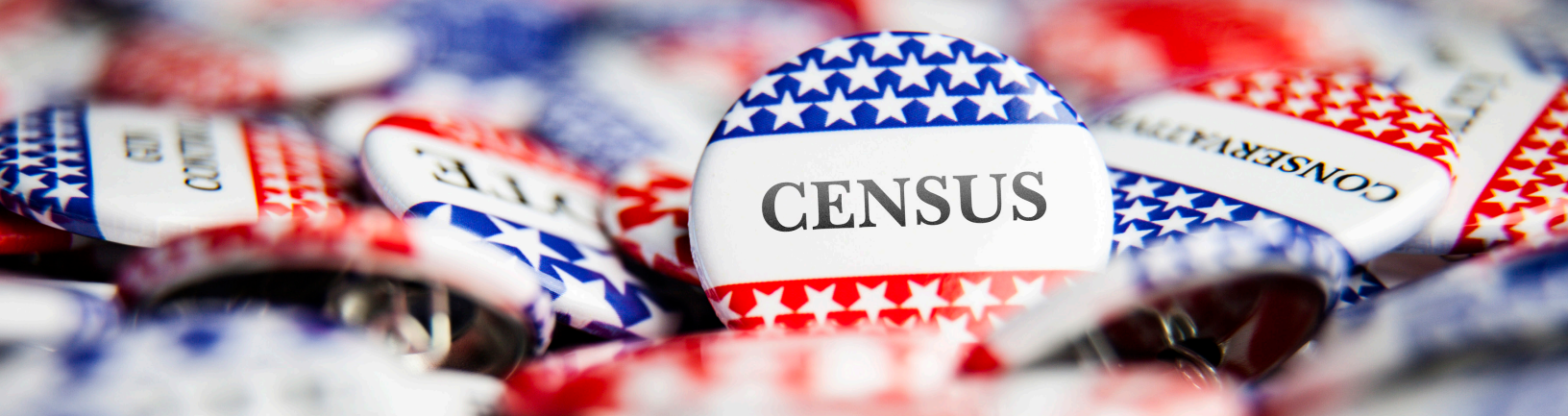
Never, ever gonna give up,
you think I drank from the fountain of youth cup.

Live happy for a long long time,
claiming ground I fought to be mine.

I hope this plan of mine is utilized,
a life of love and friends will be my prize.

This rap could go on and on,
but I've got to jet and AGE STRONG.

- Donna Redd, 72, Dorchester



► Census Information

Federal 2020 Census: FAQ

Our population in Boston is ever-changing and especially hard to count. This is why Boston depends on everyone to participate and be counted so that the national census accurately reflects the diverse people who call our city home.

What is the Census?

It is a constitutionally required nationwide survey conducted every 10 years to count the population in the U.S.A. The data collected determines the number of seats in the U.S. House of Representative, informs redistricting, and directs more than \$675 billion in federal funding to states and cities.

Who is counted?

Everyone should be counted. Regardless of immigration status, housing security, age, race, or ability, you count equally in our democracy.

How do I respond?

For the first time, you can respond to the Census online or by phone in 13 different languages.

Is this the same as the City Census?

No. The National Census and City Census are both taking place this year, so please make sure you participate in both.

Did you know that billions of dollars in federal funding that help support your community are based on Census data?



Healthcare

The Census impacts funding for programs like Medicare, Medicaid, and Community Health Centers.



Food & Nutrition

The Census impacts funding for programs like SNAP, Meals on Wheels, and the National School Lunch Program.



Education & Social Services

The Census impacts funding for programs like Head Start and foster care.



Housing & Transportation

The Census impacts funding for programs like Section 8 vouchers, homebuyer assistance, and infrastructure planning.

Become a Census Worker and Earn 27.50/hr!



- Great Pay
- Flexible Hours
- Weekly Pay
- Paid Training

Apply online at:
www.2020census.gov/jobs

For more information or help applying, please call:
1-855-JOB-2020

Census Timeline



March 12-20

Invitation to respond online or by phone (limited households will receive paper questionnaire).



March 23 – April 3

Reminder postcard (if household has not yet responded).



April 1

Census Day is observed nationwide. By this date, every home has received an invite to participate.



May 13

Non-response operation (door to door enumeration) begins. In-person census employee visits your home.



July 31

Non-response operation ends. Census count ends.

Lifelong Love:

Couples Celebrating 50+ Years Share Their Stories

We spoke with couples at the annual Golden Anniversary celebration. The sweethearts shared stories of their love, and some advice to newlywed couples. Are you celebrating 50+ years with your partner? Call 617-635-4366 to learn about the annual event!



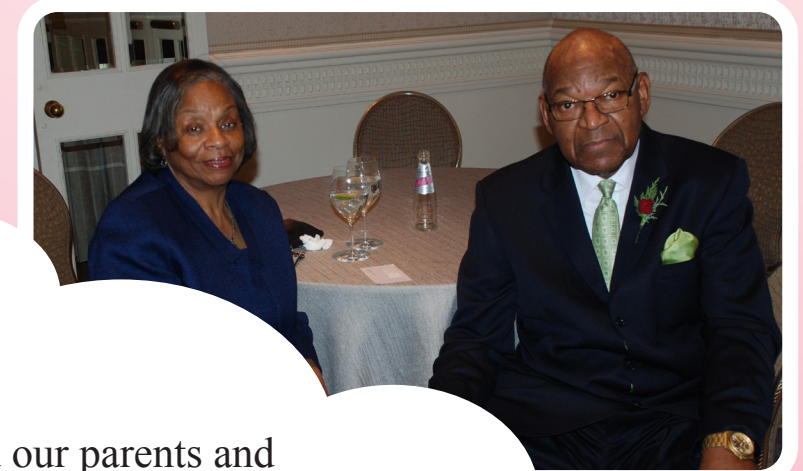
Mary, 80 and Alson Silcotte, 83
Together for: 60 years
Neighborhood: Dorchester

“It’s a two way street. You have to compromise,” said Alson. Mary added, “We do almost everything together. We love to travel.”



Florence, 87 and Robert Owens, 86
Together for: 63 years
Neighborhood: South End

“You have to love one another and work together,” said Robert. “We love having family traditions with our grandchildren and great-grandchildren,” said Florence.



Zereal, 73 and Roy Chance, 73
Together for: 53 years
Neighborhood: Mattapan

“We were classmates in school, and our parents and grandparents knew each other.” Zereal said. “We’ve basically known each other all of our lives,” Roy said.



Dorothy, 80 and James Keeney, 81
Together for: 51 years
Neighborhood: South End

“You should be very much in love and have tolerance for each other,” said Dorothy. “You need to be respectful and patient,” said James.



From that moment on, the couple has been together.

The sweethearts fell in love and were married two years later in 1970. Roberta and Walter will celebrate 50 years of marriage on May 10th, 2020.

The couple still live in the West End, and every time they look out their window, they see the exact location where Walter first laid eyes on Roberta. A beautiful tree is now in that spot, and they get to look at the tree, which brings back that special day.

“When we look out our master bedroom, we see that tree and reflect on the day we met,” said Roberta.

The couple, whose love has lasted half a century, has simple advice for newlywed couples.

What’s at the root of their relationship? “You have to have respect for one another,” said Roberta. “Sharing common interests and having patience is key. But empathy and love are primarily the main components for a long-lasting relationship. Yes, primarily love.”



► Seasonal Feature

The Root of Love: A West End Love Story

By Andrew Higginbottom, Age Strong Staff Assistant

It was a December night in 1968 when Walter Jones was driving home from work to his apartment in the West End section of Boston. Little did he know, that this routine route was going to be different that night. He was about to meet the love of his life.

“I was coming home from work, and I was parking my car and saw this woman walking down the street,” Walter said. “She was in a beautiful green coat, and I looked to see where she was going and put my things away at my apartment. I quickly came down to try and find her.”

The woman he saw walking was Roberta, a singer, and she was walking to a local restaurant in the neighborhood to watch one of her friends perform.

“I was on my way to this restaurant called the Branding Iron, which is unfortunately no longer there,” said Roberta. “My friend, who I took voice lessons with, was singing there. I didn’t realize that this was also the night I was going to meet my husband-to-be.”

Walter greeted Roberta at the restaurant, and they talked throughout the night.

Did You Know?

Mayor Walsh and the Age Strong Commission partnered with Meals on Wheels again this year to deliver more than 7,000 homemade Valentine's cards to older adults who are homebound.

February Happenings: Ways to Fill Your Calendar

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

FEBRUARY
14
**Winter Fitness Series:
Cardio Fitness**
Time: 10:00 am - 11:00 am
Location: The Bubble at
Carter Field, 687 Columbus
Ave, South End
Contact Info: 617-635-4505

FEBRUARY
15
Book Sale
Time: 10:00 am - 3:00 pm
Location: BPL - South Boston
Branch, 646 East Broadway
Contact Info: 617-268-0180

FEBRUARY
16
Art and Architecture Tour
Time: 2:00 pm - 3:00 pm
Location: Central Library in
Copley Sq., 700 Boylston St.
Contact Info: 617-536-5400

FEBRUARY
19
**Free Immigration Consultations
with Volunteer Attorneys**
Time: 12:00 pm - 2:00 pm
Location: Boston City Hall,
1 City Hall Sq. Rm 806
Contact Info: 617-635-2980

FEBRUARY
20
**Intergenerational
Housing Conversation**
Time: 2:00 pm - 3:00 pm
Location: Central Library in
Copley Sq., 700 Boylston St.
Contact Info: 617-536-5400

FEBRUARY
21
**Friday Film:
"His Girl Friday" (1940)**
Time: 1:00 pm - 3:00 pm
Location: BPL - North End
Branch, 25 Parmenter St.
Contact Info: 617-227-8135

FEBRUARY
22
**Fundamentals of
Public Speaking**
Time: 1:00 pm - 3:00 pm
Location: BPL - Jamaica
Plain Branch, 30 South St.
Contact Info: 617-524-2053

FEBRUARY
29
**Winter Concert Series:
Minnie and Ella Jordan**
Time: 1:00 pm - 2:30 pm
Location: Central Library in
Copley Sq., 700 Boylston St.
Contact Info: 617-536-5400

MARCH
2
Yoga for Adults
Time: 1:30 pm - 2:30 pm
Location: BPL - Charlestown
Branch, 179 Main St.
Contact Info: 617-242-1248

MARCH
3
**Unleash the Amazing
Quilter in You**
Time: 10:30 am - 12:30 pm
Location: BPL - Codman Sq.,
690 Washington St., Dorchester
Contact Info: 617-436-8214

MARCH
6
Films in March: The Misfits
Time: 2:00 pm - 4:45 pm
Location: BPL - South End
Branch, 685 Tremont St.
Contact Info: 617-536-8241

MARCH
12
**Delvena Theatre
Company: Isabella**
Time: 2:00 pm - 3:00 pm
Location: Central Library in
Copley Sq., 700 Boylston St.
Contact Info: 617-536-5400

*"The time is always right to do
what is right." - Martin Luther King Jr.*

Coming Soon...



The Age Strong Commission is excited to offer the Senior Civic Academy course again this spring!

The Civic Academy is a six-week intensive course that introduces participants to aging policy and advocacy techniques. The class is limited to 25 participants. An application is required and is due to the Age Strong Commission by Friday, February 28th.

For more information about the class and the application, please call the Age Strong Commission at 617-635-4366.

► Employment

Comeback Career: Rejoining the Workforce after Unemployment

By Steve Currier, Job Development at Operation ABLE

Losing a job can be one of life's most stressful experiences. It can be even more difficult if you are an older adult and that job loss turns to long-term unemployment. Long-term unemployment is when someone is out of work for six or more months. This time can cause a lot of pressure in your life and can affect your self esteem. It's normal to feel stressed and anxious for what the future holds. Fortunately, there is help in Boston for those committed to get back into the workforce.

One program that can assist unemployed older adults is the Senior Community Service Employment Program (SCSEP). SCSEP is the United States' oldest program to assist low-income, unemployed individuals, aged 55 and older to find work. SCSEP matches eligible older adults with part-time training assignments in non-profit organizations.

Participants work on average 20 hours a week. This work helps build skills and self-confidence while earning a stipend.

For many participants, their SCSEP experience leads to permanent employment!

Interested in becoming an SCSEP participant? Here are some rules and guidelines to be eligible:

- The participant must be age 55 or older and unemployed
- The participant must be a resident of Suffolk, Essex, Middlesex, Norfolk or Worcester county
- The participant must meet federal low-income guidelines

How to enroll in a SCSEP program:

You can enroll at the Operation ABLE office located at 174 Portland St. in Boston. Operation ABLE is an authorized SCSEP agency that provides job seekers with training programs and employment services. They hold free information sessions on the SCSEP program each Friday at 10:00 am in their offices.



If an applicant meets all the required qualifications, they will then meet with a SCSEP representative who will explain the role of the host agencies and the type of work that the employer has. If there is no waiting list, then they will be enrolled at a non-profit in their community to begin their work!

What is a host agency and how does a host agency benefit from training a SCSEP participant?

A host agency is an organization that offers on the job training to SCSEP participants. Average assignments given to participants last up to 18 months. The host agency must be able to offer appropriate

diverse and quality training opportunities for older workers to be qualified as a host agency. SCSEP job seekers normally perform a variety of tasks that may not be accomplished because of a gap in funding

SCSEP can assist the host agency in finding trained and qualified mature workers to fill important jobs in their organization.

Interested in learning more about the SCSEP Program? Contact Operation A.B.L.E at 617-542-4180. The mission of Operation ABLE is to provide employment and training opportunities to job seekers from economically, racially and occupationally diverse backgrounds.

BLACK *history*

MORE THAN A MONTH

In Boston, we honor the stories and experiences from our black community and celebrate their excellence, triumphs, and contributions. Celebrating provides an opportunity to highlight black culture and history. Join us all year long in recognizing the important people and events that shaped who we are today.

-Your Editors

► Neighborhood Voices

What Does Black History Mean to You?

Each year, Americans observe Black History Month in February by celebrating the history and achievements of African Americans. But the celebration of black history and culture should be honored year round. We spoke with a few Bostonians and they told us what Black History means to them and how they celebrate it every day.

“It’s a constant celebration. I’m originally from Cameroon, and in Africa... we celebrate everyday. And I celebrate black history here the same way.”

-Efon Elad, 76, Roxbury



“Black people have to work hard. Every month we have to work hard. But Boston is a great place to celebrate black history and the City helps us year-round. I enjoy living in Boston.”

-Grace Peltier, 78, Mattapan



“We need to continue MLK’s legacy everyday. I live by his words and acknowledge his work, and celebrate black history throughout the year.”

-Ilbert Hughes Lacey, 78, Mattapan

From the Cover
“I want my grandchildren to know where they came from and what life was like for the generations before. I try to instill that history in them, with photos and stories, so they will carry it on.”
-Monty Flemming, 61, East Boston



“It’s been a pleasure to be able to speak freely about who I am and go to the black history events. I’m proud to be a very active member in my community.”
-Helen Bland, 85, Dorchester



“I go to all the black history programs year round. I cherish the people that made a difference for us and the community.”
-Marie Williams, 81, Dorchester



Exploring Boston's Black History

Boston has been the backdrop for many historic and prominent black history events. As you celebrate black history throughout the year, be sure to visit these significant sites around town.



▶ 54th Regiment Memorial

The Union's first all-black volunteer infantry are memorialized in a bronze sculpture located on Beacon Street, at the edge of the Boston Common.



▶ Phillis Wheatley Statue

The literary prodigy's statue can be seen in the Boston's Women's Memorial on Commonwealth Ave in the Back Bay. Wheatley was the first African writer in America to have a book published.



▶ African Meeting House

The African Meeting House is the oldest, still-standing church black church in the U.S., and now houses the Museum of African American History. It is located on Beacon Hill.

▶ Events

Black History Events in Boston

Visit the City's website for an up-to-date listing of events throughout the year at www.boston.gov/news/event-calendar-marking-black-history-month-boston

▶ Our Story! Celebrating the African American Experience

Date: Friday, February 15
Time: 7:00 pm - 9:00 pm
Location: Strand Theater, 543 Columbia Road, Dorchester
RSVP: 617-635-1403
Tickets: \$20 in advance, \$25 at the door

▶ BCYF Black History Trivia and Skate Night

Date: Friday, February 21
Time: 5:00 pm - 8:00 pm
Location: Chez-Vous Skating Rink, 11 Rhoades St., Dorchester
RSVP: Email erika.butler@boston.gov

▶ 3rd Annual FashionScape and Arts of Boston

Date: Wednesday, February 26
Time: 6:30 pm - 9:00 pm
Location: Hibernian Hall, 184 Dudley St., Roxbury
RSVP: Email chardlinechanelfauteau@boston.gov

▶ Mayor Walsh's 4th Annual African American Veterans Brunch

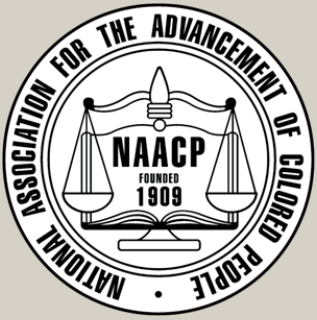
Date: Saturday, February 29
Time: 11:00 am - 1:00 pm
Location: Thelma D. Burns Building, 575 Warren St., Dorchester
RSVP: 617-635-2500 or email quincey.roberts@boston.gov



Age Strong Black Heritage Quilt

For the past year, older Bostonians and volunteers have answered the question, "What does the Black migration mean to you?" by coming together to create a beautiful quilt. The quilt has been stitched together from hundreds of individuals pieces, and the final product will be revealed later this month.

NAACP Convention Coming to Boston



The City of Boston will be hosting the 111th NAACP Convention this year! Boston has a strong NAACP branch and was the site of one of the earliest conferences in 1911. The NAACP is an important organization created to ensure a society in which all individuals have equal rights without discrimination based on race, and we are proud to host the 2020 convention!

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

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

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

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 \$1,130 for 2019 tax filers. To obtain the credit, you must file a MA Income Tax “Form 1” and the “Schedule CB Form” for the 2019 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 \$60,000 or less for a single filer, \$75,000 or less

for a head of household, \$90,000 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 \$808,000

For more information, contact:

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

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

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

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 out your taxes?

RSVP to our upcoming tax session for older adults. This tax session is intended for those filing simple returns, standard reduction, or Schedule A. For more information, please call (617) 635-4366 to schedule your appointment.

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 2019
- 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 2019, 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 2019
- 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

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

Allston Brighton Child & Family Services Center
406 Cambridge St. / 855-687-7345

Brighton Branch BPL
40 Academy Hill Rd / 855-687-7345

▶ **BACK BAY**
Copley Square Central BPL ^{*Voicemail Only}
700 Boylston St. / 617-918-5302

▶ **BROOKLINE**
High Street Veterans Family Learning Center
266 High St. / 855-687-7345

Trustman Family Learning Center
341R Saint Paul St. / 855-687-7345

▶ **CAMBRIDGE**
Just-A-Start Tax Help
402 Rindge Ave / 617-918-7504

▶ **CHARLESTOWN**
BHA Charlestown-Works
76 Monument St. / 617-635-5221

▶ **CHINATOWN**
Boston Chinatown Neighborhood Center
38 Ash St. / 617-635-5129

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

From Boston's Tax Help Coalition

Note: Your income must be less than \$56,000 to qualify for free assistance.

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

DotHouse Health
1353 Dorchester Ave / 617-288-3230

▶ **DOWNTOWN**
ABCD: Robert M. Coard Building
178 Tremont St. / 617-348-6583

JVS Center for Economic Opportunity
75 Federal St. / 617-399-3235

Suffolk University
120 Somerset St., 1st fl / 617-399-3235

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

Neighborhood of Affordable Housing
143 Border St. / 617-567-5882

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

▶ **JAMAICA PLAIN**
ABCD: Jamaica Plain APAC
30 Bickford St. / 617-522-4830

StreetCred at Martha Eliot Health Center
75 Bickford St. / 617-919-6837

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

▶ **QUINCY**
1199 SEIU
108 Myrtle St. / 617-284-1199

▶ **ROXBURY**
ABCD: Roxbury/North Dorchester Neighborhood Opportunity Center
565 Warren St. / 617-442-5900

Roxbury Center for Financial Empowerment
7 Palmer St. (2nd Fl) / 617-541-2666

Urban Edge
1542 Columbus Ave / 617-989-9323

▶ **SOUTH BOSTON**
ABCD: South Boston APAC
424 West Broadway / 617-269-5160 ext. 0

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

StreetCred at Boston Medical Center
850 Harrison Ave / 617-414-5170

StreetCred at South End Community Health Center
1601 Washington St. / 857-288-9013



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

*Some sites by appointment only, call to verify.

► In Boston, we Age Strong.

As part of the Health and Human Services cabinet, our mission is to enhance your life with meaningful programs, resources, and connections so together we can live and age strong together in Boston.



We can help with:

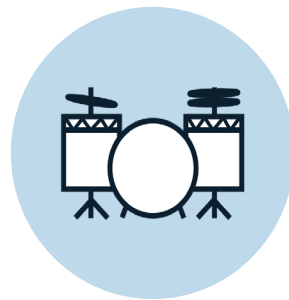
Call us for more details at 617-635-4366.



Access to Information and Benefits:

Community Advocates connect seniors 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 access several tax relief exemptions and programs like the Elderly Exemption 41C, Senior Circuit Breaker Tax Credit and more.
- Assist older adults with navigating systems including the aging network and city services.



Outreach and Engagement:

The Commission organizes dozens of events and programs throughout the year. From large city-wide celebratory events to smaller neighborhood focused gatherings, we engage with older residents on many levels.



Transportation:

We are committed to helping people 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.
- Senior Charlie Card application assistance.



Volunteer Opportunities:

We operate 4 volunteer programs in impact driven 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.
- *Senior Greeters* volunteer their time to greet guests of City Hall.
- *Senior Property Tax Work-Off Program*: Qualified senior homeowners get the opportunity to work-off up to \$1,500 on their property tax bill by volunteering for a City agency.
- *Respite Companions* offer friendship and are attentive to an individual living with dementia, while giving the gift of respite to caregivers.



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, which are 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.
- Can connect you to trained Respite Companions who offer additional support to an individual living with dementia.



Seniority Around the World

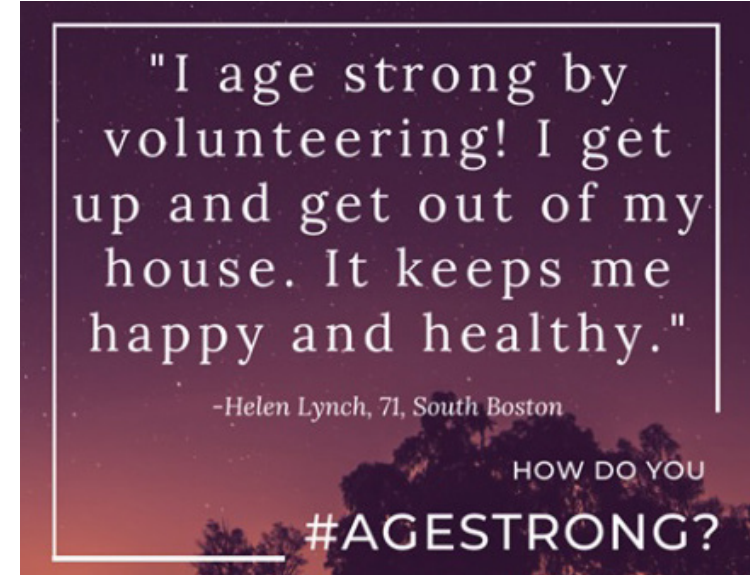
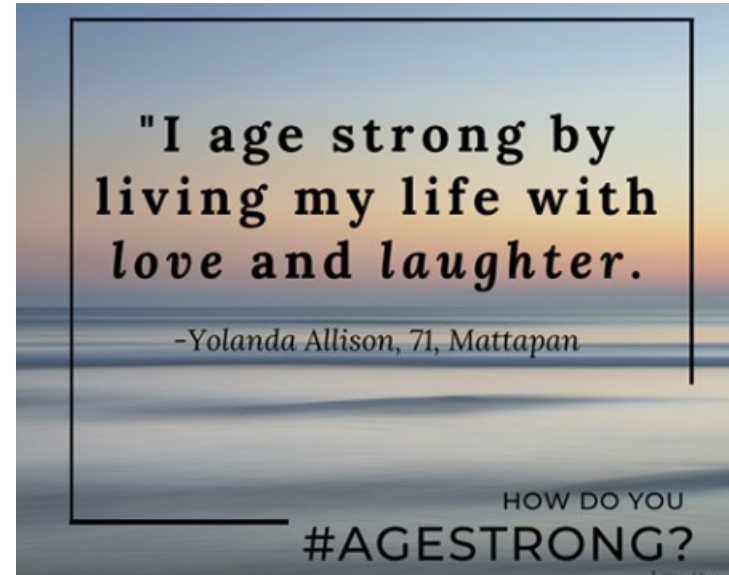
Denise, 64, holds her copy of *Boston Seniority* magazine outside her home in Marshall, North Carolina. "I always thought I'd retire at the beach, but there's a lot to do here in North Carolina. I take Osher lifelong learning classes, and my daughter and I always find free things to do."



Seen on Social Media

Find us on Facebook and Twitter: @AgeStrongBos

On social media, we post on how you #AgeStrong. Here are a few!



In the News...

AARP recently featured Boston as one of the top age-friendly cities in the United States. AARP dispatched journalists to five cities that are winning acclaim for their innovative work toward increased livability. In addition to our age-friendly efforts, the article noted that the city offers rich cultural and educational experiences for older adults.

Age Strong Bag Giveaway Winner!

Congratulations to Mary Davis, 70 from Hyde Park! She won the contest from the September issue for the Age Strong Bag. Here she shares what she likes about autumn.

"I enjoy the cooler temperatures. I feel relieved those hot sweltering days are behind. I have never felt comfortable in skimpy attire therefore being able to go outside wearing just a light jacket or sweater makes me feel complete. I am glad those lazy, crazy, hazy days of summer are behind us."



Volunteer Spotlight

MLK Day of Service

Our RSVP and SCP volunteers served at the Vilna Shul, Boston's Center for Jewish Culture where they made sandwiches for the Pine Street Inn.

Volunteers at the Young Achievers in Mattapan helped with beautification projects at the school and took part in making homeless kits, journals and cards for veterans.



The Flashback

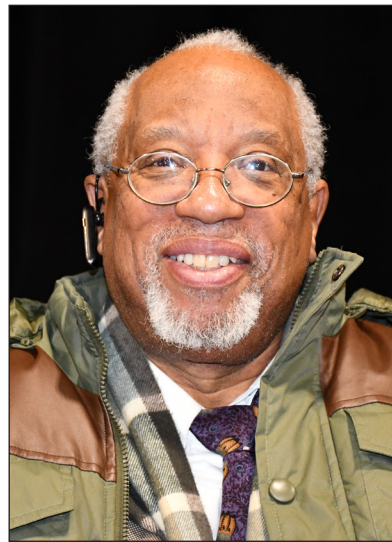
Answer from September's issue:

Looking north on Dorchester Avenue from just south of Beale Street in Dorchester.

Can you guess?

Hint: This was taken in 1939.

► Seen Around Town





Happy Valentine's Day!

*From Mayor Martin J. Walsh and
the Age Strong Commission*

AGE+



City of Boston
Age Strong Commission
Mayor Martin J. Walsh