

Boston Seniority

Age Strong Commission

City of Boston

Mayor Michelle Wu

**It's National
Nutrition
Month**
p.16-25



March 2022
Issue 3
Vol. 46

Free Publication



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Boston Seniority

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Stay Connected with the Age Strong Commission:



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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

Celebrating the Return of Spring

Hello, Boston!

Welcome to the March 2022 issue of *Boston Seniority Magazine*.

We're excited to welcome the arrival of spring later this month. With longer days, warmer weather, and more sunlight, there's a lot to look forward to this time of year. From the life and color that will return to our parks, to the live events taking place in our neighborhoods—I hope you'll find some time to spend outside with those you love, enjoying all that our city has to offer this spring!

March is National Nutrition Month, so we've included plenty of helpful tips and information on food access and nutrition for older adults. From SNAP and HIP to Community Cafes, meal delivery, and more, this issue is full of resources to ensure that your next meal is as nutritious as it is delicious. For more information on food and nutrition, feel free to visit the new Office of Food Justice website.

Of course, March is also the month when we celebrate the many incredible accomplishments of women throughout history. This Women's History Month, our Office of Women's Advancement has put together a list of events and activities where you can join us in remembering the extraordinary women who opened doors and broke down barriers right here in Boston—and around the country. You can check out Boston Public Library's daily book feature by brilliant women authors, or visit one of our many neighborhood parks, where our Parks Department will illuminate the stories of the women behind the names of some of your favorite green spaces!

Finally, don't forget to take advantage of the fare-free bus routes pilot that started this month. For the next two years, the 23, 28, and 29 buses are free! I hope you'll join me in making the most out of this exciting expansion in public transit access by celebrating the return of spring and exploring our city.

Sincerely,

Michelle Wu

Mayor Michelle Wu

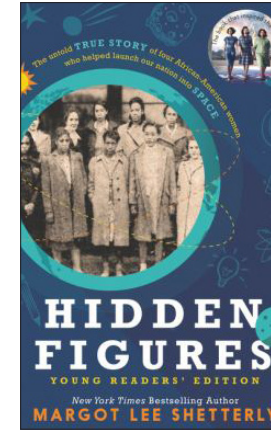


► Book Picks

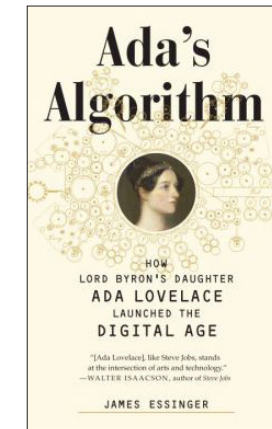
BPL Staff Book Picks: Women in the History of Science

Source: *Boston Public Library*

Learn about the lives and contributions of historical women scientists and mathematicians in honor of Women's History Month. We hope this list inspires you to keep reading!



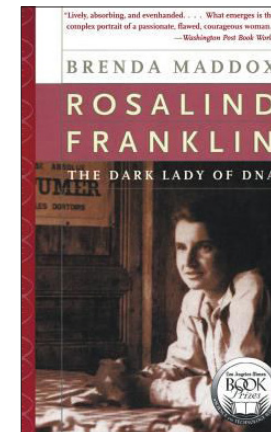
Hidden Figures
by Margot Lee Shetterly
Starting in World War II and moving through to the Cold War, the civil rights movement, and the space race, [this book] follows the interwoven accounts of Dorothy Vaughan, Mary Jackson, Katherine Johnson, and Christine Darden, four African American women who participated in some of NASA's greatest successes



Ada's Algorithm
by James Essinger

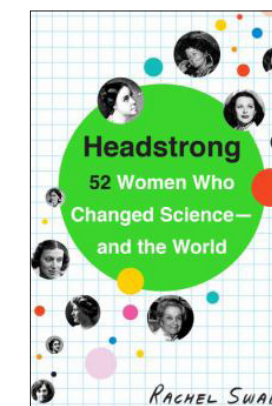
Behind every great man, there's a great woman; no other adage more aptly describes the relationship between Charles Babbage, the man credited with thinking up the concept

of the programmable computer, and mathematician Ada Lovelace, whose contributions, according to Essinger, proved indispensable to Babbage's invention.



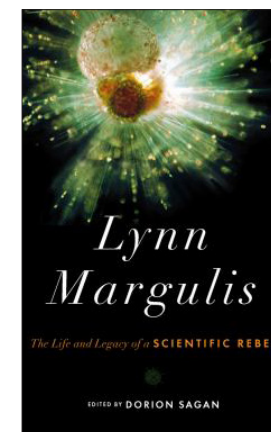
Rosalind Franklin
by Brenda Maddox

In 1962, Maurice Wilkins, Francis Crick, and James Watson received the Nobel Prize, but it was Rosalind Franklin's data and photographs of DNA that led to their discovery.



Headstrong
by Rachel Swaby

Fifty-two insightful and inspiring profiles of history's brightest female scientists and mathematicians



Lynn Margulis
by Dorian Sagan

Best known for her work on the origins of eukaryotic cells, the Gaia hypothesis, and symbiogenesis as a driving force in evolution, her work has forever changed the way we understand life on Earth.



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

Make Sure Have:

- 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 (and your 2019 tax return. You may need it to calculate a higher EITC.)
- All 1099 forms: (1099-G, 1099-R, 1099-INT, 1099-SSA, 1099 or self-employment)
- W2 forms from all jobs in 2021
- 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 2021, 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 2021
- 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

DROP OFF SERVICES, CALL FIRST

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

**Josephine A. Fiorentino
Community Center**
123 Antwerp St., Brighton
617-838-8089

Brighton Branch BPL
40 Academy Hill Rd., Brighton
855-687-7345

▶ **BACK BAY**
Copley Square Central BPL
700 Boylston St., Boston
617-918-5302

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

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

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

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

From Boston's Tax Help Coalition

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

ABCD Roxbury
North Dorchester NOC
565 Warren St., Dorchester
617-825-9660

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

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

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

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

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

▶ **ROXBURY**
**Roxbury Center for Financial
Empowerment**
7 Palmer St. (2nd Fl), Roxbury
617-541-2666

Urban Edge
1542 Columbus Ave., Roxbury
617-989-9323

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

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

**StreetCred at Boston Medical
Center (in-person)**
850 Harrison Ave., South End
617-414-5170

ONLINE SERVICES

**Have your documents ready to upload*

Bos Tax Help Central
bostaxhelp.org

Streetcred at Boston Medical Center
mystreetcred.org

The Neighborhood Developers
connectnow.org

Urban Edge
urbanedge.org

**Allston Brighton APAC Child & Family
Services**
getyourrefund.org/cfmp

JVS Center for Economic Opportunity
jvs-boston.org

► Scam Alert
Scam Corner: Phishing Scams

Source: AARP



Be careful of phishing scams! Phishing is a term for scammers who fish for your personal data, such as your Social Security number, credit card details or account passwords, to steal your identity, your money, or both. They are mostly associated with email but can come in many forms, including social media messages, pop-up ads, “vishing” (voice phishing by phone), “smishing” (phishing by text message) and “pharming” (drawing victims to bogus websites).

The scam often relies on impersonation, and phishers can be very good at it. They sound authoritative on the phone, trick caller IDs into showing a real corporate or

government number, and use well-known logos to make their emails and websites look genuine.

They bait the hook by promising goodies — free products or services, a big lottery prize, a government grant — or threatening legal or financial harm over a supposed unpaid tax or utility bill, for example. You might get a call or an official-looking email from your bank or from a tech company like Apple or Netflix, claiming a problem with your account.

You might even get a phishing email that appears to come from family or a



friend. Some scammers hack accounts and gather personal details on victims to launch highly targeted attacks, a practice called spear-phishing. Global crime gangs use phishing emails in widespread business swindles to penetrate companies’ computer networks or trick employees into paying phony invoices. Wherever their apparent source, phishing messages claim urgency (act now or you’ll risk arrest/have your account frozen/miss out on this special offer). You’ll be asked to quickly provide or “confirm” key pieces of personal or business information or be directed to click on a link, which might launch a virus that harvests data from your computer or takes over the machine and locks you out.

Tips to Avoid Phishing Scams

► Don’t give out personal/financial data such as your Social Security number or account numbers. A company or government office contacting you on

legitimate business will not ask for such information.

► Don’t click on a link/open an attachment unless you are certain the email comes from a trusted source.

► Don’t click links/call phone numbers provided in an unsolicited email or call. To check whether a business or government agency is really trying to contact you, use its legitimate customer service email or hotline, which you can find online or on account statements.

► Don’t click on or call phone numbers in suspicious pop-up ads. To close a pop-up safely, find the corresponding icon on the task bar at the bottom of your screen, right-click, and select “close” or “quit.”

If you are victimized by a phishing scam, file a complaint with the Federal Trade Commission by calling 877-382-4357 or visit [ftc.gov](https://www.ftc.gov).

► Pension Information

Pension Action Center

In Dorchester, at UMass Boston, the Pension Action Center acts on behalf of older adults looking to find and collect their earned pensions. The center houses experienced pension lawyers and pension counselors who can help you understand your rights under pension law and claim the retirement income benefits that you have earned. Assistance is free of charge to anyone with a pension question or problem, regardless of age, income, or value of the claim.

The Pension Action Center also helps folks navigate the complicated world of retirement income – a maze of federal law and regulation, corporate pension policies, Social Security, and financial investment. The pension counseling staff ensure that individuals do not have to navigate this maze alone.

The Pension Action Center staff helps resolve problems like these:

- One is entitled to a pension but, because s/he either does not understand the process or the employer is unresponsive, s/he is not receiving it.
- One has a vested pension in a company that has gone bankrupt and the employee cannot find the plan.
- One has worked for a company or union over a period of years but is being denied



a pension because of a break-in-service or for other reasons that the company claims s/he is not vested. The individual does not know how to go about finding employment records to prove her/his eligibility.

- A company abandons its 401(k) plan and the employees cannot access their money.
- A widow, after the death of her husband, finds she is impoverished because her husband's pension is terminated, even though she never waived her right to a survivor benefit.
- A worker starts receiving a pension substantially less than he expected because the plan has miscalculated the benefit.

The Pension Action Center is affiliated with the McCormack Graduate School of Policy and Global Studies at UMass Boston. For more information, call 888-425-6067 or visit umb.edu/pensionaction.

► Legal Matters

Elder Law: Getting Our Ducks in a Row Do You Need a Power of Attorney?

Over the next few issues, Boston Seniority will outline a few documents/tools recommended to older adults to keep your “ducks in a row” as we age.

What is a power of attorney (POA) and why should I have one?

If an accident or illness leaves you unable to make decisions, a trusted designee may transact your affairs. A power of attorney (POA) is a written document in which you (the “principal”) authorize a trusted individual whom you select (your “attorney-in-fact” or “agent”) to act on your behalf.

There are various types of POA including Limited, General, and Durable—and each of them grant different authority to the attorney-in-fact – like giving the authority to act on your behalf in specific situations or for limited time periods versus all affairs at all times—such as financial decisions, matters of health care, or legal issues.

Documents should be signed in the presence of a Notary Public. A durable POA may contain an expiration date, beyond which it lapses. It also may be revoked as long as the principal is not incapacitated. If the principal is incapacitated, a legal guardian would have the power to revoke the document. The POA is at all times answerable to a court-appointed legal guardian or fiduciary.

If you do not have a valid, durable power of attorney in place and you become incapacitated, the Massachusetts Probate Court will have legal authority over your affairs. The court will appoint a guardian to make decisions, sign documents and handle your health, business and family decisions, and take charge of your property and assets. A court-appointed guardianship means additional expense and legal complications for you and your family, as well as uncertainty over the outcome of any probate matters.

When choosing someone as your attorney-in-fact, be sure to select someone who is responsible and trustworthy, and consult an attorney regarding the different ways you can limit your POA document to protect yourself. To revoke your POA, notify your attorney-in-fact in writing, and ask them to return any copies of your POA document to you. You should also notify any others that may have received the document, in writing, that you have revoked your POA.

For more information, visit mass.gov/service-details/learn-about-the-power-of-attorney.

► Health

Early Signs of Alzheimer's Disease & Other Dementias

Source: Alzheimer's Association, Massachusetts/New Hampshire Chapter

Hundreds of thousands in Massachusetts are currently living with Alzheimer's Disease, but only half of those with the disease ever receive a diagnosis, with the diagnosis often happening in the later stages. While Alzheimer's cannot be cured, early detection can make a significant difference in living with the disease and managing disease-related challenges.

The benefits of early detection can include decreasing the financial and emotional burden of the disease, allowing more time for critical care planning, and ensuring better medical care. The Alzheimer's Association offers 10 early signs and symptoms to be aware of:

1. Memory loss that disrupts daily life - struggling to retain recently learned information.
2. Challenges in planning or solving problems – no longer being able to follow basic instructions.
3. Difficulty completing familiar tasks – some may have a hard time writing a grocery list or remembering how to play a favorite game.
4. Confusion with time or place – not remembering where they are or how they got there.



5. Trouble understanding visual images and spatial relationships – this may lead to difficulty with balance, depth or color and contrast.

6. New problems with words in speaking or writing - forgetting the names of familiar people/items and using descriptive words to refer to them instead.

7. Misplacing things and losing the ability to retrace steps – a person living with Alzheimer's may put things in unusual places.

8. Decreased or poor judgement – individuals may begin paying less attention to personal hygiene and routine responsibilities.

9. Withdrawal from work or social activities – he/she may lose their confidence to engage in topics/interests.

10. Changes in mood or personality – individuals living with Alzheimer's may become increasingly fearful, suspicious or upset in normal situations.

For questions about Alzheimer's or having a conversation when you notice a difference, call the Helpline at 800-272-3900.

► Did you Know?

March Awareness



Women's History Month in Boston



Since 1995, the U.S. has celebrated Women's History Month in March, recognizing the vital role of and the many accomplishments by women throughout history in a variety of fields. Learn more at womenshistorymonth.gov.

In Boston, the Mayor's Office of Women's Advancement features a virtual tour of the Boston Women's Heritage Trail (pictured) which visits monuments honoring women throughout the past 4 centuries including Phyllis Wheatley, the first African American woman to publish a book of poems; Abigail Adams, wife of John Adams (who served as both U.S. Vice President and President); and Lucy Stone, who ran *The Woman's Journal*, one of the most influential newspapers on

women's suffrage in the U.S. View the tour at boston.gov/departments/womens-advancement/womens-history-month

The Boston Parks Department created a collection of stories of a dozen-plus women who have significantly contributed to the parks over history, including Elma Lewis, Frieda Garcia, Mary Draper, and more. View the stories at boston.gov/news/boston-parks-celebrate-womens-history-month.

In honor of Women's History Month, The Boston Public Library promotes one book per day by a woman author about women's history or telling women's stories. View the Women's History book list and more at bpl.org.

March Happenings: Get Out and About in Boston!

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

MARCH
21
Marnie Jain: In Close Proximity 2.0
Exhibits - Time: All Day
Location: BPL - Jamaica Plain Branch, 30 South St.
Contact Info: 617-524-2053

MARCH
22
Library - Used Book Sale
Time: 10:00 am - 3:00 pm
Location: BPL - West Roxbury Branch, 1961 Centre St.
Contact Info: BPL - Sheila, 617-325-3147

MARCH
23
Age Strong Class: Yoga
Time: 11:30 am - 12:30 pm
Location: Virtual
Contact Info: Age Strong Commission, 617-635-4366

MARCH
24
Institute of Contemporary Art (ICA) - Free Thursday Night
Time: 5:00 pm - 9:00 pm
Location: 25 Harbor Shore Dr.
Contact Info: 617-478-3100
**Tickets will be available at icaboston.org/tickets at 10am on that Thursday morning.*

MARCH
25
Age Strong Class: Zumba
Time: 11:30 am - 12:30 pm
Location: Virtual
Contact Info: Age Strong Commission, 617-635-4366

MARCH
26
Parks Winter Fitness Series: Strength Training
Time: 9:00 am - 10:00 am
Location: Virtual
Contact Info: Jennifer, 617-635-4505

MARCH
28
Take Back the Kitchen (TBK) Cooking Classes for Older Adults
Time: 1:00 pm - 2:00 pm
Location: BPL - Roxbury Branch, 149 Dudley St.
Contact Info: Registration required, TBK - Jay, 617-807-1174

MARCH
29
Age Strong Class: Latin Dance
Time: 11:30 am - 12:30 pm
Location: Virtual
Contact Info: Age Strong Commission, 617-635-4366

MARCH
30
Introduction to Medicare: Learn the Basics
Time: 11:00 am - 12:30 pm
Location: Virtual
Contact Info: Registration required, BPL - Sophie, sleveque@bpl.org

“A flower blossoms for its own joy.”

– Oscar Wilde

Citizenship Day

Mayor Michelle Wu, the City of Boston Mayor's Office for Immigrant Advancement (MOIA), and Project Citizenship are hosting Citizenship Day on **Saturday, March 26, 2022**, at the Reggie Lewis Center in Roxbury.

Receive FREE help with your Citizenship Application!

You must:

- Be at least 18 years old
- Be a legal permanent resident for 5 years or 3 years if married to a U.S. Citizen

**On the day of the event, no walk-ins will be allowed and COVID-19 protocols will be in place.*

Call **617-694-5949** to make an appointment.

ProjectCitizenship.org





March is National Nutrition Month. In this issue we outline nutrition tips for older adults, various ways to access healthy food in Boston, free online cooking classes, Community Cafes, and more. Good nutrition is important to keeping healthy and aging strong!

-Boston Seniority Team

National Nutrition Month

#EatRight

Nutrition Tips

By: Tufts Human Nutrition Research Center on Aging

Nutrition needs change as we age. We may become less active, our metabolism slows, and our ability to absorb some nutrients becomes less efficient. Use “MyPlate for Older Adults” as a tool to help you when you shop, decide on types and combinations of foods you cook, and as a reminder that the food you eat should be rich in vitamins and minerals. Below are a few tips to help improve your nutrition and diet:

Add more fruits and vegetables into your daily routine

- Cut open bags of frozen broccoli, carrots and pepper slices or your favorite vegetables, after following the package cooking instructions, stir them into tomato sauce, just before serving.
- Sprinkle frozen berries on the top of breakfast cereal or yogurt, they thaw quickly!
- Keep ready-to-eat raw vegetables handy in a clear container in the front of your refrigerator for snacks or meals-on-the-go.
- Keep a day’s supply of fresh fruit handy on the table or counter.
- Enjoy fruits as a naturally sweet end to a meal.

- As unfamiliar seasonal fruits and vegetables appear in the market, consider trying them, you may find out there is something you really enjoy that you don’t usually choose.

- When eating out, choose a variety of vegetables.
- Read and follow package cooking instructions.

- Make sure there are no cold spots in food (where bacteria can survive) when cooking in a microwave oven. For best results, cover food, stir and rotate for even cooking. If there is no turntable, rotate the dish by hand once or twice during cooking.

Add low/non-fat dairy into your daily menu

- Use non-fat yogurt instead of cream cheese or sour cream.
- Sweeten non-fat yogurt with fruits or make it savory with chives to enhance the flavor.
- Make a smoothie with fresh or frozen fruit and plain low/non-fat yogurt
- Use nonfat powdered milk when cooking milk-based soups.

Add more fluids into your diet

- Get a special water bottle that you can carry with you while you are on the go.
- Add lemon, lime or orange wedges, or a favorite sliced fruit, to your jug or glass of water to perk up the flavor

- Drink unsweetened water-based beverages such as coffee or tea
- Increase your intake of fresh fruits and vegetables
- Consider adding a small bowl of soup to dinner or lunch

Fruits & Vegetables

Whole fruits and vegetables are rich in important nutrients and fiber, and generally low in calories. Stock your pantry with multiple forms; frozen, fresh, canned and dried, that will be always available to incorporate into your favorite dishes.

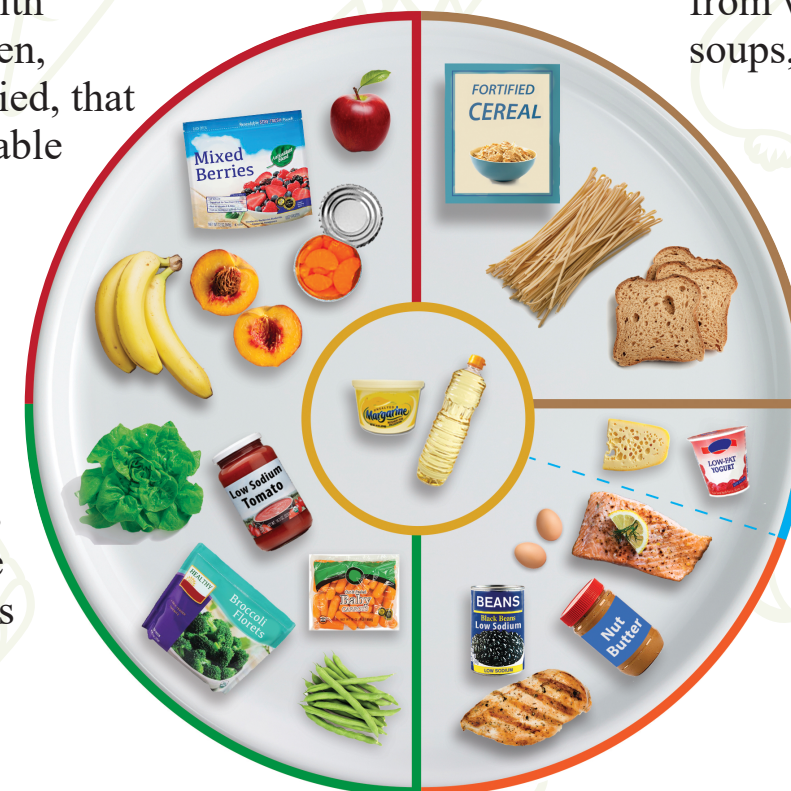
Healthy Oils

Liquid vegetable oils and soft margarines provide important fatty acids and some fat-soluble vitamins and serve as good substitutes for solid fats.

Herbs & Spices

Use a variety of herbs and spices to enhance flavor of foods and reduce the need to add salt.

MyPlate for Older Adults



Fluids

Consume plenty of fluids (especially in warmer weather). Fluids can come from water, tea, coffee, soups, fruits and vegetables.



Grains

Whole grain and fortified foods are good sources of fiber and B vitamins.

Dairy

Fat-free and low-fat milk, cheeses, and yogurts provide protein, calcium, and other important nutrients.

Proteins

Protein-rich foods provide many important nutrients. Choose a variety including nuts, beans, fish, and lean meat and poultry.



Remember to Stay Active!

“MyPlate for Older Adults” is an icon to provide food, fluid and physical activity guidance specifically tailored for older adults. The current plate gives special attention, with the expertise of AARP Foundation, to fully target issues relevant to the 50+ population.

For more information, contact Tufts Human Nutrition Research Center on Aging at 617-556-3000.



Better Nutrition for Older Adults

Source: Greater Boston Home Health Care Services

Americans nationwide are struggling to eat healthy, and older Americans are no exception. Many cite the problem of living alone and not knowing how to cook for one. This can seriously hinder their quality of life and make existing conditions worse, as well as extend healing times. Luckily, there are easy ways to make sure you are eating well and creating good dietary habits:

Make meals a social activity. Having a more social atmosphere allows people to enjoy their meals and you are more likely to eat better. A few ways to make eating a group activity include making dates with family, neighbors, and friends on a regular basis, joining senior meal programs or attending adult day care centers, which offer nutritious meals with company.

Add more fruits/vegetables to meals. These food groups are packed with vitamins and minerals that the body needs, and dark, leafy greens add in calcium, which can be especially beneficial to adults with osteoporosis.

Drink water! It's a simple way to improve the body's functions, but many

older adults don't drink as much as they should. As people age, they become more prone to dehydration as the body loses some of its ability to regulate fluid levels and doesn't trigger the feeling of thirst as it should. Try to drink water with every meal and every hour.

Avoid skipping meals, which causes the metabolism to slow down and leads to making poorer food choices as the day goes on.

Replace "convenience foods," which are processed and often not nutritious, with fresh foods that are easy to prepare or snack on, such as yogurt, fruit, oatmeal, and eggs. Take regular trips to the grocery store and shop the perimeter – produce, dairy, proteins, which have more nutrition than the inner aisles.

Eating does not have to be a chore. Mealtimes with friends, cooking with new foods, and adding more healthful options can make a big difference in the health and happiness. The U.S. Department of Agriculture has nutrition guidelines available at myplate.gov.

Food Options in Boston

Dining Sites

Seniors and their spouses can share a meal with others at more than 40 locations across Boston. The suggested donation for these meals is \$2.

Home-Delivered Meals

This program delivers meals to people who cannot leave their homes because of illness, disability, or frailty, or who have significant difficulty preparing meals.

Food Pantries

Provide groceries on an emergency or occasional basis to those in need.

Food Source Hotline

No matter what you're going through, we understand that food is a must. The FoodSourceHotline connects you to programs that will help you afford groceries and put food on the table like SNAP (supplemental nutrition assistance program), HIP, meal programs, food pantries, and more.

Fresh Truck

A program of About Fresh, the Fresh Truck gets fresh food closer to the households that need it most. Fresh Truck makes stops throughout Boston daily, targeting communities with the least access to healthy food options. They carry fruits, vegetables, whole grains, breads, nuts, and other healthy food options. Fresh Truck also works with health centers, schools, and other community partners to serve as a direct access point for affordable, healthy food options.

Fair Foods

Fair Foods provides \$2 bags of fresh produce strengthening your dollar to make a healthy diet of fresh fruits and vegetables affordable. Each bag contains over twelve pounds of mixed fresh produce. No eligibility requirements, no registration, and no ID checks. Take as many bags as you need for yourself, friends, or family. Fair Foods distributes to 20+ sites across Boston.

For more information and help connecting to these services, speak with an Age Strong advocate at 617-635-4366.



Massachusetts Food Access Programs

▶ SNAP

The **Supplemental Nutrition Assistance Program (SNAP)** is available to those who need help buying fresh, nutritious food. You may be eligible for this program through Massachusetts' Department of Transitional Assistance, depending on your household size, income, and expenses.

To apply for SNAP benefits, you need to provide personal information, including your Social Security number (if you have one), birth date, home address (if you have one), income, and expenses. You may apply online, by mail, phone, fax, or in person. Interpreters are available if you don't speak English.

You'll get a decision within 30 days of applying via a letter in the U.S. mail. If you're approved, you'll get an Electronic Benefit Transfer (EBT) card as well. If you're denied, the letter will explain why.

SNAP benefits include monthly funds on an EBT (electronic benefits card) card to buy food, free nutrition education classes and resources, and connections to other resources, like utility discounts, and free school meals.

▶ HIP

Massachusetts' Healthy Incentives Program (HIP) incentivizes buying local, healthy produce by putting money back on your EBT card when you use SNAP to buy from HIP farm vendors. There is no special sign-up for HIP. If you live in Massachusetts and get SNAP benefits, you're automatically able to participate in HIP.

Make sure you have SNAP benefits left on your EBT card. HIP will put the SNAP dollars you spend on HIP produce back onto your EBT card instantly. Once the money has been put back on your EBT card, you can spend it at any SNAP retailer like always.

Only certain vendors process HIP, including select farmers' markets, farm stands, mobile markets, CSAs (community supported agriculture farm shares). Visit DTAFinder.com to search for HIP vendors near you. Regular grocery and convenience stores do not take HIP.

Your monthly HIP amount is based on your household size:

1-2 persons	\$40
3-5 persons	\$60
6+ persons	\$80

Your monthly HIP cap starts over on the first of each month, regardless of when you get your SNAP benefits. If you have SNAP benefits left on your EBT card on the first of the month, you can start using your HIP for the month right away. If your SNAP balance is zero, you will not be able to use HIP until you have SNAP benefits available again.

Any variety of fruits and vegetables sold by HIP vendors are eligible for HIP, as long as they do not contain added salt, sugar, fat or oil, including fresh, canned, dried, frozen, or even in seed/seedling form.

To sign up for SNAP call to speak with an Age Strong advocate at 617-635-4366.



Celebrating What Unites Us

FREE COOKING VIDEOS ONLINE



One of the Age Strong Commission's initiatives, Age Friendly, features a healthy cooking video series for Boston older adults called *Celebrating What Unites Us*. This collaborative program aims to celebrate the immigrant experience, build community and cross-cultural understanding, and promote healthy living for older residents of Boston.

Food can unite people and serve as a window into other cultures. Celebrating What Unites Us monthly cooking videos honor a different part of the world, and includes a speaking program, and cooking demonstration/tasting.

Episodes include Vegan Recipes from the African Heritage Diet, Flavorful Flatbreads: Cultural Variations on a Theme, Signature Dishes with Haley House Bakery Cafe, Healthy French Dinner Party, and cuisines including Latin American, Asian, Moroccan, Armenian, Ethiopian, Sicilian, Mexican, Indian, and more. Past episodes are free to view at oldwayspt.org/watch-cooking-demos-online.

This series is offered by the Armenian Heritage Foundation in collaboration with the City of Boston's Age Strong Commission, Age Friendly Boston, Oldways, and Friends of the Armenian Heritage Park on The Greenway.

Greater Boston Chinese Golden Age Center Nutrition Program

Greater Boston Chinese Golden Age Center is a nonprofit organization providing culturally-sensitive and linguistically-appropriate programs and services for Chinese-speaking Asian older adults, so they can maintain their independence/wellness both at home and in the community; and enhance their quality of life.

Hot Chinese meals, created with recipes made with fresh ingredients, purchased

from local vendors, are cooked at Greater Boston Chinese Golden Age Center's central kitchen and distributed to their three congregate meal sites, and delivered to homebound seniors who live in the Boston neighborhoods.

For more information, call Greater Boston Chinese Golden Age Center at 617-357-0226 or visit gbcgac.org/programs-and-services/elderly-nutrition-program/.

Ethos Community Cafes & Home Delivered Meals

Ethos, located in Jamaica Plain, is a nonprofit organization providing high-quality home care for older adults and the disabled. They host Community Cafes each week where seniors from all over the city of Boston can get a delicious meal, and have the opportunity to socialize, learn about health and wellness and participate in activities. Today there are 17 community cafes throughout the city of Boston. Community Cafes are open to any person 60 or over.

The Ethos nutrition program started in 1973 and is one of more than 5,000 local Senior Nutrition Programs in the United States. Through its home delivered meals (Meals on Wheels) and congregate meals programs, Ethos provides well over 2.1 million meals to seniors each year. The organization also offers nutrition check-ups and counseling from a licensed dietitian. For more information call 617-477-6968 or visit ethocare.org.

► 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:

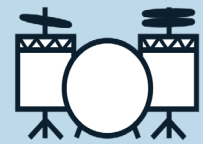
Call us for more details at 617-635-4366.



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:

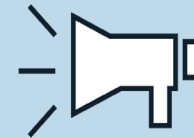
The Commission organizes many **in person and virtual** events and programs throughout the year.



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.

2022 DOG LICENSING AND PET VACCINE CLINICS

FOR BOSTON RESIDENTS ONLY | SATURDAYS | 10 A.M. - 2 P.M.

DORCHESTER | MARCH 5

BCYF Perkins Community Center
155 Talbot Ave.

JAMAICA PLAIN | APRIL 30

BCYF Curtis Hall Community Center | 20 South St.

WEST ROXBURY | MARCH 19

BCYF Roche Community Center
1716 Centre St.

SOUTH BOSTON | MAY 14

BCYF Condon Community Center | 200 D St.

EAST BOSTON | APRIL 2

BCYF Pino Community Center
86 Boardman St.

ROXBURY | JUNE 4

BCYF Tobin Community Center | 1481 Tremont St.

CHARLESTOWN | APRIL 16

BCYF Charlestown Community Center | 255 Medford St.

DOG LICENSING FEES

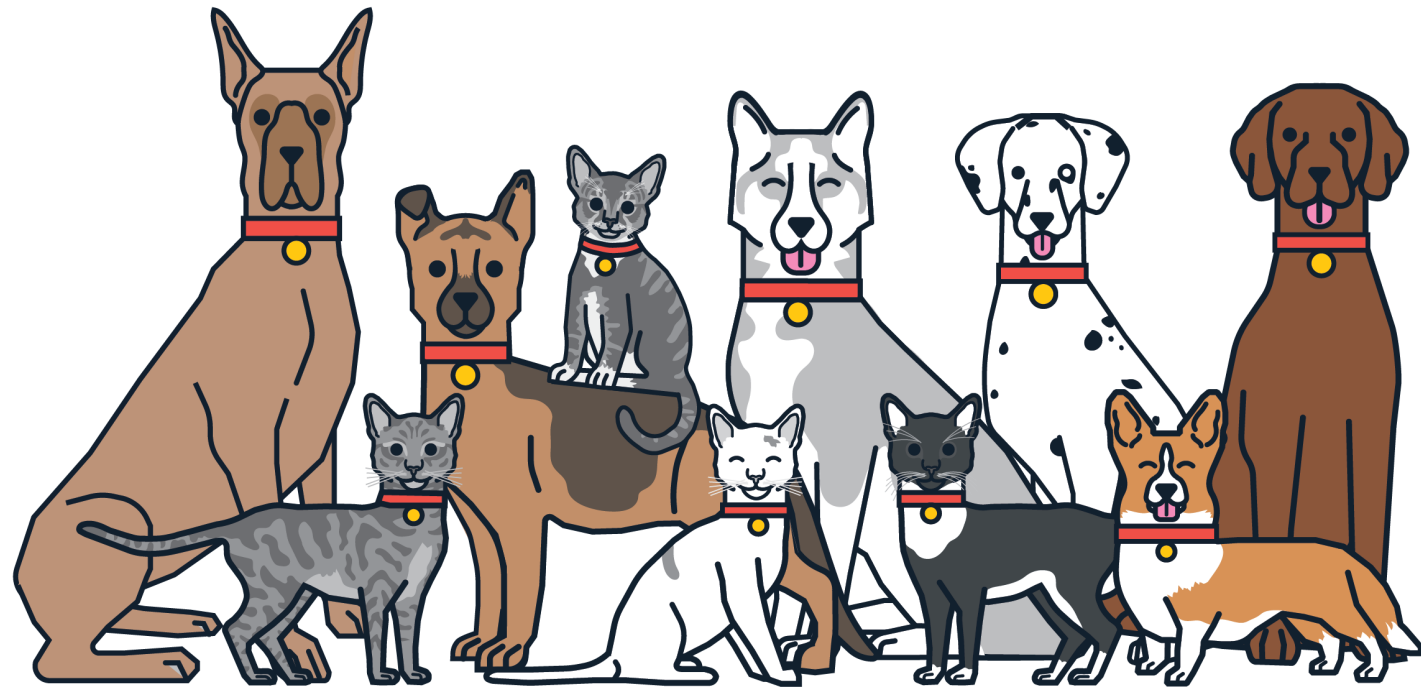
- \$15 spayed/neutered (please provide proof)
- \$30 intact male/female
- **No charge** for seniors 70 and older

VACCINE FEES

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

- 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



**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.



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.

Boston's Age Strong Commission Weekly Digest
 March 7 - March 13, 2022
 Information & opportunities for Boston's older adults

FREE TAX SERVICES
 Over 100,000 taxpayers served
 Over \$30 million dollars returned directly to taxpayer pockets

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

WEEKLY DIGEST Table of Contents
 Events March 7- March 13
 Citizenship Day
 Write Your Story
 Immigration Consultations

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

City of Boston Age Strong Commission

Seen Around Town



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 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!"

85 dB



Photos: flickr.com/photos/bosmayorsoffice



2022
WOMEN'S
HISTORY
MONTH
MARCH

**"Wherever Women Gather Together
Failure is Impossible." -Susan B. Anthony**