Boston Seniority

Elderly Commission

Martin J. Walsh, Mayor of Boston

March

FREE

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www.facebook.com/BostonElderlyCommission

Commission on Affairs of the Elderly
Main number (617) 635-4366

Email articles and comments to Bostonseniority@boston.gov

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Commission on Affairs of the Elderly

Martin J. Walsh, Mayor

Emily K. Shea, Commissioner

Martha Rios
Tula Mahl
Editors

Eileen O'Connor
Martha Rios
Photographers

City Hall Plaza-Room 271
Boston, MA 02201

Karine Querido, Chief of Staff

Tula Mahl
Deputy Commissioner
Communication & Policy

Melissa Carlson
Deputy Commissioner
Advocacy & Planning

Michael Killoran
Deputy Commissioner
Transportation

Francis Thomas
Deputy Commissioner
Administration & Finance

Andrea Burns
Director, Age Friendly Boston

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Mayor's Spotlight

Mayor Walsh Encourages People to Partner with the City to Improve Traffic Safety on Boston's Streets

Citing an increase in traffic-related fatalities and severe injuries, Mayor Martin J. Walsh urged people who drive, walk and bicycle in the City of Boston to stay safe by paying attention to the rules of the road and being aware of others who are also traveling on local streets.

"With a recent uptick in traffic-related injuries, it is critically important that people be very careful and obey the rules of the road to keep not only yourself but your fellow travelers safe," said Mayor Walsh. "Our top priority is ensuring the safety of our residents, but we need the public's support to help us eliminate all traffic-related fatalities on our streets. I thank the members of the Vision Zero Task Force for their work in identifying opportunities to improve roadway safety and I look forward to implementing the next steps in the Vision Zero Action Plan to create safer streets across our city."

Last spring the City of Boston adopted Vision Zero, a national movement with a goal of eliminating traffic fatalities and severe injuries from crashes. A Task Force was appointed that includes representatives from relevant city agencies and advocacy groups. In December, the Task Force released a detailed Vision Zero Action Plan that in part outlines two major initiatives:

The new Neighborhood Slow Streets Program to be piloted in Dorchester's Talbot Norfolk Triangle and the Stony Brook neighborhood in Jamaica Plain, will introduce a variety of traffic calming and safety measures;

Two Vision Zero Focus Areas, Dorchester's Codman Square and a stretch of Massachusetts Avenue, where measures will be implemented to improve safety for pedestrians, cyclists and motorists.

The Task Force also formed a Rapid Response Team that is quickly responding to serious crash locations to analyze the cause and gain insight to take correction.

In addition, WalkBoston, in partnership with the Elderly Commission, recently received funding from Tufts Health Plan Foundation to implement "Safe Routes for Seniors," a project with the goal of supporting safe walking for older adults. As outlined in the Vision Zero Action Plan, an educational campaign is currently being developed. The campaign will strive to reach a broad population, including the 100,000 older adults living in Boston. This will work to further the city's commitment to making Boston a more age-friendly city by fostering an environment where everyone feels safe to

Continued from page 3

walk in Boston, regardless of age or ability.

"Making Boston a safe place to walk is key to the City's equitable access to opportunity, to long-term economic vitality, to fighting climate change and creating a resilient city, and to making Boston a great place to live, work and play," said Wendy Landman, Executive Director of WalkBoston. "We are pleased to be working with the City of Boston and state agencies on this very important issue."

According to Vision Zero, all drivers should know that driving over 25 mph greatly increases their chance of killing or severely injuring a person if they hit them, and it makes it less likely that they will see someone about to walk in the street. Traffic crashes do more than hurt those physically impacted. Like suicides, homicides, drug overdoses and other preventable tragedies, traffic crashes are traumatic experiences that have lasting impact on the people involved, as well as their families, witnesses and members of the community where a crash occurs. When a serious traffic crash takes place locally, the City of Boston has resources available to support people, including trauma specialists with the Boston Public Health Commission and staff from the Elderly Commission who help people to make sense of what happened and begin to heal.

Last month, Mayor Walsh announced the launch of the Vision Zero Boston Safety Concerns Map, an online tool that allows people to identify locations where they have concerns about transportation safety. Boston residents and visitors are encouraged to visit visionzeroboston.org/input, select the location of their concern, and add it to the map. People can also enter additional comments to concerns that were reported by others.

Mayor Walsh also announced that the City of Boston was recently chosen as one of ten cities selected by the National Vision Zero Network to participate in their new Focus Cities Program. The selection was based on the effort that the City of Boston has put into working toward the goals of Vision Zero and the progress that has been made toward maximizing safety on Boston's streets.

Please visit www.visionzeroboston.org to get involved and learn more about the City of Boston's commitment to traffic safety.

Vision Zero Boston is an early action item of Go Boston 2030, the City of Boston's citywide transportation plan for the next 5, 10 and 15 years. Using an unprecedented public engagement process, the Boston Transportation Department, in collaboration with other government agencies and stakeholders, is using data gained through the Go Boston 2030 process to identify and implement improvements designed to provide a strong, comprehensive transportation system that will serve the City of Boston well into the future. To learn more about Go Boston 2030, please visit www.goboston2030.org.

Project "Spread the Love, Boston" says Thank You!

This February, countless individuals came together to help Mayor Martin J. Walsh and the Elderly Commission create, decorate and deliver over 6,400 Valentine's Day cards to homebound seniors living throughout the City!

A special shout-out to the Boston Centers for Youth and Families for completing over 1,000 cards and to all the creative rockstars at the Elderly Commission who really stepped it up to make over 2,000 cards!

And a tremendous thank you to all of our other "Card-Decorating" Partners:

Bodega de Arte Afterschool program at the Hurley School,
Boston Public Health Commission,
BPD A-7,
BPS Health and Wellness Dept,
Boston Senior Home Care and Boston Elder Info,
Building Impact (and their corporate partners),
the Burke High school in Dorchester,
Charles River Community Health Center,
City Year Corps members at the Burke School,
Dorchester House,
ESP Barnes Pace Center,
the Kent School in Charlestown,
Kit Clark Senior Center,
the McKay School in East Boston,
Reggie Lewis Seniors,
and the Winship School in Brighton.

As well as staff from City Departments including:

the Assessing Department,
City Clerk's Office,
City Hall Child Care,
City Hall Copy Center,
Department of Neighborhood Development and the Boston Home Center,
Health and Human Services cabinet,
Licensing Board,
the Mayor's Hotline/3-1-1,
Office of Economic Development,
Office of Fair Housing and Equity,
Office of Neighborhood Services,
Office of New Bostonians,
the Senior Shuttle,
and Veteran's Services.

To see a video of cards being delivered by Commissioner Emily Shea, check out "Spread the Love, Boston!" on our YouTube channel at youtube.com/AginginBoston. You can also find pictures, posts and tweets about the project on Facebook and Twitter using the hashtag #spreadtheloveBOS.

All of the hard work spent decorating would have meant nothing without our very special "Card and Meal Delivery" Partners, who made sure that the cards got to seniors with their meals and helped us document the special deliveries:

Boston Senior Homecare,
Central Boston Elder Services,
City Fresh Food,
Crittenton Women's Union,
Ethos,
Family Foods Services,
Greater Boston Chinese Golden Age Center,
Harbor Pacific Restaurant,
Jewish Community Housing Corp,
Juba Market and Café,
Kit Clark Senior Services Kitchen,
and Spinelli's.

Thank you All!

Photo courtesy of Kit Clark Senior Services

BOSTONIA CONDITA A.D. 1630.

STATEPOINT CROSSWORD

THEME: U.S. PRESIDENTS

ACROSS

1. Bit of parsley
6. Jodie Foster's "___'s Island"
9. Hat-tipper's word
13. Baby grand, e.g.
14. ____ ____ mode
15. Baggins of the Shire
16. DNA and RNA
17. Any high mountain
18. Daisylike bloom
19. *Hailed as the "Father of the Constitution"
21. *First Republican President
23. Lungful
24. Darn a sock, e.g.
25. Bldg unit
28. *John Adams to John Quincy Adams
30. Soldier's knapsack
35. Inside scoop
37. 16 of these in Tennessee Ernie Ford song
39. Masonic doorkeeper
40. Smoothie berry
41. *George to George W.
43. Hindu serpent deity
44. Most are now wireless
46. Glacier's deposit
47. Smiley face
48. Chole____
50. Windshield option
52. "C'____ la vie!"
53. Number of judges on Supreme Court
55. Leave speechless
57. "On guard" to a fencer
61. *Under him, the White House debuted its website
65. "Will comply" in radio communication
66. One of five W's
68. Smooth
69. Fill with high spirits
70. Tan maker
71. October 31 option
72. Scarlet and crimson
73. Indeed
74. Hollers

DOWN

1. Unwanted correspondence
2. Type of type
3. Policemen's surprise
4. Calcutta's home
5. Blake Lively's "____ Girl"
6. Indian flatbread
7. "____ at ease"
8. Breakfast syrup
9. Catchall abbr.
10. ____phobia, fear of heights
11. Cain's unfortunate brother
12. Between dawn and noon
15. Movie "Smokey and the ____"
20. Talk like Demosthenes
22. Cartridge contents
24. Official command
25. *First to live in Executive Mansion
26. Lace loop
27. *Clinton signed North American Free ____ Agreement
29. *First "Dark Horse" presidential candidate
31. Sound of a small bell
32. Emanation from a loudspeaker
33. Knight's breastplate
34. *First to run against a woman
36. Wedding cake layer
38. 18-wheeler
42. Of the kidneys
45. *Liberia's capital named after him
49. Jar cover
51. "American Horror Story" disgraced clown
54. Full of news
56. Accustom
57. Water carrier
58. World's longest river
59. Alternative to Saran
60. Parts of play
61. Flipside of pros
62. Asian weight unit
63. *Like President's office
64. Brooklyn players
67. Tint

Solution on page 11

By: Geraldine C. Wyse, RN

Alopecia: Hair Loss, Baldness

Alopecia is the medical term for baldness. This does not mean complete baldness. It does not mean complete hair loss. For women, it can mean hair thinning, predominantly on the top and front of the head. This hair loss in women is called androgenetic alopecia. It affects approximately one-third of all susceptible women. It is mostly seen after menopause.

Facts:

Genetically, hair loss can come from either parent's side of the family.

Normal hair usually sheds 100-150 hairs per day. If your hair is normally thin, there may be less shedding.

In female pattern baldness, when the hair sheds, the root grows back a hair that is shorter. Eventually it becomes invisible "peach fuzz".

Causes:

Hormone imbalance, following pregnancy, after no longer using birth control, following a sudden physical or psychological stress to the body.

These are often just temporary hair losses that may not occur until 3 or more months after the episode. Hair may take up to 8 months to regrow.

Other causes can be: thyroid problems, diabetes, lupus, certain medications or chemotherapy for cancer, poor diet, family history or poor nutrition.

Treatments:

Treating the underlying cause is important.

- Speak to your primary physician. Your physician will refer you to a dermatologist who is expert in caring for patients with hair loss. Rogaine is the only medicine approved by the FDA for this problem.

- You may consult with an experienced hair transplant surgeon who have great results with the new follicular unit and minigraft techniques. Important, you must be a qualified candidate for this procedure and have realistic expectations.

- Hair transplants may not be covered by your insurance policy.

- Professional counselling may help.

- Talk to your hairdresser. Permanents and dyes may make your hair look thicker. Attractive, natural wigs are available.

- Shampooing does not increase real hair loss.

**News for those who are undergoing chemotherapy for breast cancer.

The FDA has approved the Dignitana Cooling System cap. Dignitana Inc. is located in Lund, Sweden.

Continued from page 8

This cap helps prevent hair loss in women undergoing chemotherapy for breast cancer. The agency said in a news release how this apparatus works. The computer-controlled system circulates cooled liquid to the cap during chemotherapy. This is designed to constrict blood vessels in the scalp, limiting the amount of chemotherapy drugs that reach the hair follicles.

In clinical testing, more than two-thirds of women who wore the cap reported losing less than half of their hair. Common side effects are headache, neck and shoulder pain, chills and pain while wearing the cap for extended periods of time.

For breast cancer patients, please speak with your oncologist for more information about this cap.

Discounted TAXI COUPONS

at 1/2 Price

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Call 617-635-4366 to find a location near you.

SNAP: Food Assistance

Are you eligible?

If you are single and make less than $2,000 a month or if you are married and make less than $2,700 a month then Yes!

For more information or to complete an application contact:

Lorna Heron at 617-635-4335 or email lorna.heron@boston.gov

Don't Miss *The Elderly Commission* On the Radio

ZUMIX Radio -
Boston Seniors Count

Wednesdays at 2:00 PM and Mondays at 9:00 AM streaming on zumix.org

WJIB 740 AM on Sundays at 7:30 AM

For more information, contact:
Greg Josselyn at 617-635-4250

CommuniQuilt

Mondays, 3:30 – 5:30 p.m.
March 7 through June 27

Crafting! Community! Coffee! Cookies!

If you are 55 or older and you want to flex your creativity in the new year, get to know your neighbors, and enjoy coffee or tea, join us on Mondays in March through June for our community quilting project.

Participants will learn or utilize techniques like sewing, appliqué, fabric painting, and embroidery in order to create a quilt square. All completed squares will be combined into a quilt for display right here in the Mattapan Branch. Light refreshments will be served.

- Meeting Monday afternoons
- No meetings on 3/28, 4/18, and 5/30
- Closing Celebration: Monday, June 27, 4:00 p.m.

This program is generously sponsored by the Saquish Foundation through the Boston Public Library Foundation. Additional contributions from Mercer's Fabric and Craftsy.com.

Boston Public Library

www.bpl.org

Mattapan Branch of the Boston Public Library
1350 Blue Hill Avenue ● 617.298.9218

The Senior Shuttle has multiple wheelchair accessible shuttles offering free door-to-door transportation to Boston residents age 60 or over.

Rides are offered to non-emergency medical appointments. We kindly request advanced notification of appointments.

To schedule a ride, call 617-635-3000, Monday-Friday, 8 a.m. - 4 p.m.

Solution to Crossword on page 7

S	P	R	I	G	■	N	I	M	■	■	M	A	A	M
P	I	A	N	O	■	A	L	A	■	B	I	L	B	O
A	C	I	D	S	■	A	L	P	■	A	S	T	E	R
M	A	D	I	S	O	N	■	L	I	N	C	O	L	N
■	■	■	A	I	R	■	M	E	N	D	■	■	■	■
A	P	T	■	P	A	P	A	■	K	I	T	B	A	G
D	I	R	T	■	T	O	N	S	■	T	I	L	E	R
A	C	A	I	■	E	L	D	E	R	■	N	A	G	A
M	O	D	E	M	■	K	A	M	E	■	G	R	I	N
S	T	E	R	O	L	■	T	I	N	T	■	E	S	T
■	■	■	■	N	I	N	E	■	A	W	E	■	■	■
E	N	G	A	R	D	E	■	C	L	I	N	T	O	N
W	I	L	C	O	■	W	H	O	■	S	U	A	V	E
E	L	A	T	E	■	S	U	N	■	T	R	E	A	T
R	E	D	S	■	■	Y	E	S	■	Y	E	L	L	S

Boston Fire Department

Free Elderly Fire Safety Program

Photo Electric Smoke Alarm and Carbon Monoxide Detector available for owner occupied single family homes/condos

Restrictions Apply

Please call the Fire Safety Program at 617-343-2022 or contact Ernie Deeb at 617-635-4366.

You can also view our website online at www.cityofboston.gov/fire or visit the Boston Fire Department on Facebook.

Seniors Count

BNN-TV Channel 9

Boston Seniors Count
Cable Television Show

Thursdays at 3:30 p.m.
Repeated Sundays at 11:30 a.m.

For more information call Greg Josselyn at 617-635-4250

Building America's Most Age-Friendly City

By: Mayor Martin J. Walsh

Here in Boston, we are committed to making our city a place where everyone can succeed --- of all ages, backgrounds, and abilities. This is our guiding principle as we plan and build the future of our city. That's why an essential goal of our citywide plan is to make sure the seniors who built our city can continue to thrive here. And it's why I announced in my State of the City address last month that we are building a plan to make Boston the most age-friendly city in America.

Seniors make up the fastest-growing sector of our city's population. More than 14% of our population is above the age of 60. That number is expected to grow to 20% by 2030. We're thrilled so many seniors regard our city as a place where they can live and thrive.

That's why one of my first actions as Mayor was signing up Boston for the World Health Organization's Global Network of Age Friendly Communities through AARP. And with the help of the UMass Boston Gerontology Institute, we listened and surveyed thousands of older adults in every neighborhood. This year, we will be analyzing all the data and we will use it to develop our plan to make Boston the most age-friendly city in America.

We want our seniors to know, right now, that their city government is here to support them. Many city departments offer programs, services, and discounts specifically for senior residents. Our Commission on Affairs of the Elderly is a great go-to resource for advice on Medicare, referrals, benefits, services, volunteer opportunities, and more.

Our Senior Shuttle is available for non-emergency rides to medical appointments within the City of Boston. Taxi coupons can also be purchased monthly and used with 7 different authorized taxi cab companies operating in Boston.

For homeowners, we offer many helpful programs. The Assessing department offers

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a residential exemption and personal exemptions to taxpayers who meet the qualifications. The Taxpayer Referral and Assistance Center offers tax deferral for homeowners 65 or older whose current expenses make the continued ownership of their home difficult.

Adults who qualify can also work off up to $1000 of their property taxes by volunteering their time in a city department. In addition, the Department of Neighborhood Development has programs out of their Home Center to help Boston residents improve and keep their homes.

The Seniors Save program can help income-eligible older adults replace failing or inefficient heating systems. The Senior Home Repair program offers 0% interest-deferred loans for a variety of emergency home repairs. The Home Retention Program offers advice for those struggling to pay their mortgage or taxes, to help them keep their home.

We have also asked our departments and utility companies to offer discounts to seniors to cover essential services. The Boston Water and Sewer Commission offers some homeowners a 30% discount off the water portion of their bill. Comcast now offers a 10% discount on both Basic and Digital Starter Cable TV, and an Internet Essentials high-speed service for $9.59 for new subscribers who are income eligible.

All these programs and services are available today. I encourage older residents to check them out and to share this information with family and friends. Please find the appropriate phone numbers below, or learn more at www.cityofboston.gov. And please don't hesitate to reach out. The more we learn from you, the better we can serve all our seniors, and the sooner we can reach our goal of being America's most age-friendly city.

Department/ Program Phone Number

Senior Shuttle
617-635-3000

Commission on Affairs of the Elderly
617-635-4366

Assessing Department
617-635-4264

Taxpayer Referral and Assistance Center
617-635-4287

Property Tax Work-Off Program
617-635-4366

Boston Water and Sewer Commission
617-989-7800

The Home Center
617-635-4663

Comcast Cable Discount
1-800-934-6489

Internet Essentials
1-855-804-8010

Healthy Recipes

All Healthy Recipes are carefully selected by our expert nutritionist Melissa Carlson, MS, RD

Couscous with Winter Vegetables

Ingredients:

- 2 tablespoons butter
- 1 tablespoon olive oil
- 1/2 cup chopped shallots
- 1 jalapeño pepper, minced
- 3 cups chopped peeled butternut squash
- 1 (15-ounce) can unsalted chickpeas (garbanzo beans), rinsed and drained
- 1 cup uncooked couscous
- 1 3/4 cups boiling water
- 3/4 teaspoon salt
- 1/4 cup coarsely chopped fresh flat-leaf parsley
- 2 tablespoons fresh lemon juice
- 1 ounce vegetarian Parmesan cheese, grated (about 1/4 cup)

Preparation:

1. Heat butter and oil in a large straight-sided skillet over medium-high heat, stirring until butter melts. Add shallots; cook 3 minutes or until soft, stirring occasionally. Add jalapeño; cook 1 minute, stirring frequently. Add butternut squash; cook 8 minutes or until tender, stirring occasionally. Add chickpeas; cook 1 minute, stirring occasionally. Add couscous, and cook 1 minute, stirring constantly. Stir in 1 3/4 cups boiling water and salt; remove pan from heat. Cover and let stand 8 minutes. Fluff couscous mixture with a fork. Add fresh parsley and lemon juice; toss gently to combine. Top with Parmesan cheese.

Notes:

In summer, substitute green beans, corn, and zucchini for the butternut squash and chickpeas. Leftovers are delicious for breakfast with a fried egg on top.

Serves: 8
Calories: 202 / 1 cup per serving

Source: http://www.myrecipes.com/recipe/couscous-winter-vegetables

Healthy Double Chocolate Zucchini Muffins

Ingredients:

- 1 1/4 cup whole wheat pastry flour or white whole wheat flour
- 1/3 cup unsweetened cocoa powder
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 2 tablespoons coconut oil
- 1/3 cup honey or agave nectar
- 1 teaspoon vanilla
- 1 egg
- 1 egg white
- 1 cup shredded zucchini (about 1 medium)
- 1/4 cup unsweetened applesauce
- 1/2 cup unsweetened almond milk
- 1/2 cup regular or mini chocolate chips

Instructions:

1. Pre-heat oven to 350 degrees F. Line 12 cup muffin tin with cupcake liners and generously spray inside of liners with nonstick cooking spray.

2. Squeeze shredded zucchini of excess water with a paper towel. This is important, so don't forget!

3. In a medium bowl, whisk together flour, cocoa powder, baking soda, and salt; set aside.

4. In the bowl of an electric mixer, add coconut oil, honey, vanilla, egg and egg white; mix on medium-low until smooth and well combined. Add in zucchini, applesauce, and almond milk; mix again. Slowly add in dry ingredients and mix until just combined. Gently fold in chocolate chips.

5. Evenly divide batter into prepared liners. Bake 22-25 minutes or until toothpick inserted into middle comes out clean. After 5 minutes, remove muffins and transfer to wire rack to finish cooling.

Servings: 12
Calories: 160 / 1 muffin per serving

Source: http://www.ambitiouskitchen.com/2014/07/healthy-double-chocolate-zucchini-muffins/

Review of "Heat Holders" Lite Thermal Sox

By: Janet L. Maloof

I wore these great thermal sox nonstop (yes even to go to bed!) for those last 3 mercilessly cold days. They kept my feet warm, and surprisingly dry for a synthetic fabric. The insides of the sox have a silky soft feel, and also provide a padding effect when you walk.

There is nothing quite like being warm during the cold winter in Boston. And a trial of these sox in the recent record breaking cold was the ultimate test. I would highly recommend them, the "lite" version being quite sufficient for normal use.

To purchase HeatHolders socks and other products go to: https://www.heatholders.com/

Review by Derek -

Derek: I like the socks. I work outside. They kept my feet warm like foot warmers without the discomfort of a lumpy foot warmer. I will be buying more.

Report Potholes!

Phone: dial 3-1-1
Online: Boston.gov/311
Social media: tweet @BOS311
Mobile: download the free BOS:311 app

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Mayor Martin J. Walsh
BOSTON TAX HELP COALITION

Visit **BostonTaxHelp.org** for tax sites or flip the page! →

MAKE SURE TO BRING:

- ☐ Government Issued Photo ID required
- ☐ Social Security card or Individual Taxpayer ID Letter (ITIN) for you, your dependents and/or your spouse
- ☐ All 1099 forms – 1099G (unemployment), 1099R (pension payments), 1099INT (bank interest), 1099SSA (Social Security), 1099 miscellaneous
- ☐ W2 forms from all jobs in 2015
- ☐ Proof of health insurance (Health insurance cards, HC-1099, 1095-A, etc.) for taxpayer, spouse, and all dependents*
- ☐ Total child care expenses in 2015, and child care provider's name, address, and Employer Identification Number (EIN) or Social Security Number (SSN)
- ☐ All 1098T forms (tuition payments), receipts for materials and books and proof of payment
- ☐ Total student loan interest paid (1098E) or lender statement
- ☐ Proof of all rent paid in 2015
- ☐ A copy of last year's tax return
- ☐ Bank-issued printed account and routing numbers to direct deposit your tax refund into your account
- ☐ Proof of ANY deductible out of pocket expenses (annual BWSC, 1098E, charitable receipts, etc.)
- ☐ Any mail from the MA Department of Revenue and/or any mail from the IRS

**Taxpayers who have received or expect to receive health insurance credits need to bring proof of ALL household income.*

ALLSTON/BRIGHTON

ABCD: ALLSTON BRIGHTON NOC
640 Washington Street
617.903.3640

ALLSTON BRIGHTON APAC
143 Harvard Avenue
617.347.5624

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40 Academy Hill Road
617.347.5624

JOSEPHINE FIORENTINO COMMUNITY CENTER
123 Antwerp Street
617.347.5624

CHARLESTOWN

BHA CHARLESTOWN-WORKS
76 Monument Street
617.635.5221

CHINATOWN

BOSTON CHINATOWN NEIGHBORHOOD CENTER
38 Ash Street
617.635.5129 ext 0
EITC@BCNC.net

DORCHESTER

1199 SEIU
150 Mt. Vernon Street
3rd Floor
877.409.1199
EITCMA@1199.org

ABCD: DORCHESTER NSC
110 Claybourne Street
617.288.2700

CODMAN SQUARE TECH CENTER (DOTWELL)
450 Washington Street
617.825.9660

DORCHESTER HOUSE MULTI SERVICE CENTER (DOTWELL)
1353 Dorchester Avenue
617.288.3230

DOWNTOWN

ABCD: ROBERT M. COARD BUILDING
178 Tremont Street
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75 Federal Street, 3rd Floor
617.399.3235

SUFFOLK UNIVERSITY
One Beacon Street
1st Floor
suffolkvita@gmail.com

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ABCD: EAST BOSTON APAC
21 Meridian Street
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617.567.5882

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714 Parker Street
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ABCD: JAMAICA PLAIN APAC
30 Bickford Street
617.522.4830

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ABCD: MATTAPAN FSC
535 River Street
617.298.2045

ROSLINDALE

ABCD: SOUTH SIDE HEAD START
19 Corinth Street
617.327.1152

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ABCD: ROXBURY/ NORTH DORCHESTER NEIGHBORHOOD OPPORTUNITY CENTER
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ROXBURY COMMUNITY COLLEGE
1234 Columbus Avenue
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ROXBURY CENTER FOR FINANCIAL EMPOWERMENT
7 Palmer Street, 2nd Floor
617.541.2666

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617.989.9323
FreeTaxPrep@UrbanEdge.org

SOUTH END

ABCD: SOUTH END NSC
554 Columbus Avenue
617.267.7400

STREETCRED AT BOSTON MEDICAL CENTER
850 Harrison Avenue
617.414.5170

SOUTH BOSTON

ABCD: SOUTH BOSTON APAC
424 West Broadway
617.269.5160 ext 0

WEST END

ABCD: NORTH END/ WEST END NSC
1 Michelangelo Street
617.348.6583

All tax sites are wheelchair accessible, except for ABCD: South End NSC. For disability accommodations, call: **617.635.3682**

Allston Brighton APAC · 1199 SEIU · abcd · BCNC Boston Chinatown Neighborhood Center, Inc. · dotWELL for a healthy neighborhood · IRS · URBAN EDGE · MTAC Massachusetts Tax Asset Building Consortium

BostonTaxHelp.org 617.635.4500 fb.com/BostonTaxHelp @BosTaxHelp

LONGWOOD DENTAL GROUP

3rd Annual Event

dentistry from the heart

smile. it's free.

FREE DENTAL CARE

Saturday - April 2, 2016

Our day to give back to our community!

Registration starts @ 7:30AM
Arrive early .. 1st come, 1st served basis.
We hope to serve 100 patients without access to dental care this day!

Proud to partner with The Fatherhood Project, MGH to spread the word!

The Fatherhood Project
Connecting fathers and children

Those 18 years old & older may receive choice of a **FREE: Filling, Extraction or Cleaning at Longwood Dental Group.**

Longwood Dental Group
1842 Beacon Street · Brookline, MA
www.longwood-dental.com · event hours 8AM - 2PM
for more information call: 617.566.5445

What a Catch!!!

Mary Leach, 80, proudly shows off the 23 pound Striped Bass she caught last Spring in Hyannis while on a fishing excursion on the Sea Queen II.

Mary has been a fishing club member at the Vine Street Community Center in Roxbury for 10 years now.

Come and Be Heard!

Community Meeting on Boston's Changing Climate
Saturday, March 12th, 1:00p.m.
The English High School — 144 McBride Street, Boston, MA

Remember last February's blizzards? Last summer's hot, dry weather? Morrissey Blvd. flooding yet again? As our climate heats up, extreme weather is becoming more common.

Come learn about the current climate change projections for the City of Boston.

Last year, Mayor Walsh launched several planning processes that support strategies for the impacts from climate change including: Imagine Boston 2030, the first city-wide plan since 1965, Boston's Resilience Strategy through 100 Resilience Cities pioneered by the Rockefeller Foundation, and Climate Ready Boston. Come influence these collaborative planning processes that impact our most vulnerable people and places.

Share your stories and suggestions from last year's blizzards and past heat waves. Your ideas matter!

Register at http://resilientboston.eventbrite.com

Co-Sponsored By:
City of Boston's Chief Resilience Officer
The Boston Harbor Association

In Partnership with:
City of Boston Office of Environment, Energy, & Open Space
Engagement Law @Emerson College
The BSA Foundation
WWF

Light refreshments will be served. Child care and translation available upon request.

For more information contact Rebecca Herst at (617) 482-1722 x106

Keep Wipes Out of Pipes

There are many new disposable wipes that claim to be “flushable” and “sewer safe.” However, these wipes do not break down as they travel through pipes and into the sewer system. Wipes can create clogs in both household plumbing and the public sewer system and result in sewer backups. Do your part and keep these wipes out of the pipes!

Boston Water and Sewer Commission • 980 Harrison Avenue, Boston MA 02119 • 617.989.7000

Don’t Flush “Flushables”

Disposable wipes, even those labeled ‘flushable’ should be disposed of in the trash, not flushed down the toilet. Most wipes, including:

- Bathroom wipes
- Baby wipes
- Disinfecting wipes
- Towelettes

do not degrade and can clog pipes and cause sewer backups.

Boston Water and Sewer Commission • 980 Harrison Avenue, Boston MA 02119 • 617.989.7000

Spot the Salt: Your favorite foods may be too high in sodium.

Nutrition Facts

Serving Size 2 slices
Serving Per Container 9

Amount Per Serving	
Calories 120	Calories from Fat 20
	% Daily Values*
Total Fat 2g	**3%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Polyunsaturated Fat 1g	
Cholesterol 0mg	**0%**
Sodium 200mg	**8%**
Total Carbohydrate 22g	**7%**
Dietary Fiber 3g	**12%**
Sugars 3g	
Protein 6g	**12%**

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Eating too much salt can lead to high blood pressure, heart disease and stroke. Take control of your health. Read the label and look for the lowest sodium choice. You can find simple ways to reduce sodium at **bphc.org/SwapTheSalt**

BOSTON PUBLIC HEALTH COMMISSION

Building a Healthy Boston
Mayor Martin J. Walsh

Made possible by funding and support from the Centers for Disease Control and Prevention's REACH Obesity and Hypertension Demonstration Project.

City of Boston
Fair Housing Landlord Award
2016

The Mayor's Office of Fair Housing and Equity and the Boston Fair Housing Commission is seeking to recognize landlords/housing providers who not only provide safe, healthy housing, but who also provide housing that is affordable and accessible to all; and who provide services that improve the ability of residents and the community at large to achieve economic, social and educational success.

- ◊ Nomination may be submitted by tenants, general public, community groups, and landlord/housing providers via www.cityofboston.gov/fairhousing. Nominations will be accepted from **February 1st until March 21st, 2016**. Self-nominations are accepted.

- ◊ Nomination must consist of a statement, not more than one type written page or 300 words, stating why the nominee should be recognized.

- ◊ Nomination statements should include examples of how the nominee has met some or all of the following criteria:
  - ° Provided equal access to obtain and enjoy housing to all prospective and current residents, irrespective of their race, color, religion, national origin, ancestry, military status, gender, gender identity or expression, sexual orientation, marital status, age, disability, or due to the presence of children or source of income (public assistance, including Section 8);
  - ° Extended efforts to provide and maintain the affordability of some or all of their housing units;
  - ° Provided accessible units or reasonable modifications for residents;
  - ° Provided reasonable accommodations for residents;
  - ° Reduced barriers and increased access to housing and services to persons with limited English proficiency and/or disabilities;
  - ° Provided services that improve the ability of residents and the community at large to achieve economic, social and educational success.

- ◊ Nominees may provide up to 3 Letters of reference and other supporting information.

- ◊ A **Small Landlord** (99 housing units or less) and a **Large Landlord** (100+ housing units) winner will be selected in mid-April, 2016 by the Boston Fair Housing Commission board, and recognized at a Fair Housing event in late April 2016.

Martin J. Walsh, *Mayor*
Office of Fair Housing and Equity, One City Hall Square, Room 966, Boston, MA 02201
(617) 635-2500 · FairHousing@boston.gov

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Help Us Learn More About Sleep!

If you are:

- 55-70 years old
- Non smoker
- Healthy and taking no medication

You may be eligible for a 37-day sleep research study at Brigham & Women's Hospital. There will be a 4-6 week screening period. Must be willing to spend 37 consecutive days and nights in our facility.

Receive up to $10,125

BWH

Call 617-525-8719 or email sleepstudy@partners.org

Mount Pleasant Home

SIGN UP FOR THE SPRING SENIOR POETRY WORKSHOP NOW!

"Never Too Late to be a Poet"

Free Senior Poetry Workshop

Sponsored by
the Boston Poet Laureate Program of the
City of Boston's Mayor's Office
of Arts and Culture

Led by Journalist and Poet,
Sandee Storey,
author of Every State Has Its Own Light

Limited to 15 participants, aged 62+

Thursdays 2-3:30 pm
March 24 - May 26

For beginners as well as those who have written some poetry. At the end of the term, participants will have experienced poetry as a source of joy as well as created a small collection of poems they wrote as part of the class.

REGISTRATION REQUIRED

Contact Kathy Seaman at
617-522-7600 **or**
seaman@mountpleasanthome.org

Workshop held at
Mount Pleasant Home
301 S. Huntington Ave., Jamaica Plain
Free parking, on #39 bus route, handicap accessible

4 Types of Foods to Help Boost Your Memory

By: Marisa Moore, MBA, RDN, LD

If you're feeling forgetful, it could be due to a lack of sleep or a number of other reasons including genetics, level of physical activity, and lifestyle and environmental factors. However, there's no doubt that diet plays a major role in brain health.

The best menu for boosting memory and brain function encourages good blood flow to the brain — much like what you'd eat to nourish and protect your heart. A recent study found that the Mediterranean Diet helps in keeping aging brains sharp, and a growing body of evidence links foods like those in the Mediterranean diet with better cognitive function, memory and alertness.

Strengthen Recall by Adding These Foods to the Rotation

Eat your veggies. You're not likely to forget this message. Getting adequate vegetables, especially cruciferous ones including broccoli, cabbage and dark leafy greens, may help improve memory. Try a raw kale salad or substitute collard greens for the tortilla in your next sandwich wrap. Broccoli stir-fry is also an excellent option for lunch or dinner.

Be sweet on berries and cherries. Berries — especially dark ones such

Continued from page 26

as blackberries, blueberries and cherries — are a rich source of anthocyanins and other flavonoids that may boost memory function. Enjoy a handful of berries for a snack, mixed into cereal or baked into an antioxidant-rich dessert. You can reap these benefits from fresh, frozen or dried berries and cherries.

Get adequate omega-3 fatty acids. Essential for good brain health, omega-3 fatty acids, docosahexaenoic acid (DHA) in particular, may help improve memory in healthy young adults. "DHA is the most abundant fatty acid in the brain. It makes sense that if you have higher levels of DHA in the blood, then the brain will operate more efficiently," says Andrea Giancoli, RD, registered dietitian and past Academy of Nutrition and Dietetics spokesperson.

Seafood, algae and fatty fish — including salmon, bluefin tuna, sardines and herring — are some of the best sources of omega-3 fatty acids. Substitute fish for meat a couple of times each week to get a healthy dose. Grill, bake or broil fish for ultimate flavor and health. Try salmon tacos with red cabbage slaw, snack on sardines or enjoy seared tuna on salad greens for dinner. If you don't eat fish, discuss supplementation with your doctor or registered dietitian nutritionist. You can get omega-3 fatty acids from fish oil, seaweed or microalgae supplements.

Work in walnuts. Well known for a positive impact on heart health, walnuts also may improve working memory. Snack on a handful of walnuts to satisfy midday hunger, add them to oatmeal or salad for crunch or mix them into a vegetable stir-fry for extra protein.

These foods are not just good for the brain, they sustain a healthy heart and all parts of the body. While there's no guarantee that these foods will help you remember where you put your keys tomorrow, over time they can support lifelong good health.

Marisa Moore, MBA, RDN, LD, is an Atlanta-based registered dietitian nutritionist and spokesperson for the Academy of Nutrition and Dietetics.

Source for article and photo:
http://www.eatright.org/resource/health/wellness/healthy-aging/memory-boosting-foods

SAVOR THE FLAVOR OF EATING RIGHT

NATIONAL NUTRITION MONTH® 2016

www.eatright.org

Holiday Luncheon at Veronica B. Smith Senior Center





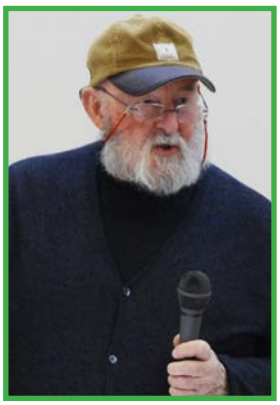









Memoir Project Reading at Lower Mills Library



Writers from one of our Dorchester classes of the Memoir Project read from their memoirs at the Lower Mills Branch of the Boston Public Library. Their stories and many others are forthcoming in the project's fifth and final publication this spring. The City of Boston and Grub Street have published over 200 stories of Boston residents in every neighborhood over the past decade.

RSVP Perfectly Balanced Life Series

On Thursday, December 17th Boston RSVP in partnership with Perfectly Balanced Life rolled out the first session of a series of seminars designed to teach volunteers how to manage stress and pain; and improve their appearance and sense of well being. Our goal is to offer our volunteers additional enrichment, acknowledgment, appreciation, and education outside of their volunteering.

Our first session entitled "The Power of Gratitude" began by asking volunteers to introduce themselves. Gloria Davila, the Executive Director of Perfectly Balanced Life, then posed the question to all the volunteers "what are you grateful for?" This question encouraged positive reflection and positive affirmations; each volunteer answered with a list of reasons ranging from health, family and service as reasons that they were grateful. Volunteers were also offered statistical data around the power of being grateful and the effect it has on human emotions and well-being. Next, participants were taught techniques on how to handle negative energy; techniques included:

1) To continuously think about what they are grateful for by journaling daily positive reflections, i.e. "Today I had a great day at my volunteer site" "Today I'm thankful for my health"

2) When having a bad day volunteers were advised to refer back to their journals for reminders as to why they were grateful in the past, this is done for positive upliftment

3) Participants were encouraged to continuously promote positivity by saying encouraging words to others

4) Participants were encouraged to always show thanks by writing thank you notes and showing appreciation

The seminar ended with a back, neck and head massage accompanied by aromatherapy. Volunteers were also taught self massage and meditation techniques. Everyone left happy, at peace and ever so ready to continue to serve and begin the holiday season feeling grateful.

The series will continue on April 6th and May 11th. For more information contact Amanda Cunningham at 617-635-3988 or by email at amanda.cunningham@boston.gov.





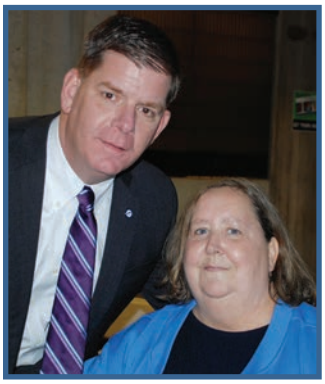


Rev. Dr. Martin Luther King Day Celebration









THE SPARKS BETWEEN US WILL

NEVER FADE

Our Community Service Advocate Jane Boyer is surprised with a bouquet of flowers from her lovely husband Terry for Valentine's Day.


Mayor Martin J. Walsh

&

The Elderly Commission

Celebrate

National Women's History Month 2016

"Working to Form a More Perfect Union: Honoring Women in Public Service and Government" *

*Special thanks to Donna Armbrister for suggesting this year's theme.

The National Women's History Month theme for 2016 honors women who have shaped America's history and its future through their public service and government leadership. Although often overlooked and undervalued, collectively they have dramatically influenced our public policy and the building of viable institutions and organizations. From championing basic human rights to ensuring access and equal opportunity for all Americans, they have led the way in establishing a stronger and more democratic country.

Each of these public leaders succeeded against great odds. The diversity of their experiences demonstrates both the challenges and the opportunities women in public service have faced. Their ability to use the art of collaboration to create inclusive solutions and non-partisan policies, as well as their skill and determination, serve to inspire future generations. The tenacity of each Honoree underlines the fact that women from all cultural backgrounds in all levels of public service and government are essential in the continuing work of forming a more perfect union.

Source and photos: www.nwhp.org