



TELSTAR

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MESSAGE FROM THE EXECUTIVE DIRECTOR

Dear RTH Residents,

Unity refers to the condition or state of being one. A rope is strong because its threads are united. We cannot break it unless the threads are separated. Nothing can be achieved without unity.

Unity is necessary for the survival of all. Today our world requires a lot of unity among the nations to tackle important issues such as environmental pollution, poverty, world hunger, inequality, racism, and terrorism to name a few. So, too, does the RTH community need Unity. Unity not only leads to the prosperity of a person but also to the prosperity of a nation. It is also the single most important contribution to the quality of life in our RTH community. Unity helps in strengthening relationships. Unity is like a link that connects a long chain or a belief that binds people together despite their differences.

The meaning of unity in diversity is the existence of oneness even after various differences. RTH is a great example for this concept of unity in diversity. We can see very clearly here at RTH that people of different races, religions, creeds, languages, cultures, traditions, lifestyle, dressing sense, faith in God, rituals of worship, etc. strive to live together in harmony. Most people here respect each other and live together with lots of love and feeling bonds of friendship. Unity in Diversity has been one of the great unique characteristic of the RTH community. To borrow the words of Kofi Annan, “We may have different religions, different languages, different colored skin, but we all belong to one human race.”

We achieved our freedom through the combined effort of our great leaders and our ancestors. However, sustaining unity will require our vigilance, hard work, and commitment. Unity helps to avert wars. It is essential to maintain peace in the world as well as peace in our community.

If we are united none can destroy us. Unity helps in achieving triumph. It can destroy terrorism and overcome poverty and injustice. It gives us the strength to tackle our problems and conflicts. The ultimate success always depends upon the “people.” The security of a nation depends upon the integrity and harmony among its citizens. This is also true for the security, safety and quality of life in our Community. Former president Jimmy Carter echoed this sentiment when he said, “We are, of course, a nation of differences. Those differences don’t make us weak. They’re the source of our strength.” I believe this to also be true for RTH.

How do we live united in diversity? A question I am often asked. My response, once again is what choice do we have? For “Unity is Strength”. It is said that “United we stand, divided we fall. We are only as strong as we are united, as weak as we are divided.” Discord and enmity are very great threats to our way of life. We can fight them only by showing an equally strong bond of friendship and trust. Differences of habit and language are nothing at all if our aims are identical and our hearts are open.

We must also live in accord with the rest of the world. The thought that “I am a human, all humans are my brothers and sisters” symbolizes unity. Thus knowing the power of unity, all of us should remember unity means “all for one, and one for all”.

As the weather heats up, consider joining your neighbors at one of our many upcoming events or programs, workout together, or go for a dip in the pool. The RTH staff are committed to offering the best possible experience.

Please let us know if there is anything we can do to help you enjoy your “RTH Experience” even

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Roxbury Tenants of Harvard

Executive Office
 11 New Whitney Street
 Boston, MA 02115

MATEP PUBLIC MEETING

The Massachusetts Department of Environmental Protection (MassDEP) held a public hearing on May 23rd to accept comments from the public on the proposed expansion of the Medical Area Total Energy Plant (MATEP) at 474 Brookline Avenue. The MATEP generates and distributes steam, chilled water, and electricity to hospital and research buildings in the Longwood Medical Area and is a familiar neighborhood presence to RTH residents. Back in 2001, MATEP received approval to build three turbines but only built two due to the lower than anticipated load demand. It now wants to build the third turbine, a 14.4 Megawatt combined heat and power unit which will be fueled primarily by natural gas and secondarily by ultra-low sulphur diesel, and a chilled water project. Because approvals and regulations have changed since 2001, the previous MATEP approval was reviewed.

In an effort to protect RTH and Mission Hill residents from possible increased noise and air pollution from this expansion, RTH hired two highly regarded environmental and scientific engineering firms to research and analyze the proposed plans for MATEP expansion. RTH executive director, Karen Gately, presented their findings and recommendations at the public meeting and provided a printed copy of the final report to the hearing committee. RTH residents Dolores Pullen, Susan Wladkowski, Roxanne Haecker, and Beverly Moss attended to voice their personal concerns and ask for further study before final approval. One of the concerns mentioned by all the RTH residents and by Mission Hill residents, Alison Pultinas and Mary Ann Nelson, was that Kenmore Square background air pollution levels were used in the proposed MATEP expansion plan proposal rather than the background air pollution levels in the immediate vicinity of the project. They were also concerned that measurements taken at ground level may not accurately represent levels present at the higher elevations of the mid-rise and high residential buildings on the top of the Hill (Parker Hill).

RTH is requesting that a limited background air pollution measurement study be undertaken in the vicinity of the project and that measurements be taken at higher elevations in addition to ground level measurements to demonstrate that the data from Kenmore Square accurately portrays the MATEP project area and vicinity levels.

In addition to the proposal to install and operate a third turbine, MATEP has also submitted a proposal to construct and operate a chilled water project they consider to be separate from the third turbine project. They have requested authorization for the noise from both of these projects together be allowed to exceed currently applicable noise limits.

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Roxanne Haecker, Karen Gately, Collin Fedor (legislative aid to State representative Jeffry Sanchez and liaison to Mission Hill and Brookline) and Dolores Pullen brush up on salient points of environmental engineer's report findings



Beverly Moss, Dolores Pullen, Susan Wladkowski, Karen Gately, and Roxanne Haecker attended the May 23rd public hearing on MATEP expansion to voice concerns.



Dolores Pullen told the committee about her struggles with asthma and COPD and asked that they agree to further study as requested by RTH to protect the pulmonary health of neighborhood residents.

METAP Meeting continued from page 2

RTH has asked that MassDEP should be aware of and publicly acknowledge the noise implications of the proposed MATEP additions and that the MassDEP should only approve project levels that comply with both state and local city noise levels. Further, that the language of the MassDEP Proposed Plan Approval should be updated to include now-expected future project noise levels that are lower and comply with city noise limits and also include the issue of the intermittent noise from the steam venting that is not currently mentioned in the plan. The plan should also require the installation of additional noise abatement measures utilizing the best available control technologies and should document the sound pressure levels that have been modeled and reported by MATEP.

*Message from the Executive Director**continued from page 1*

more. Feel free to contact me anytime with your questions, concerns or suggestions. Together we can live, work, and play in unity to make RTH an even better community.

Sincerely,

Karen T. Gately, RTH Executive Director

617-232-4306 | kgately@roxburytenants.org

CELEBRATING BOSTON SENIORS OPENING RECEPTION



Photo by Fred G.S. Clow features Mayor Martin J. Walsh with RTH Executive Director Karen T. Gately, RTH Director of Senior Services, Laura Adams and, RTH Phoenix Toward the Sun performers: Donghui "Sophia" Deng, Yingyu Zhu, Pouy Chan, Chen Qiu Chan, Yu Zhen Chen, Fung Yee Law, Xiao-ging Huang, Xiao Wan Liu, Lisa Louie

Celebrating Boston's Seniors is a collaboration of Boston Society of Architect's Design for Aging subcommittee, AARP Massachusetts, and Elderly Commission's Age Friendly Boston Initiative. RTH Phoenix Toward the Sun singing and dancing group who promote health and longevity was a featured group recognized at The Mayor's Neighborhood Gallery, Boston City Hall event on Tuesday April 5, 2016.

Age-Friendly Boston is a partnership between the Elderly Commission, UMass Boston Gerontology Institute and AARP Massachusetts and is supported by Tufts Health Plan Foundation.

FAIR FOODS \$2.00 A BAG PROGRAM

Laura Adams, Senior Programs Director



"We are very excited to have RTH as a site of the Fair Foods \$2.00 bag program. We have been trying to have it on site for a while and now it is here. It is a program that is much needed at RTH. The feedback has been very positive", states Laura Adams, Director of Senior Services. "

Fair Foods, Inc. is a non-profit food rescue, keeping surplus food out of the landfill and getting it to communities. For the past

22 years Fair Foods has supplied food pantries, events, and hunger walks with fresh produce - rescuing and distributing up to 6 million pounds annually. The Two Dollar a Bag program operates five days a week. Fair Foods gives out bags of mixed fresh produce at sites across Boston for a suggested donation of only two dollars. "Each bag consists of mixed fresh produce, ranging from potatoes and organic bananas to fresh kale and mangoes," according to Laura Adams.

"It is great to see fresh fruits and vegetables coming into our community that are affordable. These items are very expensive at the local supermarkets. I have been extremely pleased with the bags I have been receiving from the Fair Foods \$2.00 a bag program at RTH. I hope to see more neighbors taking advantage of this great deal," says Carla Murray, RTH resident from Fenwood Road.

In order to have Fair Foods at RTH, we needed to get volunteers that would commit to come every month to help sort and bag the produce. The volunteers are the backbone of the program and RTH is very grateful to all of them.

As part of their commitment to the Mission Hill Community, The New England Baptist Hospital is subsidizing the cost of the fresh fruits and vegetables food bags by \$1.00. Therefore, the cost to residents is \$1.00 per bag. Only one coupon can be used at a time. These coupons are also taken at Tobin Community Center on Wednesdays. If you need a Healthy Food coupon, please see Laura Adams in the Senior Department Office, Flynn House, 1st floor.

The upcoming Fair Foods date is Friday, August 26th. The Fair Foods Bag program site at RTH is located in the Flynn House Kitchen, 1st floor 805 Huntington Avenue. The distribution of the bags starts at 3 p.m. Please look for flyers posted throughout the community.

A F H J K M Q E

WINTER AT THE RTH AFTERSCHOOL PROGRAM

Stephanie Ellis, Director of Afterschool and Summer Enrichment Programs



During the winter months the RTH Afterschool was very busy as we celebrated Black History month. The 'Hedgehogs' class did a research project called "Black History 360" with Ms. Tillery. She wanted her class to know more about Black History than just Martin Luther King Jr. and Rosa Parks. Both are great leaders, but her class went a little further in their learning and discovered so much more. Each child learned about the connection that many leaders have to where they live in their community, Roxbury. They had the opportunity to experience examples of community work. Ms. Tillery chose Malcolm X, who lived in Roxbury, and Henry Gates Jr., a Harvard University professor, because she felt that it gives the children in our community inspiration that they too can become great leaders. Ms. Tillery also wanted the students to be introduced to the process of doing research. All of the children in the class expressed their desire of wanting to further their education by going to college and to make it a learning experience in which the parents were able to engage in and learn as well.

The winners of the Black History 360 were Junhua Zeng, age 8, who did his research on Eartha Kitt, and Toni Li, age 8, who learned about Malcolm X. All the children worked hard and with great interest on their research projects.

Ms. Margarita's class, the 'Monkeys', learned about respect and how to make good decisions during the winter months.

We would like to send a special thank you to Moses Strassfeld who brought his dog, Rocco, in for a surprise visit. The kids were very happy and had the opportunity to share treats with him.

The children are learning so much with woodworking classes at the Elliot School. They are becoming great wood workers.

Our collaboration with MCPHS School of Nursing has been a great experience during the winter months. MCPHS students held one of many of our parent workshops on car safety, and other health related program workshops.

Our parents, children and teachers at RTH Afterschool all collectively learned a lot of new information this winter.

To learn more about heart disease, call
1-800-AHA-USA1

RTH CELEBRATES UNITY DAY AND BLACK HISTORY MONTH

Cherie Milton, Resident Services Coordinator



Our main celebration was held on Saturday with Rodney E. Dailey as our keynote speaker. He talked to us about “Why history keeps repeating itself”. Mr. Dailey is the author of “Gang Peace to Street Peace” and founder of Boston Gang Peace. The celebration also included wonderful performances from the RTH Teen Youth Council, an African dance performance by our residents (coordinated by Originations Dance School), a poetry reading by Danielle Cunningham, a beautiful rendition of “Lift Every Voice” by Shalea Graham, and an oratory from Jaquie Boston called “My Story”. Karen Gately shared her thoughts on Black History as they related to the present.



CHINESE NEW YEAR “YEAR OF THE MONKEY”

Jason Zhan, Resident Services Manager



The Chinese New Year is the biggest holiday for the Chinese community for family reunions, travel, and visiting friends. This year's celebration was held on March 6th and we were honored to have Boston City Councilor Josh Zakim and Jessica Zimmer from Senator Sonia Chang-Diaz's office help us celebrate. We enjoyed a variety of performances from our resident community.



RTH CELEBRATES ST. PATRICK'S DAY

Jennifer Phaiah, Resident Services Coordinator

On Saturday, March 19th, the RTHCC gymnasium was turned into a sea of green for RTH's annual St. Patrick's Day Celebration. RTH residents really got into the St. Patrick's Day spirit, and many came donning festive hats, bow ties, and other themed clothing. What a sight! The event started with a warm welcoming from Karen Gately, RTH Executive Director, followed by a few words from our City Councilor, Josh Zakim. Residents were entertained with Irish step dancers from the Hansen Keohane School of Irish Dance and Irish music by Chuck Whelan. When residents arrived at their tables, Irish bread was available for their enjoyment. A delicious meal of corned beef and cabbage was catered by the Mission Bar and Grill and was served by RTH teens. After dinner, residents enjoyed scrumptious cupcakes donated by Brigham and Women's Hospital. Later in the evening, residents who had the "Luck of the Irish" won raffle prizes.



Erin Go Bragh



There is a spirit to Saint Patrick's Day in Boston that is unlike any other time. It is about good spirits, friendship, and faith in the future. Irish traditions are kept alive at RTH's annual St. Patrick's Day celebration. The event brings Irish music, dance, and food to our community in hopes of sharing real Irish entertainment. As we know, you don't need to be Irish to celebrate St. Patrick's Day or to enjoy Irish bread, Irish music, and Irish step dancing. It was so great to see everyone's Irish eyes smiling and having a grand ole time.

Thank you to the Saint Patrick's Day planning committee and volunteers for all their hard work planning and executing this successful event; Thank you to Trinity Management, Wingate Management, and the New England Baptist Hospital for their donations.

Anonymous Tip Line

617-232-0436

EATING HEART HEALTHY

JAZZ UP YOUR VEGGIES

Roxanne Haecker, Director of Community Education and Workforce Development

Eating Heart Healthy, fondly referred to by residents as “the seafood class”, is becoming ever more popular as the word gets out about how much fun it is. Professional chefs demonstrate cooking techniques and prepare delicious seafood dishes that are sampled by the whole class and health educators share easy to understand information about the health benefits of incorporating seafood into your diet and increasing blood levels of Omega 3 fatty acids.

Almost 600,000 Americans die of heart disease each year (CDC). Doctors from Harvard have found that eating two 3 ounce servings of a fatty fish such as salmon, mackerel, sardines, or herring reduces the risk of dying from heart disease by 36%. A new study by the Harvard School of Public Health and the University of Washington found that older adults who had higher blood levels of Omega 3 fatty acids lived on average 2.2 years longer than those with low levels.

Eating fish frequently can also benefit your brain health. Dr. Cyrus Raji, a resident radiologist at UCLA, found that people who ate steamed or baked fish frequently had more voluminous brains. The hippocampus, the big memory and learning center of the brain, was 14% larger in frequent fish eaters.

“If you have a stronger hippocampus, your risk of Alzheimer’s is going to go down”, wrote Dr. Raji in the American Journal of Preventative Medicine.

It is not just older people who can benefit by having higher blood levels of Omega 3’s. The Omega 3 fatty acid, DHA, is critical for the development of the nervous system, especially in the first year of life. Higher blood levels of DHA means better outcomes for babies’ brains and eyes (Journal of American Dietetic Association). Researchers have found that babies born to mothers who had high blood levels of the Omega 3, DHA, at the time of delivery showed advanced levels of attention span, a component of intelligence, for the first two years of their lives. What a great leg up!

If you would like to participate in the Eating Heart Healthy program, please sign up at the Welcome Desk in the RTHCC. While you are there, you can also arrange for an orientation tour so you can take advantage of the FREE SUMMER promotion! Yes, you can work out, take dance and yoga classes, play ball- FREE!

Thirty minutes of exercise a day and eating a heart healthy diet can mean a longer, healthier, and happier life. Aren’t we the lucky ones to have everything we need to adopt and practice a healthy lifestyle right here at RTH?

Watch the bulletin boards for dates of the next Eating Heart Healthy class coming this fall

RTH was awarded a “Healthy Food for Every Age” grant from the Harvard Pilgrim Foundation this spring to fund an inter-generational version of our successful cooking and nutrition class, Jazz Up Your Veggies, taught by Diana Goldman of Beantown Kitchen and Annie Bernhard of Plant-Based for Life.

“Healthy eating habits are important at every age, but they can make a big difference as we get older and our nutritional needs change,” said Karen Voci, President of the Harvard Pilgrim Health Care Foundation. “These grants support programs that bring older adults and young people together to garden and to cook – activities that can help all of us feel better and improve our health and well-being. Learning how to prepare delicious meals using fresh, local produce is fun and healthy at every stage of life.”

This Jazz Up Your Veggies class will bring seniors and youth together to learn to cook plant based recipes that are nutritionally rich, health promoting, palate pleasing, and inexpensive. We’ll make simple, easy to prepare recipes which include main dishes such as Rainbow Pad Thai, black bean burgers, spaghetti and “meatballs,” veggie chili and nachos; side dishes such as corn and pepper salsa, corn muffins and roasted vegetables; deserts such as chocolate chip cookies, peanut butter cups, and brownies, all made from low-fat and low-sugar ingredients. We’ll learn about the connection between food and health and how plant-based foods can help to prevent and reverse chronic diseases such as high blood pressure, high cholesterol, heart disease, type 2 diabetes, arthritis, gout, breast, prostate and colon cancer, and how eating a diet high in vegetables, fruits, and whole grains can contribute to maintaining a healthy body weight.

We’ll all hang out in the kitchen, cooking, eating, learning, and having a good time together.

Teens interested in receiving supervised culinary arts training and acting as apprentice sous chefs in this program can sign up at the RTHCC Youth Center, the Betty Powers Library, or by emailing Roxanne at rhaecker@roxburytenants.org. Apprentice sous chefs in this program can earn stipends in addition to gaining valuable skills and experience.

Seniors interested in joining the Jazz Up Your Veggies class can register with Laura Adams in the Flynn Seniors Office or at the RTHCC Welcome Desk. This class is free for seniors.

We expect this class to fill up very quickly, so sign up soon!



CONGRATULATIONS YAZMINE

Marquis Tucker, Youth Development Coordinator



Stanley Pollack, Founder and Executive Director of The Center for Teen Empowerment, and Yazmine Navarro

photo courtesy of Merrill Shea

Evan Gilmer was a Teen Empowerment Youth Organizer who passed away December 2015 at the age of 18. Evan dedicated the last years of his life working for positive social change in the inner city neighborhoods of Boston. He had a major impact in his community and among his peers. He also volunteered and assisted the RTH Teen Staff in 2014 with our Block Festival as well as our Halloween Haunted House.

The Teen Center members nominated Yazmine because she demonstrated many of the same qualities as Evan and - without a doubt - is a hero to the youth of this neighborhood.

Yazmine is the Youth Coordinator for the RTH Youth Council. She's led them in a civic engagement project supplying care packages to the homeless and has organized numerous retreats and educational activities for the group. She consistently plays a role in the academic and personal lives of RTH youth, offering counseling and advice in whatever their areas of need. She also assists with field trips and keeps a smile on everyone's face.

A true highlight of Yazmine's work and dedication took place in Benin, Africa last summer. Yazmine taught herself French and then traveled to teach the students there English, developing the curriculum completely by herself, and continuing to this day in keeping in contact with them and sending resources there whenever she can.

We are proud and privileged to say Yazmine is one of our own and represents the best and brightest that RTH has to offer. Congratulations to Yazmine Navarro and thank you for all you do!

"Life is like writing in pen; once you have made a mark, it's there for good. All you can do is make the most of that mark and not waste ink making useless marks. If only we could write in pencil."

Sarah M., Age 16

JAZZ FAIR

May Vaughn, Director of Youth, Family and Community Engagement



photos courtesy of Lightchaser Photography



RTH, Brigham and Women's Hospital (BWH) Lung Center, and JazzBoston celebrated partnership in music and medicine to improve lung health based on the breathing and blowing techniques of jazz wind instrumentalists and vocalists on Levenson Plaza, the first of the partnership's Good Music = Good Health Jazz Fairs.

"This is just the beginning of a tremendous relationship between RTH,

JazzBoston and BWH Lung Center," says Emmett Price, MD, musician, professor, pastor and JazzBoston CEO and board chairman. "We envision many more opportunities for serving the Greater Boston Area with an eye not only towards health and wellness, but also towards collaborative research that will cross-fertilize best practices among researchers/ therapists and creative artists who use their lungs to make music."

"Music washes away from the soul the dust of everyday life."

Berthold Auerbach

The Definition of Civic Engagement

"Civic engagement means working to make a difference in the civic life of our communities and developing the combination of knowledge, skills, values and motivation to make that difference. It means promoting the quality of life in a community, through both political and non-political processes."

Thomas Ehrlich

UNITY DAY

Cherie Milton, Resident Services Coordinator



left-right: Marie-Claire Dumornay, Helen Hui, Irma Diaz, Karen Gately, Dolores Pullen, Cherie Milton, May Vaughn

We kicked off our Black History celebrations on Friday, February 19th with Unity Day with a message of harmony and to recognize and acknowledge the struggles, and successes of the past, some of which are carried over to present day.

We were honored to have Irma Diaz, Helen Hui, Karen Gately, and Dolores Pullen talk to us about what Unity meant to them from their individual cultural experiences. Residents left with a common feeling of togetherness and a sense of purpose.

ROOF DECK



Enjoy the view! Relax! Read a book! Eat your lunch! Socialize with your neighbors.

The Roof Deck, located on the 7th floor of the Flynn House Building, is open Sunday through Saturday from 12 noon - 6 p.m.

This space is for adults only, ages 21 and over. Sorry no children are allowed on the roof deck

For more information, please call Laura Adams at 617-232-4306 ext. 700.

www.roxburytenants.org

SENIOR BOWLING ON RED NOSE DAY

Laura Adams, Senior Services Director



Front l-r: Caludio Francisco, John Clune, Jaqueline Crenshaw, Joani Reed; Back row: Ellen Saucier, Ali Abdulkadir, Billy Sullivan, Sarah Harris

On Thursday, May 26th, the RTH bowlers had a tournament amongst themselves. "They take bowling very seriously, but on this day we could not stop laughing," says Laura Adams. "I knew our bowlers would be disappointed when we learned that the City of Boston had canceled the Boston Senior games where they compete with seniors across the city. I decided we would have our own tournament against each other on Red Nose Day.

We were divided up into teams. At first you couldn't hear a pin drop; bowlers were totally concentrating on knocking down the pins. Once we put on our Red Noses, it wasn't before long, that you heard a team burst out laughing. The Red Nose is the universal symbol for Red Nose Day. On Red Nose Day you are supposed to be silly, have fun, and that is exactly what we did."

Even though we all were laughing and joking, everyone was still trying to bowl their best game. You could hear loud cheers when Sarah Harris got her spare, and then a few minutes later, Ellen Saucier got a spare too. The champion of spares of the day went to John Clune. He got three spares this day and also got the highest individual game score of 102. Congratulations John!

"Bowling is great exercise", Jacqueline Crenshaw shared with me the next day. "I'm feeling it, I got a good workout. Bowling is a great program at RTH, I wish more seniors came bowling with us. It is a great way to keep moving without even realizing it, because you are having so much fun."

RTH seniors go bowling on Thursday mornings at 9:30am. We would love more seniors to join us. Please call Laura Adams, Director of Senior Services at (617) 232-4306 ext. 700 to sign up.

VICTORY DAY AT RTH

Yelena Piliavsky, Resident Services Coordinator



For the RTH Russian community (post-Soviet), the month of May begins with an event that has deep meaning. Victory Day is a holiday filled with big happy smiles and tears of past loss.

Victory Day commemorates the anniversary of the capitulation of Nazi Germany on May 9, 1945, in Europe. On this day people in Europe and the USA mark the end of World War II and celebrate peace. This bloody war took more than 85 million lives around the World. Victory Day is a day of both sorrow and happiness.

This year Victory Day at RTH took place on Sunday, May 8th at RTHCC and brought together 73 people of different nationalities. It is part of the Russian tradition to celebrate May 9th as a day when WWII was over. Russians keep this tradition in very high in honor and remember all the loved ones and the millions of unknown people who sank into the bloody ocean of WWII. Time passes by but it cannot heal the wounds in people's hearts nor diminish their hope for peace. The V-Day event always welcomes all the residents of RTH to share music, food, wine, and friendly conversation.

This year the event welcomed two veterans of WWII and RTH residents, Alexander Piliavsky and Bension Mankovsky. These men, who fought in the war, shone with joy as they raised their glasses of wine with the people around them. All residents enjoyed great music and some dessert.

An important part of the event was an exceptional musical performance by the Prima Music Band, which included a piano, a violin, and two lovely singers. Musicians were very professional and their intense performance was met with a very warm and enthusiastic response from the audience. When the concert was finished, several residents expressed their deep appreciation to the musicians and RTH for organizing the event.



HEALTH COACHING AT RTH

Jodie Carusotto, RN

Do you have a goal for the summer? Do you want to get healthy? Lose weight? Or cook better meals for you and your family? Do you want to quit smoking? Lower your cholesterol? Lower your blood pressure?

Studies show people are more successful when they make a change with a partner or join a group. At RTH we offer free private health coaching from a Registered nurse... Jodie Carusotto.

We also offer group sessions on health topics.

If you are interested please contact the front desk at the gym to make an appointment or join a group session.



RTH ANNUAL MEETING ELECTION 2016

RTH has been resident-controlled and governed by community residents elected by their neighbors to serve on the RTH Board of Directors for over 40 years. Residents gather each year in June for an annual meeting to review the previous year's successes and challenges, to get updated on the organization's financial position, and to elect members to the RTH Board of Directors.

The 2016 Vote Totals *newly elected*

Bill Sullivan*	165 votes
Teresa Naranjo	41 votes
Dolores Pullen	64 votes
Rita Arroyo	114 votes
Anna Komarova	70 votes
Carmen Rosado*	138 votes
Zhen Lin "Pauline"*	140 votes
Alan Lane	69 votes
Carol Menton*	161 votes
Izrail Tselnik*	164 votes
Stephen Clune	30 votes
Margaret King	50 votes
Jack "John" Anderson	57 votes
Sarah Harris	18 votes

Thanks to all the RTH residents who ran for the Board of Directors, including those who did not win a seat this year. Your courage and willingness to get involved is appreciated, and reminds us of our community responsibility – our obligations as individuals to our community – which include caring, respect, cooperation, service, responsibility, and participation. We need board members and community leaders who believe in RTH and are willing to get involved. Leaders who will work in unity to help the RTH community realize its full potential and help all residents enjoy the best quality of life.

Also, we would like to welcome the 2016 RTH Board of Directors: Carol Menton, President, Carmen Rosado, Vice President, Izrail Tselnik, Treasurer, Danielle Cunningham, Clerk, Jacqueline 'Jacquie' Boston, Donghui 'Sophia' Deng, Irma Diaz, Rebecca Hill, Zhen Bao 'Pauline' Lin, Kyle Wu, William Sullivan.

For those who did not participate this year, we hope you will become engaged, learn more about RTH and what makes us so unique. Consider joining one of our standing committees or volunteering in one of our programs or events. Interested? Watch for flyers announcing dates and times of introductory meetings or speak to any of the RTH board members to find out more details on how you can get involved.

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SEWING CLASS WITH JULIA

Roxanne Haecker, Director of Community Education and Workforce Development



Ramona Hurley and Julia Yampolsky making pajama pants

Julia Yampolsky, trained at the Moscow School of Design, is a highly experienced instructor who has worked in the design and sewing of men's and women's clothing, currently teaches several popular sewing classes at the Boston Center for Adult Education, and has her own Etsy shop online. She has been teaching beginner's classes, a class in creating home décor, and an intermediate level sewing workshop at RTH.

Students in the Sewing with Julia classes at RTH have created lounge pants, pajamas, pillows with zippers, table runners, and curtains to name a few of the projects completed to date.

Starting this fall, we will be adding an entrepreneurship learning component to our sewing class offerings. Participants will use their sewing skills as both a creative outlet and a marketable skill, learn to create a budget, and market their products. They will also have the opportunity to create products of their own choosing to sell at the RTH Holiday Bazaar.

SPRING ART AND CRAFTS SHOW

Robin MacDonald-Foley, Art Instructor



*Top l-r: Jacqueline Crenshaw, Callie Overton, Ana Bonilla, Michelle Kennedy, Sarah Harris, Nakeisha Lofton
Bottom l-r: Marilyn Casey, Maria Vicente, Sophia Deng, Robin MacDonald-Foley (art instructor), Ruth Sands, Fermina Montero. (Photo courtesy of Robin MacDonald-Foley)*

Artwork by RTH Senior Arts and Crafts Class celebrated with a reception on May 25, 2016, at the Flynn Kitchen Gallery. The acrylic paintings on canvas will remain in the gallery for viewing. It was a wonderful night for all and well attended.

AGING WELL AT RTH

Jenn Phaiiah

Aging Well at RTH is a new program which took root in 2014, as part of a partnership with Jewish Family & Children's Service (JF&CS). Aging Well at RTH was established with the aim of making life for those over 55 years of age a bit easier. We help with heavy household tasks like cleaning ovens, stoves, refrigerators, and dusty vents that get dirty and sticky every 6 months. We help tidy and organize apartments and much more.

Many residents have used our "helping hand" service, and are talking about the quality of the cleaning work. Just recently, I visited Zoya Dobina, one of our tenants, to see what she thought of her recent visit by Aging Well at RTH. She said:

"What a brilliant job this man has done with my kitchen cabinets, cleaning them inside and outside! Just look at these kitchen cabinets doors – they look brand new! Don't they? What a conscientious job! I am going to contact you again for help with cleaning my oven."

Another resident, Abram Botvinnik, smiled and said:

"My stove and oven have never been as clean as you see them now! They beam like a smile since yesterday, when they were cleaned. Thank you, Aging Well at the RTH!"

Our service is free for the RTH residents. Please contact the Aging Well at RTH program to try our gentle hands for your heavy chores. We are happy to discuss all your needs. For additional information, please contact Yelena Piliavsky, the RTH Aging Well Coordinator, at 617-232-4306, ext. 703.

CONGRATULATIONS TO OUR 2016 HIGH SCHOOL GRADUATES



Kayla Bostick	Another Course to College High School
Jessica Fok	Boston Latin Academy
Raquel Navarro	Snowden International High School
Armany Medina	
Pujols	Charlestown High School
Alexis Wright	Foxboro High School

May your graduation from school be the beginning of a bright future for you. We're so proud of the countless hours of study and hard work that you've put into high school. You worked hard and you did it! May all your hopes and dreams become reality. Best of luck for a wonderful future!

Explore! Discover! Dream!

RESTORATION HOUSING CONSTRUCTION UPDATE

Amy Lawton, Senior Property Manager, Wingate

The Restoration Rehabilitation Construction project has been completed in the units of 11 buildings with work in apartments underway in the final 6 buildings currently. The hall way painting and carpeting is well underway.

The Development Team has been working with the contractor and our historical consultant on making sure that the exterior finishes, wood work, and trim will bring these beautiful buildings back to historically accurate conditions on the front and rear facades. The exterior painting has started and is really beginning to visually transform the neighborhood!

The neighborhood continues to be a busy construction site and will continue that way through the end of the summer and early fall. We truly appreciate the patience of all residents of the neighborhood (whether a resident of Restoration or not) while living with the unavoidable inconvenience of this construction project.

MOSAIC RENTAL APPLICATION DISTRIBUTION

Amy Lawton, Senior Property Manager, Wingate

We had a very successful application distribution period for the *rental* units at Mosaic. We distributed over 4000 applications for the 60 rental units that are available at Mosaic on the Riverway. We have received approximately 2000 returned applications and are in the process of reviewing and pre-qualifying all applications. We look forward to having the *rental* lottery this summer.

Did you know.....

It is a violation of your lease if you, a member of your household, or a guest are found to be using recreational drugs, including marijuana, in your apartment or anywhere on the property?

Although some states, including Massachusetts, have changed the laws regarding the use of medical marijuana and decriminalized small amounts of marijuana, these laws do not apply to residents of federally subsidized housing.

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Thank you to Theresa Naranjo, Dolores Pullen, Rita Arroyo, Anna Komarova, Alan Lane, Stephen Clune, Margaret King, John "Jack" Anderson and Sarah Harris for spirited runs and for your commitment to the RTH community.

YES WE CAN! TAKING CONTROL OF YOUR FINANCES

Roxanne Haecker, Director of Community Education and Workforce Development

We hear the terms “financial literacy” and “financial capability” used often and, many times, interchangeably. But are they the same thing? Not according to the CFED, the Corporation for Enterprise Development, which works to foster an inclusive economy with pathways for financial security and opportunity for all.

Financial literacy - knowing about financial concepts - is good and necessary knowledge to have, but knowing is one thing, doing is another. That’s where financial capability comes in. We need be financially literate, to have knowledge of how budgets work, the importance of saving, what assets are and how to build them, how to manage our money, etc., but we also need to have the skills - the capability - to put that knowledge into practice, making sound financial decisions and accessing financial resources effectively. “We learn more from education if it is experiential and is relevant to our lives” (CFED). That is why RTH offers financial education workshops and programs that incorporate both financial knowledge and skills building for children, youth, teens, and adults.

“Win the Money Game for Kids” is an award winning 6-week financial education program for elementary aged children that teaches the basics. Kids learn how banks work, how to earn money by saving money, to keep track of their money, about credit cards, debit cards, and interest rates and loans. They learn about creating a budget and managing their money. Class graduates earn a \$25 savings account at a local bank.

One Hen is an enrichment program based on the children’s book “*One Hen: How One Small Loan Made a Big Difference*” that teaches socially conscious entrepreneurship. Elementary and middle school students learn the fundamentals of money management, the basics of starting a business, and the importance of helping others. They receive micro-loans to start simple businesses, apply what they have learned, sell their products, and ultimately spend their profits to help others in need. The kids who participated in last year’s One Hen Summer Intensive program here at RTH did a great job, including bringing the Chicken & Rice Guys truck to Mission Park and working on the truck serving up free food to RTH residents. They donated their profits to Children’s Hospital. This summer’s One Hen Intensive will be a part of the Bridge Program at the RTHCC Youth Department and we will also offer a One Hen program this fall at the Betty Powers Library. Sign up as soon as you see the flyers, because it fills up fast!

Money Palooza! is a financial education workshop designed to help teens learn financial literacy basics and develop skills that help them prepare for the future.

The program kicked off this past spring as a collaboration between RTH and Northeastern University, spearheaded by Beverly Moss and taught by Northeastern University graduate students, Karim Murr and Karthik Lakshmi Ratan. The two-part workshop covered wealth building (investments vs spending money), savings, credit cards, scholarships, understanding interest rates, etc. Teens who attended the classes were especially interested in the concept of compounding interest, investments, and the wise use of credit. Each participant earned a \$25 Gift card.

Our fall schedule of financial education classes at the Betty Powers Library includes adult workshops on budget basics, creating a spending plan, credit cards, credit repair, setting up a bank account, Money Palooza! for teens, and Win the Money Game for kids. In addition to the One Hen entrepreneurship class for kids and youth, we are also offering an entrepreneurship workshop for adults. All of these classes and programs will be advertised in the fall edition of the “What’s Up” and by posted flyers. Register early to avoid disappointment!

We have resource information sheets available to help you find free or low-cost programs including job training, ongoing financial education and coaching, credit counseling, dealing with CORI issues, first time home buyer’s classes, starting a business, income tax preparation, and other topics related to economic opportunity.

Don’t forget the ESOL classes here at RTH including English Basics and English for the Workplace. English language proficiency is a requirement for many job training programs and will help you earn more money!

TEEN FINANCIAL EDUCATION WORKSHOP



Front: Tracy Tan, Winnie Tan
Back row: Michael Ly, Kevin Zeng, Kevin Karim Murr, Karthik Lakshmi Ratan, and Yaovi Dablah

NEW WINGATE STAFF MEMBERS

Amy Lawton, Senior Property Manager, Wingate

We have two additions to the staff at Wingate Management Company this month that will be working in the four old neighborhood properties as well as at Mosaic on the Riverway.



Tony Conserva has been hired as the new Maintenance Superintendent for the four RTH properties managed by Wingate. He will also be the Superintendent for Mosaic. Tony comes to us from another Wingate property and has extensive mechanical and supervisory experience and has already

been a great asset and addition to the Maintenance Staff. He is supported in the Maintenance Department by Angel Negron, Lead Maintenance Staff Member as well as Guillermo Morales, Ernie Goforth, and Ricky Perry.



Laura Ciommo has been hired as the Assistant Manager and Occupancy Specialist. She has worked at a senior tax credit property and brings a high level of experience and expertise to RTH. She will be working with Restoration and Mosaic residents to complete recertifications as well as a getting involved in some of the day to

day management of the properties. She joins Yasmari Mercado, Property Manager; Tim Flynn, Property Manager; and Quiana Horsley, in the 747 Huntington Avenue office. Amy Lawton will continue as Senior Property Manager for all four old neighborhood properties as well as Mosaic.



Beverly Moss visited with Dr. Mel King to discuss community engagement at RTH

I LOST IT AT RTH

Deborah Zanellato, Health and Wellness Coordinator



Front-row(left to right): Yu Zhen Chen, Ying Yu Zhu, Kimain Harris

Back-row: Anthony White, Paula Gately, John Clune, Alan Lane (missing from photo: Marcia Campbell, Glenda Ramos, Joani Reed, and Peirui Wu)

The "I Lost It at RTH" was a weight loss program. The collaboration with BWH and RTH was to integrate the competition with BWH's initial fitness testing and health coaching. The participants had initial weigh ins and weekly incentives used as motivational tools to help participants achieve their goals. They were monitored by the Wellness staff on how they were progressing. To conclude we had a celebration with all participants and RTHCC and BWH coordinators of the contest, with a Powerpoint presentation to show the success of everyone. We also had a nice dinner and awarded prizes to the top ten winners.

Over the course of the competition we had 71 residents participating representing an average weight loss of 5.3 lbs. The two top prize winners, Anthony White and Glenda Ramos, both won a \$100 gift card. The remaining participants received a \$25 gift card.



CONGRATULATIONS TO OUR WINNERS

Anthony White | Glenda Ramos

Marcia Campbell | Yuzhen Chen | John Clune
Paula Gately | Kimain Harris | Alan Lane |
Joani Reed | Peirui Wu | Yingyu Zhu

An orange a day may help lower your blood pressure, reduce the risk of stroke and help keep your heart healthy and strong.

(excerpt from Consumer Reports on Health)

Save Money on Cooking Spray

Never pay for cooking spray! Instead, buy a large bottle of vegetable oil and add it to a clean spray bottle. It's the same thing and will cost a fraction of the price.

Consumer Reports

HAPPY BIRTHDAY IRENE



Back Row: Cherie Milton, Alan Lane, Beverly Moss
Front Row: Irene Randolph



Irene Randolph



Irene Randolph and Boston Police Commissioner Bill Evans
Photos courtesy of the Boston Police Media Department



Health and Safety Meetings are held on the 2nd Wednesday of each month from 6:30 p.m. - 8:30 p.m. in the Parks Community Bldg. (2 New Whitney St.) Educational health and safety topics are presented

The next meeting is scheduled for Wednesday, September 14, 2016

RTH Board of Directors

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Carmen Rosado
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Jacqueline Boston
Donghui 'Sophia' Deng
Irma Diaz
Rebecca Hill
Zhen Bao Lin
Kyle Wu

Long time RTH resident, Irene Randolph, born on July 1, 1913, celebrated her 103rd birthday at the Landmark Senior Living Community .

Her celebration included a letter from President Obama and first lady Michelle Obama, a visit from Mayor Marty Walsh, Boston Police Commissioner Evans, and several of her friends, neighbors and relatives. Commissioner Evans said, "When I heard Irene was turning 103, I had to meet her to wish her a Happy Birthday. People like her have made Boston the special place it is today and it was an honor and privilege for me to meet her and thank her for being a great citizen." He presented Irene with a tee-shirt and a baseball cap with the Boston Police Department logo. Alan Lane, RTH resident, said, "Irene has been a good friend, a surrogate grandmother, and advisor for many years." Happy Birthday Irene!

HANDY TELEPHONE NUMBERS 617-232-4306

After School Program	EXT. 400
Facilities Department	617-566-1534
Flynn 7th Floor	EXT. 701
Library/Computer Center	EXT.601
Mission Park Garage	617-732-6334
ONRA Management	EXT. 800
Parks Community Building	EXT. 305
Resident Services	EXT. 503
RTH Community Center	EXT. 200
RTH Executive Offices	EXT. 103
Security	617-731-6972
Senior Department	EXT. 700
Trinity Management	617-566-0707
Wingate Management	EXT. 801

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If you have an idea for an article or story for the newsletter contact Beverly Moss at 617-232-4306 ext. 601 or email her at bmoss@roxburytenants.org.

We reserve the right to accept or reject any article for publication and/or edit for clarity.