



TELSTAR

ROXBURY TENANTS OF HARVARD PUBLICATION

VOLUME 13

SPRING EDITION 2015

NUMBER 1

MESSAGE FROM THE EXECUTIVE DIRECTOR

SAVE THE DATE

CANDIDATES NIGHT

Saturday, May 30, 2015

4 p.m. - 6 p.m.

Parks Community Bldg.

(see page 15)

POTLUCK DINNER

Saturday, June 13, 2015

6 p.m. - 9 p.m.

RTH Community Center

(see page 15)

RTH ANNUAL MEETING

Sunday, June 14, 2015

RTH Community Center

Registration begins at 12 noon

Meeting begins at 1 p.m.

Simultaneous interpretation will be offered

(see page 15)

POOL OPENING

Saturday,

June 27th

(see page 9)

Roxbury Tenants of Harvard

Executive Office

11 New Whitney Street

Boston, MA 02115

Dear RTH Residents,

What do you do when Opportunity Knocks?

Sometimes an opportunity comes our way that we were not expecting. It's often hard to know what to do. How do you make a decision? Would you talk with family, friends, neighbors? Would you make a pro and con list? Would you sleep on it? Would you flip a coin? Would you simply go with your intuition? I challenge you to try, and **start with yes and then think about, why not?**

The word "opportunity" comes from "ob portu", Latin for "into port". When sailors relied on wind and tide to bring their ships into port, the perfect mix of conditions that brought their wares and customers together was their "opportunity". It has often been said "for every problem there is an opportunity." At RTH, opportunity is plentiful.

When opportunity knocks, don't let fear or procrastination hold you back. Open the door and embrace the opportunity that has come forth. Sometimes opportunity knocks ever so lightly; appearing for only a moment right in front of us. Sometimes we have to search for an opportunity, like buried treasure. Sometimes there are so many opportunities we can't choose or make a decision. Whatever the reason we don't take advantage of an opportunity, if we are oblivious and fail to be vigilant and we fail to take action, ultimately we will miss out.

Having the right program or service, for the right resident, under the right conditions, on the right day, at the right time, is the opportunity we seek to provide to RTH residents. **You have read this far, know that opportunity is knocking right now!** There is a wealth of opportunity right here at RTH. One just has to read through this edition of the Telstar to see the many programs, services, events – all opportunities that RTH provides.

We have many programs and services to help you:

- ❖ **Make new friends...** Many fun community events happen monthly here at RTH. Check out the bulletin boards around the property or stop by RTH Community Center to find out more about upcoming events and new programs.
- ❖ **Not get left behind...** Classes to help you get your GED or financial support for those seeking higher education or training.
- ❖ **Snag a job...** Workshops to develop your resume and cover letter and prepare for the interview are available at the Library.
- ❖ **Buy your first home...** We have a down payment match program and a savings club so you will be ready to enter the lottery when Mosaic on the Riverway opens. Sign up for the next class to help you get on the path to purchasing your first home.

WELCOME NEW STAFF



Ashley Boyd

I would like to take this opportunity to introduce myself. My name is Ashley Boyd and I am the Program and Training Coordinator for the Aging Well at Roxbury Tenants of Harvard program within the Senior and Resident Services departments. I am excited to be a part time staff member here at RTH and it has been a pleasure getting to know the residents since I started in October. I am a resident of Jamaica Plain, and it has been so wonderful to learn more about RTH and the Mission Hill neighborhood. I recently graduated with my masters in social work from Columbia University in New York City and have experience working with people impacted by cancer at Gilda's Club NYC and as a volunteer coordinator at Community Servings. I am excited to start a new program to ensure that the senior residents of RTH can age safely in place and maintain a high quality of life.



Tim Flynn

Tim Flynn has been hired by Wingate Management Company as the Property Manager to oversee the day to day management of the property RTH Community Housing. Tim got his start in Property Management at Family Aid Boston managing a complex portfolio of over 120 units ranging from Section-8 housing to homeless shelters. Tim's responsibilities included overseeing all renovation and restoration projects of his properties, leasing, and coordinating with multiple property management companies. While maintaining his scattered site portfolio, his focus aimed to improve the lives of at-risk youth and low to no income families. Prior to property management Tim was an active member of the recreation community working as Director of Camp Arrowhead, a camp for individuals with special needs.

Tim can be reached at the RTH Community Housing Management Office which is continues to be located at One Fenwood Road and the phone number is still 617-232-1388. Tim can also be reached via email at tflynn@wingatecompanies.com



Nancy Murphy

My name is Nancy Murphy. I am excited to bring ballroom dancing to the RTH Community on Sunday nights!

I grew up in Orono, Maine and began dancing at the age of 3 primarily in ballet, tap and jazz. Over the years, I have performed with the Maine State Ballet, the Connecticut Ballet, the Mandala Folk Dance Ensemble and currently I am a member of the Back Pocket Dancers.

I began teaching partnered dance in 1989 at Rugcutters. I also teach at several other local studios, including the Wilmington Dance Academy, Marblehead School of Ballet & Brookline Adult & Community Education. My main focus is partnered dances, such as Swing, Argentine Tango, Waltz, Foxtrot, Cha Cha, Rumba, Salsa and many others.

I have performed at many local events over the years, such as CIABDA's Cape celebration of National Ballroom Dance Week and the Boston Tango Society's annual Boston Tango Festival. I have also been a guest teacher on occasion - at the North Shore Civic Ballet's annual Salsa party fund-raiser, Argentine Tango in Bangor, Maine, and at Swing City in Cambridge.

As a social dancer, I can be seen on the floor at events ranging from Milongas to Swing dance clubs, and just about anything in between. I try to bring a "real life" experience to my teaching whether I am training students, area dancers or fellow teachers.

I hope you can join us one Sunday night at the Parks Community Center 7:30-9 p.m!

BUILDING A BETTER FUTURE FOR YOURSELF

Roxanne Haecker, Director of Community Education and Workforce Development

An important part of the RTH mission is the economic advancement of its resident members. We have resources available to help you reach your goals of learning English, finishing high school, going to college, training for a job with good wages and benefits and a career path, building assets, buying a home, and creating a strong foundation for your family to prosper.

ESOL- English is the lingua franca- the language of money- of the world and English language proficiency is a prerequisite for many training programs and jobs. You will make more money if you are able to speak and write English. We have beginning, intermediate, and English for the Workplace classes. Need daytime classes? Let us know. If we have sufficient enrollment, we will schedule a class during the day in addition to our evening classes.

Hi-Set (*formerly called GED*) - We have practice tests in English and Spanish to help you determine your readiness to take the Hi-Set tests. Have you been out of school of a while and now you're afraid that you've forgotten things? Don't worry, all testing is private and confidential, and we meet you where you are and work from there. Not ready to take the tests? We can refer you to a nearby class or help you prepare with a tutor. You can prepare for and test in each subject area separately and at your pace. Upon successful completion of your high school equivalency, you will be eligible for many training programs, Pell Grants, and the RTH/BWH Believe and Achieve Scholarship.

RTH/BWH Believe and Achieve Scholarship- ready for college or a job training program? This scholarship awards up to \$4,000 to RTH residents attending post-secondary schooling or pursuing job training. Applications are available on the RTH website, www.roxburytenants.org, at the Betty Powers Library & Computer Center, and at the Resident Services offices at 2 New Whitney Street 2nd floor and the Duggan Building lobby.

Job training- By adopting a sector approach to workforce development and working with existing programs such as JVS, Training Inc., Asian CDC, and others who all have successful track records and employer/business partnerships, we plan to focus on three areas- medical and allied health, financial/banking/administrative assisting, maintenance & facilities/construction- helping RTH residents gain skills and training for sectors where there are actually jobs.

Sector Focus on health related jobs training include Home health aides, Certified Patient Assistants, Unit Coordinators, Medical billing clerks, and MASCO call center operators.

Sector Focus on Financial and Banking services include Banking administrative assistants, clerks and office coordinators.

Sector Focus on Construction and facilities and maintenance includes training for entry level construction positions, building facilities and maintenance positions, and the opportunity to train as an electrician.

Asset Building- What are assets? Income, good credit, a bank account, education, a job with a career path, home ownership, social capital- these are all assets. RTH is offering financial literacy classes and workshops to help you learn to Save for a Goal, to find out what your credit score is and repair your credit if necessary (did you know that many employers now check your credit score as part of their hiring process?), to deal with CORI issues, and to set up bank accounts. We also have **Homebuyers 101** classes on site that can help qualify you for a low interest mortgage and to receive funding from RTH and from the City of Boston to purchase an affordable home. Our **Match Savings Club** enables you to save money for the down-payment and closing costs for your home purchase. If you are an RTH resident who buys in the new Mosaic on the Riverway building, RTH will match 2 to 1 up to \$1800. You save \$1800, RTH matches that with \$3600. Want to buy outside RTH? RTH will match 1 to 1- you save \$1800. RTH matches with \$1800 contribution.

Social Capital as an asset is often overlooked or not counted as such, but it is important and can make a big difference in helping to reach your goals. Links, shared values and understandings between family, friends, and community that enable individuals and groups to trust each other and so to work together, to support each other- that is social capital. No one really ever makes it all on their own. Yes, they've worked hard, but they've also had support. We have many opportunities to build social capital here at RTH- family nurturing programs, social events, wellness and exercise classes, committees, community meetings, and the everyday opportunity of "doing unto others as you would have done to you". Let's help each other to strengthen our community so we all have a better future.

EATING HEART HEALTHY SEAFOOD NUTRITION PARTNERSHIP

Linda Cornish, Executive Director, Seafood Partnerships



Left - right: Aileen Sauris, Brigham & Women's Hospital; Jacquie Boston, RTH; Karen Gately, RTH; Kelly Armetta, Hyatt Regency Hotels Boston; Linda Cornish, Executive Director, Seafood Nutrition Partnership

The non-profit Seafood Nutrition Partnership held a reception on March 13 at the Hyatt Regency Boston to celebrate the successful results from the Eating Heart Healthy programs held to date at Roxbury Tenants of Harvard. Approximately 75 guests at the reception enjoyed seafood appetizers created by Chef Kelly Armetta and intently listened to the program partners share their experiences with Eating Heart Healthy. The panel of speakers emceed by Linda Cornish from Seafood Nutrition Partnership included Aileen Sauris, Brigham & Women's Hospital; Jacquie Boston, Roxbury Tenants of Harvard; Karen Gately, Roxbury Tenants of Harvard; Kelly Armetta, Hyatt Hotel Boston, and Dr. Tom Brenna, Cornell University.

It was announced that the Eating Heart Healthy graduates from Roxbury Tenants of Harvard are positive role models for Americans across the country. Because of the positive results from the Boston program, Seafood Nutrition Partnership has been approached by several organizations across the country to bring Eating Heart

Healthy to their communities. Currently there are Eating Heart Healthy programs in Memphis, Tennessee and one planned for Seattle, Washington in the fall.

Several graduates and members of the Roxbury Tenants of Harvard community were also in attendance: Beverly Moss, Helen Hui, May Vaughn, Roxanne Haecker, Sarah Harris, Yan Hua Zhu, and Xing Yuan Zhou. The next Eating Heart Healthy at Roxbury Tenants of Harvard is scheduled for October 2015.

Congratulations to Jacquie Boston, who has been asked to be an Eating Heart Healthy Seafood Ambassador for this initiative. Jacquie will appear at the National Kick off for the Eating Heart Healthy Seafood program in Washington, D.C. to talk about the pilot of the program here at RTH at a congressional reception on October 6th and at a press conference on October 7th. Each member of the three RTH classes that we have graduated to date can be proud of her contribution to making Eating Heart Healthy Seafood program a national model!



Chef Kelly Armetta, Executive Chef for the Hyatt Regency Boston, has recently received a Leader of the Year Award from Hyatt for his contributions to Eating Heart Healthy, a program through Seafood Nutrition Partnership. Participants of Eating Heart Healthy at Roxbury Tenants of Harvard know firsthand Chef Kelly's engaging personality when he teaches affordable and delicious recipes that many of us have come to enjoy. Chef Kelly is passionate about sharing his food knowledge to help others live a healthier lifestyle. Please congratulate Chef Kelly the next time you see him at RTH!

RTH TEEN CENTER

Jen Lewis, Director of Teen Programs

The snow and cold was a challenge to all this winter, but the Teen Center (located in the RTH Community Center) has been quite lively! On days that school was cancelled and we were able to open the building, the Teen Center was a great spot for youth to connect with friends and get out of the house! We are open 7 days a week and have been seeing teens all of those days!

Our Middle School Program brings great energy into the Teen Center on weekdays right after school lets out and is an opportunity for youth who are not yet teens to use the great space we have, while learning and practicing how to conduct themselves responsibly as young people.

The teens have been using the Teen Center to do homework, challenge each other to games of ping-pong, chess, and video games. Many teens have been looking for and applying for summer jobs.

Our field trips to Roller World in January, and Snow Tubing in February got us out of the neighborhood and were great fun as well! Our Baking Club started back up, hosted by Yazmine Navarro on Tuesday evenings, and Robotics Club started on Friday afternoons, hosted by Maverick Mallari. The Youth Council continues to meet every week to advocate for youth voice, plan events for teens and the community and are working on a talent show coming April 11th.

We are continuing to add activities to our menu as we hear from youth and look forward to adding Friday night hours for teens in June. Please let us know if you have any ideas or feedback!

Please reach out to us here at the Teen Center if you have any questions or want to get involved! Stop by or give us a call at 617.232.4306 ext. 206.



Eating Heart Healthy Seafood Class III participant, Jenny Diaz, learning to prepare low-cost, heart healthy, and delicious seafood dishes for their family

ISEE EXAM PREP CLASS

Helen Hui, Education Specialist



First Row: Jason Wang, Qi Ming Cao and Winnie Tan.
The second row: Kenney Tran, Yan Ying Chen, Leon Huang and Tony Ly; Missing from picture: Yahye Sharif and Yusra Mukhtar

The Independent School Entrance Exam (ISEE) is a standard test designed for students who would like to get into Boston's exam schools including the Boston Latin School, Boston Latin Academy, and the John D. O'Bryant School or private independent high schools. Thousands of students seek entry to Boston's three exam schools each year, but only approximately four hundred will be invited to attend in any given year. Entry is based on a combination of ISEE test score (50%) and GPA (50%).

The RTH ISEE Test Prep Class has prepared forty students so far; twenty-two have been accepted to Boston's exam schools! This is a testament to the hard work and dedication of our students and to the effectiveness of our ISEE test preparation class.

2014 class students Kenney Tran and Jason Wang were invited to the Boston Latin School; Winnie Tan and Qi Ming Cao were invited to Boston Latin Academy; Tony Ly, Yahye Sharif, Yusra Mukhtar, Yan Ying Chen, and Leon Huang were invited to the John D. O'Bryant School. Congratulations to all of them!



BLACK HISTORY CELEBRATION

Beverly Moss, Director of Technology and Library Sciences

The RTH Black History celebrations included the showing of the movie “Ruby Bridges” and “Selma”. We celebrated with a family night dinner which included a spectacular African dance performance, musical selections, spoken word and enlightened by a powerful, encouraging and awesome talk from Michael Curry, NAACP Boston Branch President. We were also honored to have Josh Zakim, City Councillor and Ayanna Pressley, City Councillor-at-Large, in attendance.

Special thanks to Mrs. Shaumba-Yandje Dibinga, Executive Director and Artistic Director of the Origination Cultural Arts Center, for teaching and choreographing the African dance performance performed by our residents specifically for our Black History celebration.



*Michael Curry, President NAACP
(Boston Branch)*



Umoja African Dance Performance



*Karen Gately, Michael Curry, Beverly Moss,
Supreme Richardson, Rebecca Hill*



Xiao Wan Liu and Pou Ieng Chan



*Ayanna Pressley
City Councillor-at-Large*



Kaman Hua



*May Vaughn, Ayanna Pressley, Carol Menton, Margaret King, Beverly Moss,
Karen Gately, Michael Curry, Supreme Richardson, Michelle (Toni) Yarde*



Rebecca Hill

CHINESE NEW YEAR CELEBRATION

Helen Hui, Education Specialist

The Chinese New Year Celebration was held at the RTH Community Center on March 8, 2015, hosting more than 220 guests and 14 performances by community groups. We had Lion Dance at the beginning, Team Chorus for Happy New Year Songs, Children Dancing for Celebration of the New Year, Lotus Tai Chi Fan Dance, Sword Performance, Dance of the Yi, Blessing our Motherland, 12 Animals of Chinese Zodiac, Step Dance, Shan Hu Song and Rich Soon, Sound of nan Ni Bay and On the Golden Mountain of Beijing, Rumba, Ridge Up and Cha Cha. The performances were also entertaining and inclusive.

Everyone had a great time, and there was plenty of delicious food served. The room was beautifully decorated. Everyone had fun together and enjoyed the celebration.

I would like to thank the committee members, performers, and volunteers for their dedication over the last few weeks in helping to put on this wonderful celebration.



Karen Gately, Su Yu Mei, Beverly Moss



Chinese Folk Dance Class



Chinese Language Class



Lion Dance



YEAR OF THE SHEEP



ST. PATRICK'S DAY CELEBRATION

Laura Adams, Senior Program Coordinator

You don't need to be Irish to celebrate St. Patrick's Day, or to enjoy Irish Bread, Irish music and Irish step dancing. On Saturday, March 21st, RTH residents really got into the St. Patrick's Day spirit by celebrating Saint Patrick's Day in the new RTH Community Center. The event started with a warm welcoming from Karen Gately, RTH Executive Director. Dancers from the Hansen Keohane School of Irish Dance entertained us with Irish step dancing. The band, Tom Bryne and Denis Curtin played music for hours, and invited everyone to sing along to the Irish tunes. Several residents actually sang Irish songs. When residents arrived at their table, Irish bread was there for their enjoyment. A delicious meal of corned beef and cabbage was served. After dinner, residents enjoyed scrumptious cupcakes donated by Brigham and Women's Hospital.

Later in the evening, residents having the "Luck of the Irish" won raffle prizes. It was so great to see everyone's Irish eyes smiling and having a grand old time.

Thank you to the Saint Patrick's Day planning committee and volunteers for all their hard work planning and executing this successful event.



Dancers from the Hansen Keohane School of Irish Dance



Rebecca Hill, Danielle Cunningham, Cherie Milton, Beverly Moss, Jacqueline Crenshaw, Jacquie Boston, Sara Harris



Congratulations to the raffle winners!



*Cathy Gately, Karen Gately,
Jimmy Gately*



Ellen Saucier



*Front: Sonia Medina, Margarita Garcia, Judy Cruz; Back row:
Karen Gately, Veronica Nunez, Anna Colon*

Erin Go Bragh

RTH COMMUNITY HOUSING

Amy Lawton, Senior Property Manager

We are happy to announce that RTH has selected Wingate Management Company to manage RTH Community Housing. This property is comprised of 67 apartments within 23 buildings on Fenwood Road, Francis Street, and St. Albans Road. This property is a former co-operative and still has an active operating agreement with the residents of this community known as ONRA (Old Neighborhood Resident Association) that work closely with RTH.

Tim Flynn (*see page 2*) is the Property Manager overseeing the day-to-day management. Amy Lawton is the Senior Property Manager overseeing the Wingate/RTH portfolio.

It has been a busy time since November when we assumed the management responsibility getting to know the residents and the property. One of the first tasks that we have undertaken is a full assessment of the property including interior apartments, common interior areas, basements, exterior building conditions, and mechanical equipment. We will use this information to work with RTH and the ONRA resident organization to prioritize and execute capital projects throughout the property.

The residents of this property are very active and dynamic participants in the community, both within the immediate RTH Community Housing community as well as the greater RTH community. We are very exciting about working with them.

SENIOR PAINT NIGHT

Laura Adams, Senior Program Coordinator



On Thursday March 5th, RTH held its first senior paint night. Under Christine Power's artistic step-by-step instructions, they created their own painting of two loving black-birds, in a fun and relaxed atmosphere. It was nice to see all the seniors having a great time mingling and laughing with each other while painting. You don't need to have any artistic skill to enjoy paint night!

POOL OPENS

We are beginning to prepare for our 2015 pool season, scheduled to open on June 28th. Frank Blue will be returning as our Pool Manager this year. He is well known in the aquatics community for his expertise in water safety and swim instruction services. Besides providing expert swim instruction, Frank has some exciting surprises lined up for the RTH community this summer (think 'swim-in' theater).

Starting June 3rd, residents can come to the RTHCC Community Bldg. to purchase their pool ID's for \$1. If you still have your ID from last year, then you're all set. Also, please feel welcome to stop by and sign up for swim lessons while you're there. We offer classes to residents of all ages; no one is too old or too young to learn how to swim!

Lastly, a few reminders: only residents with a pool ID or approved guest form will be allowed to enter the pool area. Residents under the age of 12 years old will NOT be permitted in the pool area without direct supervision from a parent/guardian who is 18 years or older to ensure your children's safety.

SENIOR CELTIC PROGRAM AT RTHCC

Laura Adams, Senior Program Coordinator



On Thursday, April 2nd, Boston Celtics Legend Tom "Satch" Sanders, mascot "Lucky" the Leprechaun, Celtics Dancers and New England Baptist Hospital (NEBH), participated in a group dance class with Mission Hill seniors at Roxbury Tenants of Harvard Community Center. The Celtics Dancers showed seniors fun ways to stay fit through dance and exercise. The dance class was part of the Sr. Celtics program, presented by New England Baptist Hospital, which provides seniors with the tools and guidance needed to maintain an active and healthy lifestyle.

SPRING IN YOUR STEP!

Ken Yanofsky, Director of Health and Wellness

Spring is here! Finally! We can now look forward to longer days, warmer temperatures, the wonderful aroma of freshly cut green grass, brightly colored flowers, and clean fresh air! We look forward to watching the Red Sox playing down the street and children playing outside! Spring is great because it is not too cold and not too warm...as in the story of The Three Bears... just right!

Along with the nice weather comes an energizing outdoor activity like WALKING! Walking may often take a back seat to other activities but don't underestimate the benefits. According to the American Heart Association, some of the most important benefits of walking 30 minutes per day are reducing the risk of heart disease, lowering blood pressure, increasing your HDL (the good cholesterol), helping with weight loss efforts, enhancing your mental well-being, reducing the risk of osteoporosis, reducing the risk of breast and colon cancer, and reducing the risk of non-insulin dependent (type 2) diabetes.

Bring a friend and join our Walk and Talk groups on Tuesdays and Wednesdays at 9am. and on Sundays at 1-1:45pm, not too fast and not too slow...just right!

To prepare for your walking adventures choose shoes or sneakers with proper arch support, a sole that is flexible but has lots of cushioning to absorb shock; if you walk outdoors when it's dark, wear bright colors for visibility; wear loose and comfortable clothing so the air can circulate and cool your skin on a warm day; drink plenty of water before, during and after walking. While you are walking be careful of cracked sidewalks, pot holes, uneven ground and branches or other items in your path. After walking for 10 minutes, stop and stretch. Remember the most important rule you learned years ago...look both ways before you cross.

Walking is the perfect exercise because it is low impact, easy on your joints, burns plenty of calories and provides an excellent outlet for stress! It is also a perfect way to catch up with a friend or relative while getting great exercise at the same time. It keeps your legs strong and tones your muscles. It's not too hard, not too easy...just right! And by the way, the Three Bears went to take a walk while the porridge was cooling. Those bears really knew what they were doing!

RESIDENT CONTRIBUTORS WANTED

Interested in writing a short article about your experience living in the RTH community? We are looking for resident contributors for the newsletter. Please contact Beverly Moss at 617-232-4306 ext. 601 or bmoss@rox-burytenants.org.

CELEBRATIONS



Front row: Kaylee McKenna; Back row: Michelle McKenna, Karina McKenna, Jeannine Leblanc

The Holiday Season at RTHCC was exciting for many children and families. RTHCC was bustling with children having fun for the holiday season. The first event "Cookies Santa", Santa was in the building for pictures with children and families. The RTHCC building had a comforting smell of cookies and hot chocolate. A magical night to remember, over 30 kids took their pictures with Santa and got to tell them their wishes.



A couple of days later we had our first Winter Solstice, a magical holiday event that brings together the community regardless how they celebrate the month of December.

Over 100 kids attended along with their families. Kids had fun through developmentally appropriate activities, with lots of hands-on activities that families engaged in together. Thank you all who volunteered for this family fun event. See you again in December!

EASTER



"Jack" Rabbit, Kaylee McKenna, Jahlimar Rosa

The Easter Bunny was at RTHCC for our first Easter egg hunt and family Zumba. Over 1000 eggs were stuffed with treats and prizes. Children and families spent time creating crafts, taking pictures with the bunny, and of course getting healthy by participating in Zumba class. The fun filled day ended with an egg hunt for children of different ages. Thank you

all who volunteered for this family fun event. See you next year!

WORKING AT THE FITNESS CENTER

Many RTH residents have expressed interest in working in the RTHCC, both in the fitness center on the floor and as instructors but heard that they might as well not apply for these positions unless they hold at least a bachelor's degree in exercise science or physical education. We went to Ken Yanofsky, Director of Health & Wellness, and asked him what education and certification requirements must be met to work in the center.

According to Ken, although a few RTHCC floor staff have degrees in exercise science or physical education, others do not and it is not a requirement. He provided the following list of organizations whose personal trainer and group exercise instructor certifications he recognizes and accepts for positions in the RTH Wellness Center: the American Council on Exercise (ACE); the American College of Sports Medicine (ACSM); the National Academy of Sports Medicine (NASM); and the National Strength & Conditioning Association (NSCA). But, Ken warns, some of the courses are tough and take time. The quickest way for someone to start working is to get certified as a Spinning instructor through Mad Dogg Athletics.

Please contact Ken at 617-232-4306 ext. 203 or kyanofsky@roxburytenants.org for more information.

AGING WELL IN PLACE

Ashley Boyd, Program Training Coordinator

Aging Well at RTH is an exciting new program in partnership with Jewish Family and Children's Service. Aging Well at RTH will provide services for residents 55+ that make everyday life easier, safer, and more satisfying. We distributed a survey to all residents 55+ in January to get your feedback on what you would like the program to offer. If you have not returned your survey yet, please do so as soon as possible! We will have some Aging Well goodies to giveaway to anyone that returns a survey. You can drop them off at the Senior Department office, located on the 1st floor of the Flynn House.

The Aging Well at RTH program is still in need of several part-time Aging Well Liaisons. Aging Well Liaisons will provide services to the residents and is a great way to give back to the community, meet new people, and be involved in piloting this brand new service at RTH. Pick up an application today!

Aging Well at RTH has officially started! Please stop by the Senior Department located in the Flynn Building or call 617-232-4306 Ext. 703 with any questions or to sign up!

Message from the Executive Director continued from Page 1

Play outdoors with family and friends... Newly renovated playground for older youth, with water sprinklers and grill area, is open and ready to use now.

- ❖ **Keep our Youth and Teens SAFE...** New summer programs and expanded hours will be offered, including off-site trips and overnight and family camp.
- ❖ **Learn a new skill or further develop your talent...** New classes, events and programs for people of all ages and abilities. See the *What's Up* program guide for further details and schedules.
- ❖ **Learn to swim...** The Pool will be opening for the season in June! Fill out our pool survey letting us know your interests and availability.
- ❖ **Get Healthier and look great for the summer....** Come on down to the RTH Community Center to get a customized workout program, take one of our many group exercise classes and learn how to use our state-of-the-art equipment.
- ❖ **Age Well in Place...** New workshops and expanded programs and services to help you main-

tain your independence as you get older. Stop by Resident Services to learn how you can sign up.

- ❖ **Get involved and make a difference in the RTH community...** Join a committee or run for a seat on the RTH Board. Governance and Civic engagement are the backbone of RTH.

Please let us know if there is anything we can do to help you take advantage of opportunities offered at RTH and enjoy your "RTH experience" even more. Feel free to contact me anytime with your questions, concerns or suggestions. I look forward to working with you. **Together, let's open the door when opportunity knocks to make this an even better community!**

Sincerely,
 Karen T. Gately
 RTH Executive Director
 617-232-4306 x104
 kgately@roxburytenants.org

RTH COMMUNITY CENTER

Ken Yanofsky, Director of Health and Wellness



Marilyn Casey and Novis Castillo

Go Marilyn!

With her requested Rhythm and Blues tunes playing in the background, Marilyn Casey, pumps her arms and legs for 30 to 40 minutes 3-4 times per week! Keeping with the beat, she burns off around 300 calories and, according to the Sci Fit Elliptical monitor, has trudged 2000 steps, a stat that she is particularly proud of, as she has been moving around in a wheel chair for the past 25 years! According to Marilyn, she has so much more energy as a result of her new exercise routine! Here is her message to the community: "It's not as hard as you think, once you get started. It feels great! I just have so much more energy every day. I'm proud to tell people about it, how I am taking care of myself. It gives me a big sense of accomplishment. We (the residents) have this opportunity because of this wonderful new community center and I feel like I am getting the most out of it." According to Marilyn, her big goal is "To be cute in the face and slim in the waist!"

Go Novis!

Novis Castillo came in to join the RTHCC around Christmas. She has been using a wheelchair to get around for the last 13 years. Since joining, Novis has exercised 50 times! Her average workout on the Octane Seated Elliptical, is an incredible 99 minutes! So each workout is almost as long as the average feature film! At the time she began her exercise routine, she also decided that she would make better food decisions. So an increase in exercise with a decrease in soda, chips and cookies has led to an amazing 11 pound weight loss! Novis also won our *30 Day Workout Challenge*, with her outstanding attendance! She says that her new exercise program has helped her reduce her stress, lose lots of weight, and feel good about herself!

Attention RTHCC Members

During the month of June, if you refer an RTH resident and they pay their membership in full, you will receive a \$10 gift certificate on the spot!

For more information contact Curtis Williams at 617-232-4306 ext. 202 or cwilliams@roxburytenants.org.

JOIN OUR GROUP EXERCISE CLASSES!



- Zumba
- Ballroom Dancing
- Pilates
- Core Challenge
- Vinyasa and Gentle Yoga
- Happy Feet
- Studio Cycle
- Tibata
- Senior Chair Yoga
- Tai Chi
- Senior Chair Fitness
- Muscle Work
- Lotus Fan Dance
- Family Zumba



For a schedule, come visit the RTH Community Center or call Ken Yanofsky, Director of Health and Wellness at 617-232-4306 ext 203



RTH BASKETBALL LEAGUE

George Russell



Early in December the RTH Community Center launched its first annual thirteen & under basketball league. The league had four teams: Bulls, Lakers, Magic, and Celtics. Children came out every Friday night for eight weeks to compete against one another. Forty residents RTH participated and were very competitive and motivated to win. However, that was not the end goal. The goal of the coaches was to teach the children to play the game as a team. "There is no I in team." We preached hard work and dedication: "If you dedicate yourself to something you become great at anything."

Most importantly we enjoined good sportsmanship and the youth were willing to change the over the top competitiveness into an attitude of great sportsmanship. The parents and family members also demonstrated the ideals of team work, dedication, motivation, and commitment. Most parents/family members were at the games on Friday night cheering and supporting their children.



I would like to give a special thanks to all of the parents and coaches who came out every Friday to help us and support the teams. It was a big success.



Paul Gayle, George Russell (Sports Coordinator), Brian Pinales



Parents and friends enjoying the game!

JOB'S WITH A CAREER PATH

Roxanne Haecker, Director of Workforce Development

Johanny Guerreio graduated from the Caribbean Foundations' health aide training program in January 2015 and within two weeks was working as a personal care aide to a number of clients.

"I got assignments from two agencies within two weeks of finishing my training. I love my work. I help my clients by providing services that make it possible for them to live at home independently. Without help, many of them might have to go to nursing homes. I try to always be friendly and kind to them, remembering how I would like my own parents to be treated. It feels good to be help people and I think it is important work. "

"I decided to get more education and training because I didn't want to be stuck. I wanted a better future for me and my children. My children motivate me. I want them to have it better than I did and to do better than me. They see me getting up early to study and to go to work, even on Sunday mornings. They see working hard pays off. I just bought a new car.... they see their mother working hard and succeeding! I plan to continue my education and become a certified nursing assistant. I would love to work at the Brigham and Women's Hospital as a CNA."

"I am working to achieve my dream of a better future for me and my kids. I want to have my own house some-day and have my kids go to college. What would I say to people who were thinking about if they can do it or not? I would say Go for it! Go for your dreams."

Congratulations to RTH residents Guillermina Carrasco and Marellyn De Leon, who have just completed home health aide/homemaking courses at Guardian Healthcare in Jamaica Plain. Both young women are looking forward to continuing their educations and becoming certified nursing assistants in the future.

Homehealth aides and homemakers are sorely needed now as the U.S. population ages. This is important work that can be rewarding in itself or as the first step to becoming a certified nursing assistant or even an RN someday.

There is a demand for these positions and especially for those who are bi-lingual. If you would like to find out more about job training opportunities, ESOL, or HiSet (high school equivalency) programs at RTH, please contact Roxanne at 617-232-4306 x 504 or rhaecker@roxburytenants.org.

SENIOR CHAT MEETINGS

Laura Adams, Senior Programs Coordinator

Senior Gatherings are popular

The Senior Department hosts monthly chat meetings offered in different languages. The Chat Meetings create a welcoming atmosphere in which residents can play games, watch movies, and enjoy talking with each other or listening to music performances or guest speakers in the language of their choice. This is an opportunity for residents to learn about different cultures and it creates a time for people from the same ethnic groups to gather. Refreshments are served.

On the 2nd Monday of the month, the Flynn Kitchen turns into a Russian Tea Room. It is held in the late afternoon, from 5 p.m. to 7 p.m. On the 2nd Tuesday of the month, the English Chit Chat Meeting is held from 1pm-3pm in the Senior Drop-in Center, Flynn 7th floor. On the 3rd Friday of the month, the Spanish Chat meeting is held from 12 noon to 2 p.m. in the Flynn Kitchen. On the last Monday of the month, the Joy Luck Club is held from 1 p.m. to 3 p.m. in the Flynn Kitchen.

All seniors are welcomed and encouraged to attend no matter what language you speak. "The monthly senior chats are fun." said Theresa Parks, Senior Services Coordinator. Please take time to read your monthly senior calendar. Hang it in a spot where you can see it daily, so you don't miss any of the events. It's filled with plenty of activities and events in which we want you to participate.

FAMILY FUN NIGHT

Cherie Milton, Resident Services Coordinator



Learning to play Bingo and having fun!

Family Fun Night, sponsored by Resident Services and the Youth Department, is held every Friday night from 5:30 p.m. to 7:30 p.m. at the RTHCC. This night brings families together to play games and participate in sports. Dinner is provided for all the families.

Family Fun Night was created to outreach to families for the Family Nurturing Program.

CANDIDATES NIGHT

Saturday, May 30, 2015 | 4 p.m. - 6 p.m.
Parks Community Building

Come find out who is running for the RTH Board and what they will stand for and work for in our community. This is a great opportunity for residents to ask questions to help you decide who you feel will best represent you on the RTH Board. Eligible RTH residents interested in running for a seat on the Board of Directors may introduce themselves and their qualifications and present their positions on RTH community issues. Let's choose our Directors responsibly and hold them accountable.

Potluck Dinner

It's that time again...RTH neighbors come together on June 13th for our Annual Potluck Dinner! Everyone brings one dish and we end up with a feast!

RTH is a special place as a neighborhood and as a resident-controlled non-profit organization. Do you feel connected to the Community? The annual RTH Potluck Dinner is a wonderful opportunity to get to know your neighbors, enjoy delicious foods from around the world, and meet some of the folks running for the Board this year.

RTH SUMMER ENRICHMENT PROGRAM

June 29th- August 28, 2015 (9 Week program)

The SEP will run from Monday-Friday 8:00 a.m.-6:00 p.m. our capacity is 75 children which is licensed by the state office (EEC) Early Education and Care for Children. We accept children who are going into K2 through 6th grade.

They engage in character-building activities including community exploration, arts and crafts, science literacy ; field trips, yoga, gym exercises, swimming and hands-on enrichment programs.

RTH Summer Enrichment Program Pricing

RTH Resident Fee	\$200.00 for entire summer or \$30.00 per week
Non-Resident Fees	\$450.00 for entire summer or \$50.00 per week

For more information contact Stephanie Ellis, After School Program and Summer Enrichment Director at 617-232-4306 ext. 402 or sellis@roxburytenants.org

RTH ANNUAL MEETING

The RTH Board is made up of eleven directors who are elected by RTH residents at our annual meeting. There will be six seats open at this year's election scheduled for June 14th, 2015.

The Board of Directors oversees RTH financial resources, ensures there is sufficient funding for sustainability and desired growth, and ensures accountability to the RTH community. It engages in strategic planning and oversees implementation, ensures effective program development and evaluation, hires, supports and evaluates the executive director, ensures the legal and ethical integrity of the RTH organization, and works to enhance RTH's public image. It is hard work. Each year, the RTH organization's business becomes more complex; it takes much study and preparation to conscientiously and responsibly address.

In addition to a monthly Board meeting - there may be more frequent meetings if necessary - Board members chair or serve on various committees such as the Audit, Budget & Finance, Governance, Strategic Planning, Accessibility, Social Events, and other ad hoc committees.

Although it can be time consuming, it is also immensely gratifying to make a commitment and be of service to your community; it is worth every bit of the hard work and time invested. If family, work, school, or other commitments don't allow you time to serve on the Board of Directors, please do come to community meetings and to the annual meeting to help elect Directors who you believe will work in the best interests of the whole RTH community.

Eligibility

To vote at the annual election (or on any RTH matters put before the community at a special meeting) you must be an RTH member. You must be 18 years of age or older and a legal resident of RTH property. *A legal resident is one whose name appears on the lease and who is domiciled at that address.*

To be eligible to serve as a director (Board of Directors) a person must be (1) a legal resident of an RTH property; and (2) have been an active voting member for at least six months; and (3) may not be an employee of the corporation.

To vote

An eligible member may become a voting member by signing his/her name on the membership list. This can be done at the check-in table on the day of the Annual Meeting.



RTH AFTERSCHOOL COMMUNITY EDUCATION



Stephanie Ellis

This Program is offered by the Elliot School of Fine and Applied Arts for our children ages 5-12 yrs. old.

The program teaches woodworking and digitally enhanced comic classes where the children draw and sketch cartoon characters. The kids enjoy using hands on materials working with everyday tools like saws, hammers, nails, and wood while wearing protective glasses. They are currently working on a community bench for an RTH community park or other outside space. Focus is also on being respectful, being responsible and working as a team and. These are all traits they will need as young community leaders and entrepreneurs in the future.

Health and Safety Meetings

Parks Community Bldg.
2 New Whitney Street

Held on the 2nd Wednesday of every month at
6:30 p.m.



RTH Board of Directors

President

Carol Menton

Vice President

William Sullivan

Clerk

Li Fu Yu

Treasurer

Israil Tselnik

John (Jack) Anderson

Jacqueline Boston

Donghui 'Sophia' Deng

Rebecca Hill

Zhen Bao Lin

Carmen Rosado

Kyle Wu

CARE AND PRESERVATION OF LEVINSON PLAZA

Jeannette Mourino, Property Manager, Trinity Management Company

The Plaza landscape design focuses on providing Mission Park with a landscape that draws its spirit from the regional gardens of New England. The planting layer is composed of species that have been naturalized in the New England urban landscape. This palette of plants is able to withstand the demanding conditions a city provides; high winds, winter salt applications, poor soil conditions, and high ranges in air/soil temperature. However, it is important that everyone take responsibility for preserving the Plaza.

In particular, the plants are "living things" that must be respected. The plant beds should not be used as a walking or play surface. Climbing of trees is not allowed, even the low branched trees. We ask everyone to not pick the flowers, as their beauty should be enjoyed by everyone.

Summer is fast approaching and we hope everyone will come out to enjoy the good weather on the Plaza along with family, friends and neighbors. We like to remind everyone of the existing Plaza Rules:

- SHIRT & SHOES REQUIRED
- NO SKATEBOARDING
- NO ROLLERSKATING OR ROLLER BLADING
- NO BICYCLES, TRICYCLES OR SCOOTERS
- NO SMOKING
- NO PETS
- NO BALL PLAYING
- NO LITTERING
- NO ALCOHOLIC BEVERAGES

Remember, this is our community and it takes all of us working together to make it safe and beautiful!

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