

TELSTAR

Roxbury Tenants of Harvard Publication

Volume 23

WINTER Issue

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Roxbury Tenants of Harvard
Executive Office
11 New Whitney Street
Boston, MA 02115

Dear RTH Residents,

Happy New Year! I am pleased about our accomplishments from 2019 and very excited about 2020.

As I begin my seventh year here at RTH, I want you to know it has been a pleasure to serve as your Executive Director. We have made much progress in our work and I am thankful and appreciative to the staff, volunteers, and residents.

This year, I hope you will set a few goals for yourself to assist you on your path to self-sufficiency and making your dreams come true. Many of our residents are doing just that and I want to remind you that our staff and volunteers are available to assist.

It has been a while...but that doesn't mean we don't have a lot to report. In this edition we will attempt to catch you up on all that has happened at RTH over the last several months. We have much more to accomplish and I am certain that we can have fun doing that together.

Let us know if you have any suggestions for new programs, services, events or workshop offerings. The RTH staff and volunteers are committed to offering the very best service. I encourage you to take the time to meet and share your ideas with our new staff. See a brief bio description on pages 2-3. They, along with our veteran staff, are excited to be here and are looking forward to working with you.

Please let us know if there is anything we can do to help you 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.

Sincerely,

Karen

Karen T. Gately

RTH Executive Director

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Welcome New Staff



Juan Castille-Then

Juan Castille-Then has lived in the Mission Park neighborhood for 25 years. As a past resident of our beloved community, he now serves as RTH's Information Technology Specialist. From his time volunteering as a youth in the neighborhood to his current role, he is dedicated to improving technology for current residents and in the RTH organization. He comes from a diverse background of working with film and video, motion graphics design, radio hosting, and entertainment. As the world of technology advances, Juan will continue to learn and spread that information the best way possible for the community.



Nora O'Farrell

Hello all, I'm excited to join the Resident Services Department as your new Resident Services Manager. As a native Bostonian I've watched our dynamic city grow and prosper at a great cost to moderate and low income folks. The work RTH residents and advocates have done and continue to do to ensure affordable, safe housing in Mission Hill is wonderful.

My professional work has focused on supporting individuals and families striving to achieve life goals, overcoming challenges and being connected in healthy communities. I've spent my career focused on supporting healthy life development stages from infancy to seniors. Trained as social worker and using a strength based perspective, I've extensive experience helping people faced with physical and mental health challenges including trauma and addiction.

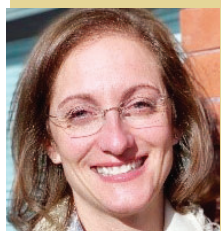
In addition to providing direct care services, I've been fortunate to have also worked on program development in past positions with Victory Programs (LARC), Empath, formerly Crittenton Women's Union (Healthy Families & Hastings House) and MSPCC (Adoptive Families Together & Kid's Net). I'm impressed with the culture of kindness and community spirit expressed by residents and staff since my arrival and look forward to contributing to the RTH community.



Johnny Xu

Johnny Xu is a recent Master of Social Work graduate from the University of Washington in Seattle. He is a child of Chinese immigrants, the first to be born in the US, and the first in his family to receive a college degree and master's degree. His social work training has focused on centering historically marginalized communities' voices, and he brings to RTH a desire to become more culturally competent and a critical consciousness of historical and systemic factors that perpetuate health, social, and economic disparities within under-served populations.

He has worked as a youth mentoring program coordinator for recent immigrant youth, facilitated dialogues on social justice education, and was on a mobile-integrated healthcare team of social work-trained citizen advocates at a city fire department. He is excited to join RTH's Resident Services Department and serving its diverse community of residents.



Kris Mejias

Kris Mejias joins RTH Properties with over 18 years of property management experience ranging from market units, condominium management, low income housing, new developments, and other special programs. Kris ensures properties have low vacancy rates, high resident satisfaction, and solid financial planning. In addition to leading by example and building teams, she is has experience with developing projects from the planning phase, through to leasing. Kris is passionate about working with people to find solution.



Jun Xu

Jun Xu, Internet Specialist, will be working with the residents with the free Netblazr internet service to resolve any issues or problems with using the free service, trouble shooting, marketing, providing technical support, making service calls to individuals



Larry McCarthy

Larry McCarthy has been working for Trinity Management for over 6 years. His duties include but are not limited to maintaining the physical well-being of RTH properties, it's equipment, and safety of our residents. Larry has an enormous amount of hands on experience in the field and is a valuable asset to our team. He supervises the maintenance team at RTH and plans for all preventative maintenance and capital needs, as well as the unplanned emergency that may happen from time to time. Larry approaches every day with a can-do attitude and a smile.

Tricia Haran was hired in June of 2019 as RTH's new Controller, reporting to Gayle Lacroix, RTH's CFO. Tricia came from the staff of Trinity Management and while there, oversaw the accounting and reporting for RTH's Old Neighborhood portfolio of properties. Prior to her time at Trinity, she worked for a real estate construction firm. In her role as Controller, Tricia is responsible for overseeing the day to day finance and accounting operations of Roxbury Tenants of Harvard and certain of its affiliates. She will also be involved with budget preparation, monthly financial statement preparation and budget to actual forecasts, and assist with real estate development project accounting. She will also be involved with the development and oversight of internal control policies and procedures.

"Just one small positive thought in the morning can change your whole day." - Dalai Lama

Welcome New Staff



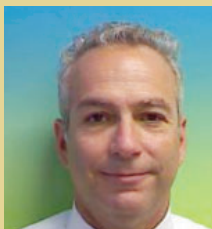
Korrie Lacy-Buggs

Korrie Lacy-Buggs is a master's level mental health clinician with an office located in the Resident Services at RTH. She currently serves as the Life Skills Specialist and works with children, young adults, individuals, and families using group work to support the needs of residents. With over 8 years of community-based experience in a variety of settings, including both long-term and short-term therapy, her areas of expertise include: trauma-focused therapy, autism interventions for children, children and adolescent development, anxiety and depression, life stress management, and life skills development.

The daughter of an African American father and an Irish Canadian mother, Korrey was born and raised in Roxbury, and has lived in the RTH community since the age of 5. She believes change occurs when people are given the guidance they need to draw on their own personal strengths and realize their potential to live fulfilling, healthy, and happy lives. Korrey provides an environment of understanding and support to help individuals and families overcome obstacles to move forward and thrive.

"In my profession, it is not only important to be good at what you do but also to connect with your clients. Here, at Roxbury Tenants of Harvard, I am connecting to residents by being able to give back to the neighborhood where I was raised. This has been deeply important for my learning not only as a therapist but also as a community member."

Please feel free to stop by Resident Services to meet Korrey or to learn more about the community workshops she will be leading.



Luis "Manny" Munoz

We are pleased to announce the recent hiring of Luis "Manny" Munoz to the position of Director of Security. A twenty-six year U.S. Coast Guard veteran, Manny joins our team to lead the public safety needs of the Roxbury Tenants of Harvard and Mission Park communities. As a former Securitas Branch Manager, he has worked with our program for the past few years and distinguished himself as hands-on, results driven professional. As the Director of Security, he is responsible for Public Safety and Security and reports directly to the RTH Portfolio Manager Mrs. Jeannette Mourino.

Manny is married to Kristin Munoz. They have two sons, Jared and Josh, who are both college students.

Manny can be reached via email at: lmunoz@trinitymanagementcompany.com or by phone thru the security dispatch office 617-731-6971 or 6975.

Diwali: A Festival of Lights



RTH hosted our first-ever Diwali celebration this past October, joining over one billion people across the globe who celebrate this festival of light signifying the spiritual victory of light over dark, good over evil, knowledge over ignorance, and new beginnings. The RTHCC gym, decorated in bright gold, red, and orange, was aglow with light from dozens of small "oil" lamps called diwas and ropes of fairy lights cascading down the walls. The almost two hundred people who attended the family-friendly, free to all event, enjoyed the beautiful traditional dress worn by many of their neighbors, Indian music and Dandiya dance, henna tattoos, and an exciting Bollywood hip hop performance by MIT's nationally ranked Bollywood troupe. Many joined in the Dandiya, resulting in a joyous community dance that worked up appetites for the mounds of delicious Indian food and sweet deserts like Gulab Jamun, similar to a light donut ball soaked in honey syrup.

A very special thank you to the RTH Diwali Committee: Nikki Gupta, Vandana Singh, Ruchi Chandra, Poonan Kamari, Neha Garg, Rachita Yadev, Garigma Agrahari, Gayabi Subramaniagh, and all the members of the Boston Friends group.



Learn to Sew with Julia Yampolski



Beginning, intermediate, and advanced sewing classes at RTH teach the use of a sewing machine, learning to read and follow a pattern, and making adjustments to garments that ensure a custom fit.

The class is taught by Julia Yampolsky, who was trained at the Moscow School of Design and is a highly experienced instructor and designer with her own successful Etsy shop online. Sewing classes begin with an 8-week basic sewing skills class, followed by a second 8-week class focused on more advanced sewing skills, and then it is onto the ongoing Friday evening advanced class!

Students in the Sewing with Julia classes at RTH have created lounge pants, pajamas, pillows with zippers, table runners, curtains, hats, coats, children's dresses, and beautiful designer quality ensembles to name a few of the projects.

Each 8-week cycle is \$25 for RTH and Mission Hill residents, \$150 for others.

For more information and/or to register for the next round of classes, contact the Library/Computer Center at 617-232-4306 ext. 601



ASK A GERIATRICIAN



Jeremy Whyman MD
Harvard Medical Faculty
Physicians
Geriatric Medicine | Hospice
Palliative Medicine | Primary
Care

Beth Israel Deaconess Senior Health

Question: What vaccinations should older people get?

Answer: As people get older, our immune system gets weaker, making it easier to catch certain diseases. Vaccines can help prevent diseases that can be very dangerous by helping the body develop immunity to these diseases and fight them in the future.

There are 5 vaccinations which are recommended for adults older than 65:

1. **INFLUENZA** (*the FLU*) viruses are very clever about changing themselves every year to keep from being killed by the vaccine, so every year the scientists try to outsmart the flu virus by changing the vaccine. Some years they are more successful than others. This year, the flu vaccine was only about 30 % effective in preventing the flu. You need a dose every fall.

2. PNEUMONIA 23 and the newer PREVNAR 13

There is a high-dose flu vaccine which is offered to people older than 65 and offers a bit more protection against the flu.

There are now two **PNEUMONIA** vaccines that people older than 65 should get. Each vaccine helps prevent pneumonia caused by different types of pneumonia. The older *Pneumovax 23* has been shown to be effective in preventing pneumonia caused by those 23 particular variations of the pneumonia bacteria. More recently, in 2011, a new pneumonia vaccine called *Prevnar 13* was released to help prevent 13 additional types of pneumonia.

People over 65 should get both pneumonia vaccines, but not at the same time. It is better to wait a year between vaccines. If you have not had any pneumonia vaccine, start with the Prevnar 13, then wait 1 year to get the Pneumovax 23. Each vaccine should be effective for a lifetime, so you do not need to repeat them.

3. The **TDAP** protects against tetanus, diphtheria and pertussis (“whooping cough”). This should be gotten every 10 years. Pertussis is carried by many children, so anyone who spends time around children should get it.

4. **SHINGLES** (for adults older than 60). This is a new shingles vaccine that was just released

The new shingles vaccine, called Shingrix, is now available at your local pharmacy. It is far more effective than the first shingles vaccine, nearly 90% effective! It is 2 injections 2 to 6 months apart. Some people have side effects, such as a sore arm or feeling a little achy or feverish, but these are temporary. You can get the new vaccine even if you have had shingles or the old shingles vaccine. They are still testing to see if people on chemotherapy or who have suppressed immune systems can take it.

Vaccines, like medications, can cause side effects. Most of these side effects are mild and improve in a few days, whereas the diseases that the vaccines are made to prevent can be deadly.

If you are sick with a cold or are taking steroids, it may be best to wait awhile before getting a vaccine.

It is important to keep a record of your immunizations, since people often get different vaccines at different places, such as doctors’ offices, flu clinics, and pharmacies.

Book Donation to Betty Powers Library



Left-right: Brian Powers, Layla Powers, David Powers, Silvia Gonzales-Powers

Layla Powers is a 6th grade student at the Roosevelt School in Hyde Park. As part of a community service project for school, she ran a book drive for the Betty Powers Library. She has always loved books, so her father, who grew up in Mission Park, suggested our library as the recipient of her book drive. Brian Powers grew up in Mission Park and was always proud that the library was named after his grandmother for her role as a community activist. It seemed to be a good idea to try and support the neighborhood where he and his family were raised and also honor Layla’s great grandmother.

“We are so appreciative, delighted, and grateful that the book drive was a smashing success. The Powers family delivered over two hundred books that have been added to the library. Thank you so much!” said Beverly Moss, Director of Technology and Library Services.

June Music On The Plaza

Roxanne Haecker, Director of Education and Workforce Development

During the summer months of June, July, and August, RTH hosts a monthly concert on the Levinson Plaza. Staff and resident volunteers take turns getting together great bands, arts and crafts, and informational demonstrations of interest to the community.

RTH residents, passersby on Huntington Ave, and a contingent of New England Conservatory and Berklee students enjoyed a great evening of jazz on the Plaza by drummer Alvin Terry's group with longtime RTH favorites Michael Shea on keyboards and Ron Murphy on vocals. It was especially nice to see Rebecca Hill enjoying hanging out with her old friend, Ron Murphy once again.



The **Boston Cyclist's Union** also set up shop on the plaza for the evening, repairing and tuning up bikes of 22 signed in residents and 10 walk in's (didn't sign up, but we were able to accommodate them). We also gave away 20 brand new bike helmets (and sold two) to children who were fitted by trained volunteers. Thank you to Jacquie Boston for helping to keep order and make sure that everyone that was in line got a chance to have their bike taken care of and to Daniel Powell for administering the Bike Club naming contest, helping the lottery winner with fitting his new helmet and learning how to use his new Wordlock bike lock, and mapping a safe bike route for the first bike club ride.

We had a special visit and demonstration from the founder of the Grit Freedom chair/bike, a manually powered wheelchair that is made primarily of bike parts which allows users to go "off road" - to the beach, over grass, on bike paths, etc. We are applying for grants and hope to be able to buy two of the bike/chairs for physically challenged RTH residents to use as part of a new bike club. Thank you to Karen Gately for her encouragement, commitment to inclusion, and for issuing the Challenge That Could Not Be Denied. I was shy about transferring onto the Grit bike and trying something new but am grateful that she poked me. Thanks, Karen...that was so much fun!

Overnight Camp 2019

May Vaughn, Youth, Family and Community Engagement Director



Overnight Camp is truly a life-changing experience, one that provides a lifetime of memories and develops real-life skills needed to be a leader in today's changing world. In Summer 2019, RTH sponsored over fifteen kids and twenty families to participate in overnight camp opportunities.

RTH Annual overnight campership opportunities for the 2020 summer process will begin in February 2020, please look out for announcements as there will be limited slots.

Summer Enrichment Program

Stephanie Ellis, After School Program Director



A little weather did not dampen the fun--as you can see with the kids, they were brave to walk up to South Drumlin on Spectacle Island to take in the views. We had the best time. I gave everyone the option of keeping their squares and some decided that they wanted a memory. One way or the other, it was about the process and being part of sharing stories in all forms. Art squares over the course of residency were made by 2yrs to 80+.

Summer Basketball Leagues

George Russell, Sports Coordinator



We had three basketball programs that involved 6-10 years old, 11-13, and 18 & under. There were four teams for each league that consisted of ten participants each. For three days of the week, our programs allowed the Youth & Teens to showcase their skills and fundamentals for a game they love to play. It also taught them that being on a team will bring a stronger bond with new and current friendships. Family and friends were in attendance to watch and enjoy games. It was great to see how much fun they had and how much they love playing basketball amongst their friends and siblings. Winners of each program received trophies, and the runners-up were given medals for all the hard work they put in. We're thankful for the parents who continue to allow their kids to be in our programs, and we hope this will continue as our programs keeping growing.

Senior Summer Trip to Hampton Beach

Laura Adams, Senior Programs Director

On Wednesday, August 7th, the forecast was not looking so good for our annual trip to Hampton Beach, but the weather turned out perfect. Once the bus arrives at Hampton Beach, one has to decide to find a place to plant your towel on the long stretch of beach or go across the street where you can find everything you always wanted in a beach town when you were 10 like soft-serve ice cream, fudge, snow cones and pizza.

At Hampton Beach, of course the Atlantic Ocean is the main attraction, but most residents set aside some time for a stroll along Ocean Avenue, where arcades, T-shirt stands, and souvenir shops elbow for space with seafood restaurants, fast-food joints, fried-dough vendors, and candy shops. Besides shopping, residents enjoy playing video games, Skee-Ball, and pinball machines at the Arcade, where you can earn tickets for a prize.

After swimming all day or shopping and playing arcade games, one finds themselves hungry. If you didn't pack a picnic lunch, you have plenty of choices along the boardwalk. There's some good food to be found in Hampton Beach restaurants on the

strip, with seafood, not surprisingly, being the central attraction. If you're not in the mood for seafood, you can grab one of the "biggest slices on the beach" at Sal's Pizza or an order of wings from Farr's Famous Chicken Beach Shack. Don't forget to leave room to indulge your sweet tooth at Sweet Hannah's Ice Cream or Blink's Fry Doe.

Hampton Beach is the place to go for the full boardwalk experience. You can enjoy a wide sandy beach, arcades, restaurants, shopping and souvenir stops along the surf. Part seaside resort and part old-time carnival, some residents go swimming and sunbathing, while others stroll the boardwalk. It a great place to unwind and people watch.

I hope more people will go with us next year. Hampton Beach is a great spot for a senior trip. The beach is great if you enjoy swimming and the boardwalk is fun for playing games, shopping, people watching and eating. It really is a wonderful trip; the residents on the bus returning home always speak about how much fun the trip was.

Senior (Citizen)Prom

Laura Adams, Director of Senior Services

When you imagine a prom, the image that comes to mind is probably one of high school students preparing for their prom before graduation. But for the past four years several Mission Hill organizations and institutions have been coming together to organize a prom for senior citizens. The belles of this prom are a little older and a lot wiser, but they definitely know how to have a wonderful time. The main goal of this annual event is to address social isolation and build community among Mission Hill's seniors.

On September 21st, over 160 Mission Hill seniors attended the Senior Prom at the Harvard School Public Health. Seniors looked marvelous walking into the prom dressed up and ready for an unforgettable night.

The Cafeteria was transformed into a perfect place for an evening of fun, dinner, and dancing. Seniors entered the hall and had a chance to mix and mingle with each other, before sitting down for a dinner of Caribbean chicken, mashed potatoes and vegetables catered by Sebastian's. The student volunteers from the Harvard School of Public Health did a great job serving the seniors and taking care of their needs.

After dinner the dance floor opened. Amongst the seniors on the dance floor were Catherine Boudreau and Idalia Martinez who were showing off their latest moves. Angel Parrilla, the Disc Jockey, played hits from different eras; the dance floor was full all-night long. Seniors were having the time of their lives shaking things up on the dance floor.

As at most proms, we had the crowning of the King and Queen of the prom. Congratulations to *Carmen Pola*, one of the founders of the Mission Hill Senior Legacy project and one of the biggest advocates for seniors, especially living in Mission Hill, she was crowned Queen of the prom. *Raymond "Stevie" Rosario* was named king of the prom. Stevie volunteers at numerous community events, volunteers at Fair Foods and at Fresh Truck and is active in the community. He was honored to be named the king of the prom this year. He says "we are all Kings and Queens. I want to thank everyone that is involved in planning the prom, it is a great event. Everyone had a great time."

This prom is a big deal, very similar to the high school proms. Seniors received a fanny pack as a favor and a professional photograph as a memory of the night, that they will have forever. To add to the excitement of the night, the committee raffled off gift baskets and gift cards donated by local businesses.

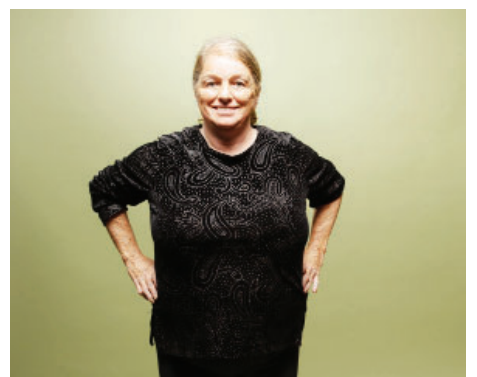
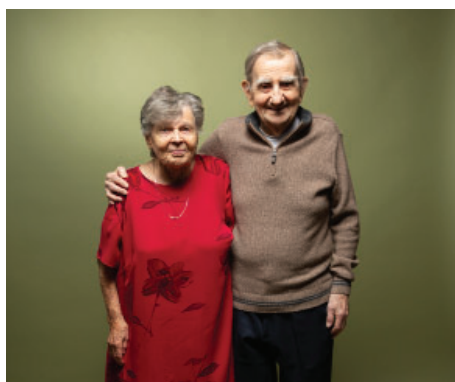
"I'm delighted that the prom was a success; we wanted to make the seniors feel very special and show them how much they are appreciated. The Prom provides seniors an uncommon opportunity to dress up, feel special, and have a good time among new friends. The seniors look lovely tonight and are enjoying themselves. Harvard T.H. Chan School of Public Health was thrilled to be the host again this year." said RaShaun Nalls, Director of Community Engagement for Harvard T.C. Chan School of Public Health.

This prom was a collaboration of several Mission Hill Community partners: Age Strong, Brigham and Women's Hospital, Harvard T.H. Chan School of Public Health, Massachusetts Eye and Ear, Mission Hill Senior Legacy Project, Northeastern University, New England Baptist Hospital, Roxbury Tenants of Harvard, Trinity Management, Wentworth Institute of Technology, and the Tobin Community Center. The committee worked together to offer an evening of fun and friendship to honor our seniors.





King and Queen



Families Cooking Together at RTH

Kerri Felton, Family Program Coordinator

Families cooking together at RTH gives families time to learn and create a meal together and meet other families in the community. Heart healthy meals are prepared by a chef with step by step instructions and with the help of RTH families. Children have a chance to help with hands on and learn about the ingredients and how to prepare and cook healthy meals.

Once the meal is finished cooking everyone sits down together and eats as a family. All participants in the cooking class are given the recipe to take home so they can prepare the same meal on their own.

Brigham and Women's Nutritional Workshop

Deb Zanellato, Director Health and Wellness

Brigham and Woman's Hospital provided Nutritional Workshops throughout 2019. Sessions were open to all residents and staff, hosted at RTHCC. The topics have covered a wide variety of things such as label reading, portion control, shopping on a budget, sugar and salt intake, and dining out. It was an excellent program educating our residents and empowering the interns from Brigham and Woman's an opportunity to present these topics in a teaching setting. There were 14 sessions held in total for 2019, with 10-12 residents/staff in attendance for each. We are pleased to be collaborating with Brigham and Women's Nutritionist again in the coming year.

Family Movie Nights

Kerri Felton, Family Program Coordinator

RTH Family Movie Nights bring fun for the entire family. Every Friday during the summer months of July and August, families have a chance to mix and mingle with residents in the community.

Enjoy freshly popped popcorn while watching a kid-friendly movie on our big movie screen in the half-court. Seats are provided, and families are welcome to bring blankets, sleeping bags, and pillows if they prefer. Hot summer nights, if the weather is above 80 degree's slushies are also served with popcorn at RTH Family Movie Nights.

**"Young people,
DON'T BE AFRAID**

**Be focused, be determined, be hopeful,
BE EMPOWERED "**

Michelle Obama

Healthy Moves

Deb Zanellato, Director Health and Wellness

Healthy Moves was designed for our senior population who want to increase strength, flexibility, balance, and endurance using light weights, a resistance band, balls, and chairs. Also, offered were exercises and suggestions on how to lower your chances of falling. It was offered twice weekly for six-week sessions and was extremely well attended. For 2019, we have run winter, spring, and fall sessions of Healthy Moves. It was offered twice weekly for three sessions and was extremely well attended, on average 10-14 participants. At the completion of each session, a luncheon is provided for attendees along with gift cards as a token of our appreciation.

BWH Nutrition

Deb Zanellato, Director Health and Wellness

Nutritionists from Brigham and Women's Hospital have hosted nutritional workshops for the RTH community. Topics included food safety, risk factors for type 2 diabetes, how to balance your plate, and tips for healthier eating habits. The reception by the residents and staff was fantastic as the workshops were very informative and interactive. We look forward to hosting more workshops in the near future.

Family Program Apple Picking

Kerri Felton, Family Program Coordinator

Yearly Family Program trip to Honey Pot Hill Orchards located in Stow, MA. Families of RTH enjoy a beautiful afternoon that includes a hayride and entrance into Big Hedge Maze. Also included are a free caramel apple, cider donut, and 16 oz. cider at the farm store. Many families picnic in the grass or enjoy sitting at the picnic tables.

Several RTH families got the chance to experience picking fresh apples right off the trees. The orchard offers nmerous different options for for picking apple styles, several of the larger trees even have ladders attached that will allow pickers to pick apples from a higher elevation than ground level. The memories the RTH families gain of a beautiful afternoon will last a lifetime.



Fair Foods \$2.00 a Bag Program

Laura Adams, Director of Senior Services



RTH is thrilled to be a site of the Fair Foods \$2.00 bag program. Fair Foods is open to all and is aimed at increasing access to fresh, affordable, healthy food in Boston communities. Fair Foods \$2.00 bag program is held at RTH on the fourth Friday of the month in the Parks Community Building. The doors

open at 3pm. It is a program that is much needed at RTH. The feedback from residents has been very positive.

Fair Foods, Inc. is non-profit food rescue program, 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 mangos. 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.

The Fair Foods Bag program site at RTH is located in the Parks Community building, 2 New Whitney Street. The distribution of the bags starts at 3pm. Please look for flyers posted throughout the community.

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. RTH is grateful to our volunteers. The volunteers are the backbone of the program. The current volunteers are John Clune, Dottie Hurley, Awilda Alicea, Sue Amber, Ann Riches, Margarita Dawson, Sophiya Deych, Macaria Manaiza, Kim Perry, and Raymond Stevie Rosario. If you would like to volunteer for Fair Foods, please contact Laura Adams, Director of Senior Services at (617) 232-4306 ext. 700.



Ask A Nurse Program

Laura Adams, Director of Senior Services

RTH received a state earmarked grant for senior programming. This grant provided the opportunity to pilot an Ask-a-Nurse program. Our pilot Ask-a-Nurse program invited registered nurses to RTH to present on chosen health topics; followed by a question and answer period. The health topics that were discussed: Managing Hypertension, Signs & Symptoms of a Stroke, Mental Health & Aging, Fall Prevention, Heart Healthy, Managing Diabetes and Navigating the Healthcare System. After the presentations, seniors' blood pressures were checked. Additionally, at the diabetes related sessions, the nurse did glucose screenings. Furthermore, attendees enjoyed either lunch or dinner, as well as received a \$10 Stop & Shop gift card for attending the event.

Ask A Nurse was very popular with the seniors. "The sessions were well attended, and the seniors asked very good questions. Several seniors have asked me when the nurses would return. They really liked the Ask-A-Nurse health and wellness series and would like to see this program become an integral part of our year-round offerings." We always look forward to expanding our offerings in the Senior Department and feel an Ask A Nurse program fits in with our efforts to improve the health of our community," stated Laura Adams, Director of Senior Services.

Kids in the Kitchen

Stephanie Ellis, After School Program Director



In September, we welcome back kids and families to start a great school year. We started our new STEM enrichment Clubs with the ASP kids. They get choices between 3 D Explosion club with Ms. Victoria, Physical Fitness with Mr. Brian and Garden Cooking club with Ms. Jackie Boston, Mr. Enrique and Mr. D, using American Heart healthy recipes. The kids love the clubs we do every Friday with kid's choice. All the staff come up with some creative ideas with the clubs and the children are enjoying them. We are still collaborating with Read Boston and the Museum of Fine Arts. The kids are encouraged to read daily and we provide healthy snacks.

An Artful Summer

Robin MacDonald-Foley, Art Specialist



Warm nights and longer daylight are a welcoming time for RTH residents who look forward to outdoor activities throughout the summer. The Arts in the Parks Series, always popular, opened just after the 4th of July holiday. Rotating between Silver and Green Parks, family arts are also held at Mosaic Playground, and special events such as Music on the Plaza. Painting, printmaking, jewelry, tissue flowers, and clay, were some of the projects enjoyed by all.

The Summer Enrichment Program is another highlight of the summer season. Director, Stephanie Ellis, creates a theme for each week. Animals, science, and fitness, were favorite topics in my group, each creatively interpreted by the children in fun, colorful artworks.

August was extra exciting for me this year, receiving a significant award as a Boston Harbor Islands Artist in Residence! My project: Quilting the Islands Together, involved the public's help in making art squares which I then stitched together during my residency over several weeks on Peddocks Island. Ferry passes were provided through Boston Harbor Now, enabling several RTH groups to come out to Georges and Spectacle Islands to join me. Senior Art Class, Summer Enrichment Program, and Middle School and Teen Programs, all participated in making art squares. Everyone had a great time and got to explore a bit of the islands. Sharing stories through art, resulted in a beautiful finished quilt that revealed the many common threads of place, nature, and people. Thank you all for your support during my residency, it was truly a memorable 2019.



Teen Summer Jobs

Jen Lewis, Youth Educational Services and Workforce Development Specialist



Amarlyn Perez, Counselor-in-Training,
Summer Enrichment Program

Each summer, RTH youth have several options for summer work, to gain experience, and earn money!

We partner with our neighboring hospitals, Brigham and Women's Hospital, Beth Israel Deaconess Medical Center, and New England Baptist Hospital, who hire youth to work with them in different departments in the hospitals. We also partner with ABCD and the city of Boston to recruit youth to work at RTH in various departments: Library/Computer Center, Resident Services, Senior Dept.,

Summer Enrichment Program, and in the RTH Community Center as Health and Wellness Peers and Summer Programs Assistants. These two partners also have positions available at other organizations around the city of Boston if youth want to work in another neighborhood!

The process of obtaining a job requires a commitment on the youth's part! The first step is to know your options! Over February vacation week each year, the Teen Center hosts a Job Fair to inform youth of the many choices of programs they can apply to. Our Youth Workforce Development Coordinator, Ciara Neal, hosts workshops in February and March as well, on the topics of updating your resume, interviewing skills, and professionalism. These are great opportunities to prepare for the process!

Then the application processes start in March and April. Once youth have applied on-line, they are then called in for interviews and hopefully are offered jobs! Then they have to collect and supply the partner with the required paperwork for on-boarding. This usually wraps up in early June. If you come to the Teen Center at the end of June looking for a summer job, you are too late! So, come early and then follow through with each step!

If youth are more comfortable accessing resources through their school, many high schools in Boston have PIC (Private Industry Council) staff who will also help teens find internships and summer jobs at businesses.

Please check in with us in the Teen Center or contact jlewis@roxburytenants.org for all questions regarding work during the summer or school year!

First Steps to Work Program



(Standing) Talisa Jean-Leger, Ahby Alcindor, Christian Lopez, Luna Suazo, Hailin Chen, Rep. Nika Elugardo, Giana Huang, Alfred Zhao, Tony Li, and Jerry Labisiere (summer intern), (Sitting) Skye Baez, Deondre Watson, and HeiLam Xie

This summer's First Step to Work program was well-attended and successful! Eighteen youth participated daily in job readiness sessions, healthy eating and cooking classes, apprenticeships, field trips, and earned a stipend as well!

For youth in middle school, who may be too old for camp, this program introduces youth to the skills they will need to be successful once they reach the age where they can work as a teen. Youth learn about resumes and then create their own. Interviewing skills were practiced, as well as working in different groups. Feedback and communication skills are developed through group work, as well. The group learns about professionalism, role-modeling, self-care, and traveling on public transportation. Bonds are created, relationships built, and opportunities for leadership are offered. In their apprenticeships, youth learn specific skills that prepare them for future jobs in lifeguarding, farming, sewing, and computers.

This summer's field trips included Take Back the Kitchen program at Haley House Soup kitchen, which youth attended once a week. The Friday trips were to Northeastern University archives, Hale Reservation, Haley House Farm, MA State House, Blue Hills Reservation, and George's Island.

Summer Ink at Simmons

Roxanne Haecker, Director of Education and Workforce Development ; Summer Ink Staff



Summer Poetry on Spectacle Island

Summer Ink at Simmons is a writing camp for energetic and curious middle school students of all writing abilities entering grades 5, 6, 7, or 8 who are looking for an adventure to write about. Using the Writers' Express Method, students learn the fundamental behavioral habits they need to focus on the work at hand, the academic engagement required to take their education seriously, and the core writing skills to communicate their ideas clearly and persuasively.

This writer's camp is not for those who sit around! Campers dive into new activities, notebooks in hand. Activities can be physical- fencing, martial arts, swimming, canoeing, rowing, rock climbing, or can be skill based- acting, juggling, glass blowing. But whatever the activity, the goal is to improve writing skills through the daily practice of responding to their adventures in journals and longer essays. Camper's polished works are selected to be published in *The Collection*, and they are encouraged to read from their published pieces at a reading open to the public.

RTH campers sculled, fenced, swam, hiked, rock climbed, hung out at the beach, and journaled about their adventures this past July. RTH, in partnership with Summer Ink at Simmons, offered RTH middle schoolers the opportunity to spend two weeks attending the Summer Ink writing camp on the Simmons campus. In addition to enjoying the many new activities at Summer Ink, they were surprised but happy to discover RTH college student, Mary Deng (multiple year camper at Pleasant Valley Camp and RTH Believe and Achieve Scholarship award recipient), was one of the junior counselors! It was our first year at Summer Ink and a great success from all accounts. Four of our campers were brave enough to read their pieces from *The Collection* at a public reading on October 27 at the Brookline Booksmith!

Summer Ink serves as a national model for how students can learn outside the classroom in an engaging, academically rigorous way.

Registration for Summer Ink at Simmons 2020 opens soon for up and coming 5th, 6th, 7th, and 8th graders. The regular fee for



En Garde!



Future sculling crew member, Katie McFeeters



Tara Powell at Brookline Booksmith public reading

each two-week session is \$1650, but we have six slots for RTH campers at \$100 per 2-week session.

For more information contact the front desk at the Library/ Computer Center or rhaecker@roxburytenants.org.



**Don't forget
to exercise
your right to
vote!**

Senior Wellness Day



RTH hosted a 3-hour Senior Wellness Day event attracting over 250 of our seniors in the RTH Community Center's gym. Thirty-three participating vendors represented local hospitals and community health centers, home health care agencies, prevention specialists, health insurers, researchers, and advocacy organizations.

Seniors were offered blood pressure measurement and glucose screenings, as well as material and information on smoking cessation, cancer, heart health, dental hygiene, nutrition, mental health, vision loss, adaptive equipment, yoga, fitness, respite care, and adult education. Activities included reflexology, chair massages, haircuts, and manicures.

Funding support came from a "Fit for Life" grant from the Commonwealth of Massachusetts. The grant's goals are (1) improved health and wellness of seniors, (2) increased participating of seniors in health and wellness activities and (3) improved quality of life through disease prevention. Grant activities include the Senior Wellness Event, distributing 700 free pairs of sneakers as well, an Ask-A-Nurse dinner series, as well as surveying seniors to gather information related to what services and activities are effective in meeting the needs of our aging residents.

As part of the Comm of MA grant, attendees were provided with a new pair of New Balance sneakers. As of June 26th, 300 seniors had been fitted,

All attendees received a boxed lunch and a cloth tote bag with health and wellness products (Band-Aids, antiseptic ointment, hand sanitizer, sunscreen, moisturizing lotion, lip balm, and a comb). Raffle prizes included gift certificates for health and wellness programs at our RTH community gym, a New Balance backpack, and vouchers for discounted rent donated by Trinity Management, our property management company.

The Wellness Day event planning, implementation and staffing from several departments including Resident Services, Senior Services, Education & Workforce Development, and the Community Center. Fourteen RTH residents were involved as Community Liaisons or volunteers and youth from our Teen Center helped by preparing our giveaway bags. Additional support came from our property management company Trinity Management and the facilities department.

Halloween Treats for Seniors

Laura Adams, Senior Programs Director



Mission Hill seniors arrived at the RTH Gymnasium on October 28 filled with enthusiasm for the Senior Celtics Program. This magnificent program is sponsored by New England Baptist Hospital (NEBH). It encourages seniors to maintain an active lifestyle through participation in fitness and health education classes.

The Halloween themed event brought over 160 seniors from the Mission Hill community out for group exercises led by NEBH physical therapists and Boston Celtics player Grant Williams and Celtics Legend Leon Powe. After the exercise program, NEBH Dietician, Elle Wittneben led the group in a healthy eating exercise.

"It has worked out extremely well having the Senior Celtics program event near Halloween. The seniors got to work out with Celtics Legends and players, learn exercises they could do at home, receive lots of treats such as a Sr. Celtics t-shirts, dinner, lots of raffle prizes, and witness a high-flying dunk show by Celtics Mascot "Lucky" the Leprechaun and the JetBlue Flight Crew. I can't imagine a better way of celebrating Halloween. It's better than trick or treating!" says Laura Adams, Director of Senior Services at RTH.

One RTH resident that went home very happy afterwards was Carol DeSilva. She won an autographed basketball in the raffle. "This is one of the best events we have. It's so exciting, I love the Celtics. They make us feel so special," Carol shared with me. "I would come out in a snow storm for this event. I feel the effects of this event for a long time afterwards. This event makes me happy, I love seeing my neighbors, and I particularly like seeing the costumes. The Baptist is wonderful for bringing this program to us, the Mission Hill Seniors".

"New England Baptist Hospital is committed to keeping the older adults in our community active, healthy and moving," said David A. Passafaro, NEBH President. "Increasing access to exercise and keeping all of us moving are keys to enhancing quality of life." "The "Senior Celtics" is just one way we can give back to the community and teach older adults about the important benefits of fitness."

The Boston Senior Celtics program is open to all Mission Hill seniors. If you have not participated in it, you are missing out on a wonderful opportunity to be active, stay social and keep moving.

CIVIC NEWS

Everyone Counts



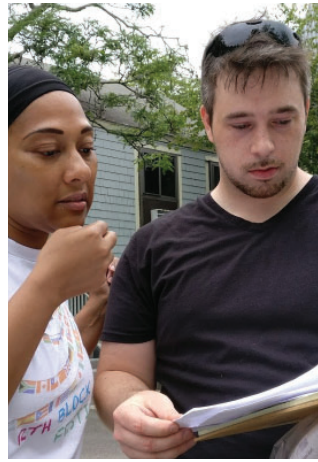
2020 census is closer than you think!

The constitution mandates every person living in the US be counted, to ensure fair representation. The results determine how many seats each state gets and sets the

boundaries of the congressional and state legislative districts to account for population shifts. Also, \$675 billion in federal funds is distributed based on census data. The money is spent on schools, hospitals, roads, public works, housing, jobs and other vital programs. Completing the census is mandatory, but more importantly it is your civic duty. It is a way to participate in our democracy and say, "I count".

In March you will receive an invitation that will contain the phone number and web address that you can use to complete the questionnaire by phone, by mail or by the internet. You will receive a series of reminders. If there is not a response, someone from Census dispatch is sent to your home to complete the process. Applications for temporary census job positions are available online. In addition to supporting your community, census jobs offer great pay, flexible hours, and paid training.

For additional information, contact 2020census.gov.



HANDY TELEPHONE NUMBERS 617-232-4306

After School Program	EXT. 400
Flynn 7th Floor	EXT. 701
Library/Computer Center	EXT. 601
Mission Park Facilities	617-566-1534
RTH Early Education Center	617-851-8226
RTH Executive Office	EXT. 100
Resident Services	EXT. 305
Security	617-731-6972
Senior Department	EXT. 700
Trinity Management Mission Park Office RTH Properties	617-566-0707 617-232-5910

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