



# ROXBURY TENANTS OF HARVARD

2018 - 2019 HIGHLIGHTS





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## MISSION

RTH seeks to develop, preserve and maintain safe and affordable housing for low and moderate income people of diverse backgrounds in the RTH/Mission Hill neighborhood and to improve the quality of life for its residents. We achieve this through property management, construction and rehabilitation of properties, provision of social and educational services, workforce development, and community activism. As one of the oldest grassroots, tenant organizations, we dedicate ourselves to defending the rights to quality, affordable housing for people of all races and cultures as well as promoting tenant empowerment through active tenant participation in leadership and development.

## TOGETHER WE CAN!

Dear RTH Residents and Friends,

When we work together, we strengthen our community by improving the quality of life and help inspire youth to become socially responsible mission-driven leaders. Together we can build an even stronger more inclusive community, provide more support for families, seniors and people with special needs, and promote positive change.

Every year we work to make the RTH community stronger and our reach more impactful. We strive to offer access to quality programs and services that help residents and their families reach their full potential and live happier and healthier lives. This work wouldn't be possible without you.

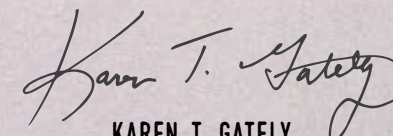
Our mission and our financial responsibilities are intertwined with one another; that's why we are dedicated to making the right - and sometimes difficult - decisions for our organization. This ensures we serve our community for many years to come.

We are excited when we reflect on the past year and want to share some of the highlights. Our work to strengthen the community focuses on five critical areas: Housing, Health & Wellness, Youth, Family and Community Engagement, Education & Workforce Development and Aging Well.

We hope you see and feel the impact that RTH is making and realize how important you are to our mission. Together we are improving lives. Together we are providing more people better opportunities - opportunities to live, grow, and thrive. We have so much to be proud of and so much to look forward to.

We are grateful for the hard work and support of our partners, community organizations and institutions, volunteers, residents, and staff who make it possible for RTH to carry out our mission. And it will continue to take all of us to forge a stronger, healthier, and a more connected community for everyone. Together, we can make the RTH community of tomorrow an even better place to live, work and play than it is today. Together we can make a difference!

Best,

  
 KAREN T. GATELY  
 EXECUTIVE DIRECTOR

  
 CAROL MENTON  
 BOARD PRESIDENT





# HOUSING, BUILDINGS & GROUNDS

RTH DEVELOPS AND MAINTAINS HIGH-QUALITY  
WELL MANAGED AFFORDABLE HOUSING

## High Speed Internet

NetBlazr is now 75% through the installation with 100% completion and full service expected in 2020. The remaining work to bring full internet access to all residents involves wiring RTH Community Housing, RTH Community Apartments and 777-779 Huntington Avenue properties. Significant new infrastructure is required to install and support the high-speed internet access; engineering and logistic planning is underway to complete these properties.

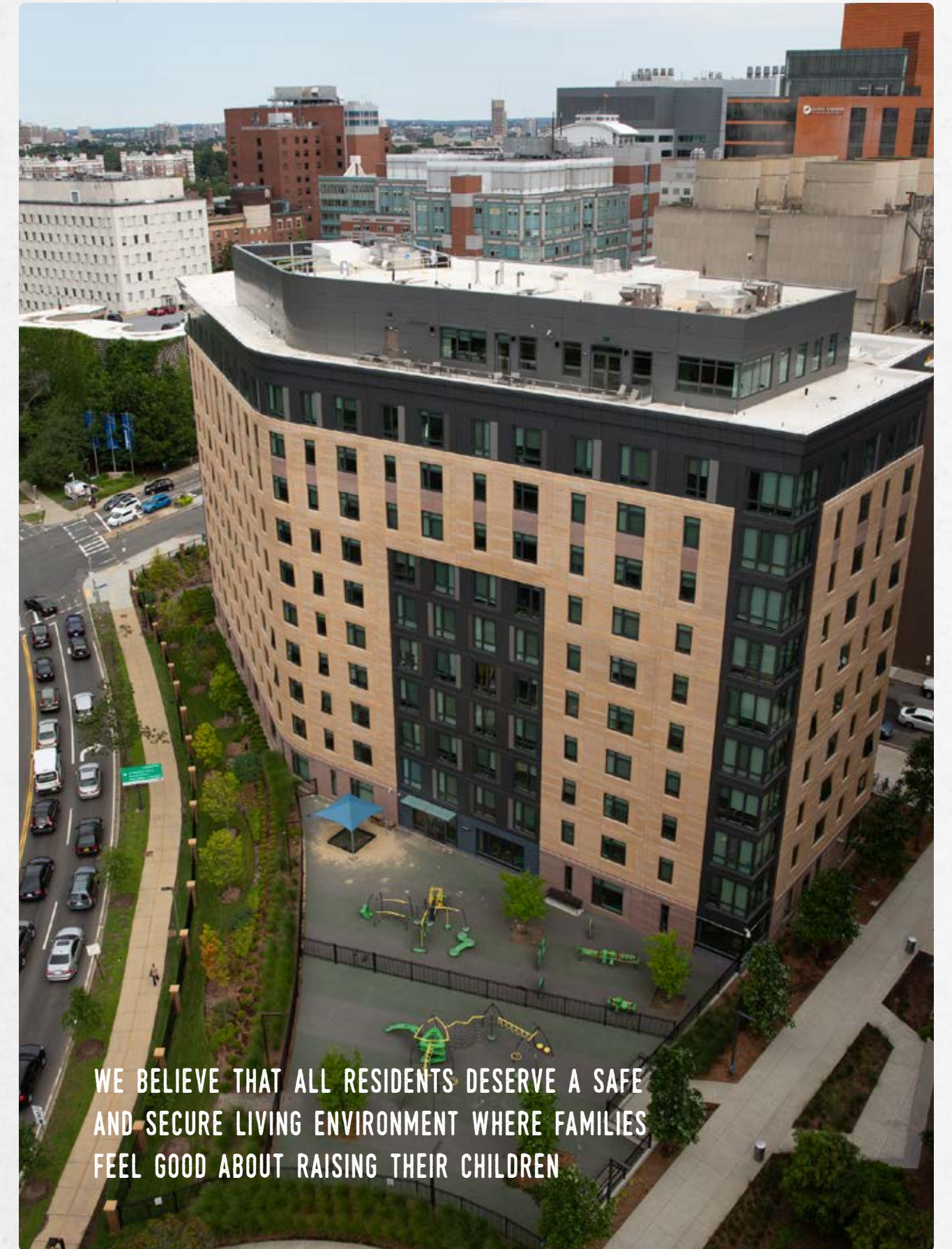
## Restoration Housing

Restoration Housing is in healthy financial condition, and the benefits and efficiencies, comfort and safety provided by the recent renovations are having a positive impact.

## Mosaic On The Riverway

145 condos and rental units are fully occupied, and the property is running successfully. New landscaping, including new plantings and mature trees will be added this summer. Refinements to the Security program include a new package protocol, additional cameras and security staff monitoring. Common areas including bathrooms, laundry room, as well as elevators are all now fob-access controlled.

The RTH Early Education Center is in full operation by the YMCA of Greater Boston, and is actively recruiting infants, toddlers and preschool children of all incomes. There are 66 children enrolled, 11 from RTH and there are 3 RTH residents employed at the center.



WE BELIEVE THAT ALL RESIDENTS DESERVE A SAFE  
AND SECURE LIVING ENVIRONMENT WHERE FAMILIES  
FEEL GOOD ABOUT RAISING THEIR CHILDREN





### **RTH Community Housing, RTH Community Apartments, & 777-779 Huntington Avenue**

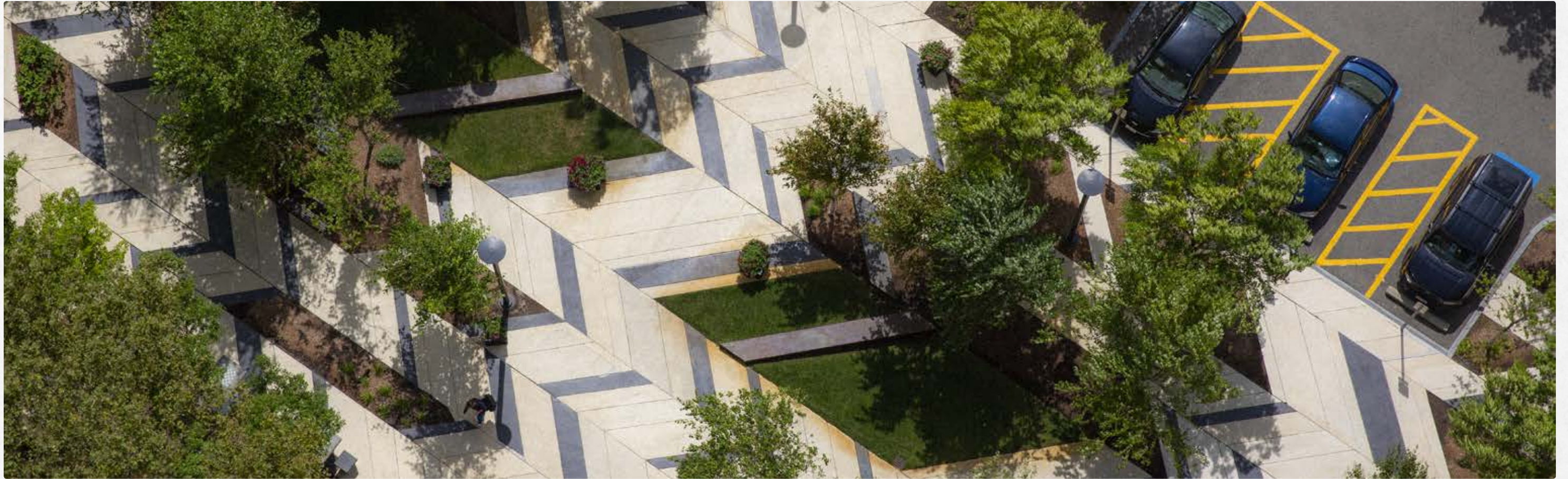
Currently under consideration for a significant renovation in 2020; RTH has a unique opportunity to raise public funds to perform comprehensive improvements to all three. A comprehensive refinancing and refurbishment of all three properties, using State and Federal Tax Credits and mortgage proceeds was approved for

recommendation to the community at the 2019 Annual Meeting for a vote of the Membership for authorization to proceed. If the community supports the projects, these three properties will get improvements to individual unit interiors, common areas, building exteriors, yards, and landscaping.

### **RTH IS INVESTING IN A BETTER US**







## Mission Park

Continues to operate at a surplus. Many upgrades and improvements are recently complete or in the planning stages, including the following:

**ADA Unit Modifications** are now completed in 20 of the 39 HP units on the property

**Site Improvements Flynn Drive** was completed in 2018, adding new landscaping and seating, as well as an important face-lift of the Huntington Avenue retaining wall; 2019 planned work will address St. Albans Road frontage, using finishes in keeping with adjacent areas of the property

**Well Filtration** – in order to address ongoing mineral staining from the well water, the irrigation system is being modified to pump water from sump located higher in the water table, containing fewer dissolved minerals. This will eliminate the unsightly iron build up appearing on some areas of the property.

**Levinson Fresh Air** – Fresh air intakes were added to Levinson basement to counter excessive heat created by mechanical equipment. Code-required upgrades to sprinkler room completed as part of this project.

**Intercom System** – New intercom system installation completed in Neville, Levinson, Duggan and Flynn. User feedback includes ease of use and reliability.

**Underground Piping** – underground heating and hot water lines are scheduled for proactive replacement, including areas near 2 New Whitney and on Levinson Plaza outside Flynn.

**Intercom Upgrades** are complete in high-rises; resident feedback has been positive; the system is easy to operate – and much more reliable

## OUR HOUSING INITIATIVES AIM TO STRENGTHEN BONDS IN OUR COMMUNITY

**Fire Life Safety** – all four High-rise buildings scheduled to receive upgrades to the Fire Life Safety panels and equipment. New smoke detector and fire strobes will be installed in units and additional strobes will be installed in the multi-bedroom units.

**Duggan Façade** had two sides completed at the end of 2018, in order to repair leaks and decay.

**Flynn Elevators** – Interior cabs of two Flynn elevators are scheduled for 2019

**Laundry Room Rekey** – Rekeyed all laundry room doors so that they are floor specific.

**Painting in Duggan & Flynn buildings** was completed, brightening the appearance and correcting ongoing wear and tear

**Toilet Replacement** is an unglamorous project with the potential to save significantly on precious – and expensive – water resources. Underground piping repairs and upgrades will also address hidden water waste and improve reliability of services to residents.

**Security** – Software that drives the FOB system is being upgraded to correct for outdated/non-supported computer software.



# HEALTH & WELLNESS

RTH REINFORCES A CULTURE OF WELLNESS BY OFFERING PROGRAMS AND SERVICES THAT ENCOURAGE RESIDENTS OF ALL AGES, ABILITIES AND FITNESS LEVELS TO LIVE BETTER, HEALTHIER AND MORE ACTIVE LIVES.

## Nutritional Workshops

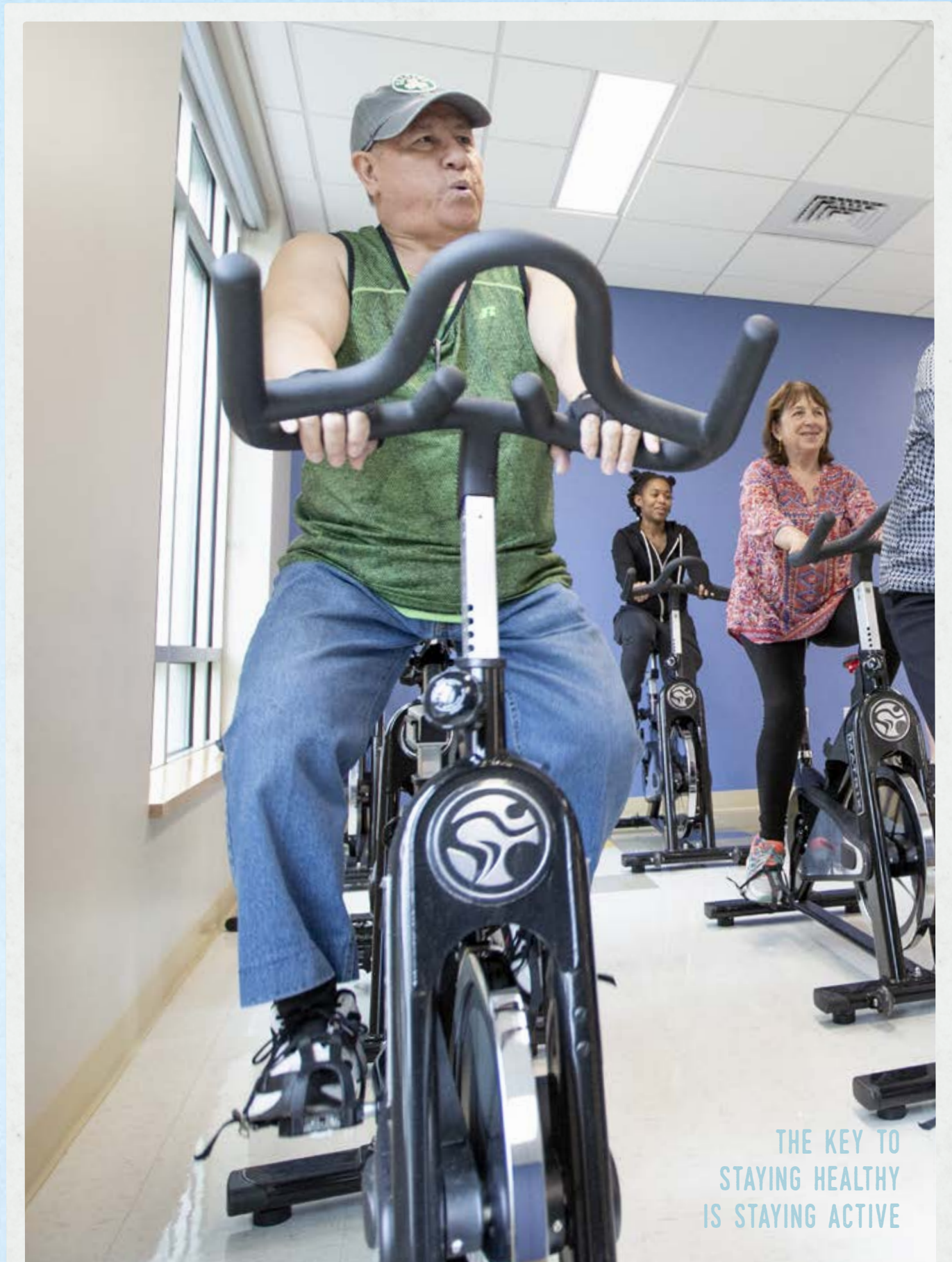
These workshops represent a unique partnership with Brigham & Women's Hospital that provides information on a variety of topics, including label reading, calorie intake, shopping on a budget and more. These are held by-weekly at RTHCC; annually we host 11 workshops and served a total of 110 during the past cycle.

## Reflexology

An ancient practice using pressure applied to the reflex zones on the feet that have positive impact throughout the entire body. The current schedule offers 300 appointments annually - call the RTHCC to make your appointment if you haven't tried it!

## Yoga/Sleep Study

Connected Brigham and Woman's staff to RTH residents in order to teach good sleep habits. The program included group classroom sessions in addition to group yoga, and concluded this past December. Each of three sessions lasted eight weeks, and at the conclusion, the instructor was able to determine that people who participated in yoga classes at RTHCC slept better than those who did not participate. When the participants were recruited to take part in the study, they were not told whether they would be in the yoga group or non-yoga group. This program brought 120 residents increased awareness of good sleep hygiene, the benefits of yoga, and just maybe, a better night's sleep



THE KEY TO STAYING HEALTHY IS STAYING ACTIVE





BY HELPING PEOPLE OF ALL FITNESS LEVELS & ABILITIES IMPROVE THEIR HEALTH AND WELL-BEING, WE BUILD A STRONGER COMMUNITY

#### **Group Exercise**

We offer a wide variety of classes every week. Participation has grown to an average of 950 participants per month. The Group-x recently held a website launch with neon yoga, spin shoe fittings, and exercise closing giveaways. Some classes may now be signed up for online – check us out at [RTHGroupX.com](http://RTHGroupX.com)!

#### **Workout Challenges**

Turkey-thon, Bust a Gut, Baseball and ‘Around the World’ Challenges were hosted throughout the past year to help folks stay excited and engaged in their workouts. Prizes are awarded to the top participants – but everybody wins when they take advantage of Health Coaching and Group Training to help them achieve fitness goals or just have fun.

#### **CPR/First Aid & AED**

RTH staff and residents are offered both CPR/First Aid and AED training. What began as a quarterly program has expanded to monthly offerings due to strong interest. Over the past 11 months, 100 individuals have been certified. RTH staff put their training into action recently, when a resident gym user had a cardiac event; staff followed protocol, provided immediate assistance, and the resident made a full recovery.

#### **Seniors Wellness Day**

We greatly expanded Seniors Wellness Day this year due to grant funding received from the State. In addition to the always popular haircuts, chair massage, nail painting, and blood-pressure, we offered sneaker measurements and will be sponsoring free New Balance sneakers for participating seniors, as well as information tables from 33 vendors for a variety of critical senior services. Lunch and a gift-tote were provided to 283 participants.

#### **ASP/SEP Wellness**

Offerings include twice-weekly workouts for kids; yoga and obstacle course training continue to be popular offerings, and the kids get a chance to try new activities.

#### **Welcome Center**

The Welcome Center has worked diligently to recruit and retain members; over 1000 members are taking advantage of fitness and wellness opportunities. Member Appreciation days each month focus on different themes, such as Asthma, Breast Cancer Awareness, Heart Health. The Welcome Center staff is also available to assist with community event ticketing – stop by if are interested in becoming a member or want to check out a new event.



## New England Baptist Partnership Programs

**Healthy Moves:** This Senior program has been running for over a year, and it's going well. To date, we have run four Healthy Moves sessions, which have been turning out 12 people. It is a bit more advanced than Easy Steps but still targets the sedentary population. It runs twice a week, has a healthy snack, and again, it is also a social outlet for this population.

**Step into Spring:** We are offering a walking program this Spring and will continue to promote. While the program may be run inside due during inclement weather, we rename it according to the seasons, and try to encourage residents to spend more time outside regardless of the time of year.

**Easy Steps:** Senior exercise program offered at the Flynn kitchen once a week for residents who are not physically active. We are currently running one session right now and it has been very successful. We also ran a class in the Fall of 2018, which was also very successful, with 15 participants. It not only gets these folks to be more active, but it's a social event as well, providing a healthy snack and helping them to be involved and not isolated. We have also noticed that there has been a more diverse population attending, which truly means we are achieving our goal of reaching the entire RTH community.

PHYSICAL ACTIVITY HAS FAR-REACHING BENEFITS  
FOR PHYSICAL MENTAL, EMOTIONAL, AND SOCIAL  
HEALTH AND WELL-BEING





# YOUTH, FAMILY, COMMUNITY ENGAGEMENT

RTH BRINGS PEOPLE TOGETHER TO DEVELOP SKILLS, HAVE FUN,  
AND GROW TOGETHER IN A SAFE SUPPORTIVE ENVIRONMENT  
WHILE MAKING LASTING FRIENDSHIPS AND MEMORIES.

## Family Programs

**Arts in the Park and Family Art Night** offer families an opportunity to participate in arts activities, and spend time together. A variety of media and methods are explored in a welcoming environment.

**Summer Food** served an average of 85 lunches and 100 snacks per week last summer to children in the community at no cost to the community. We are once again offering this important food resource program during the summer of 2019.

**Family Nurturing Support Group (FNP)** is a program for graduates of the 15-week RTH FNP, that brings parents and children together to continue to learn, build supportive relationships and have fun. The group meets weekly and includes discussion topics of interest, sharing resources, and experiences.

**Brave Puzzle Pieces** Parent Committee is a support group for parent of special needs children. The purpose is to provide on-going support, a means to share information, ideas and resources. RTH helps to provide training for parents to increase skills and provide an opportunity to relieve isolation and form new friendships. Parents assist in planning programs and activities for their children. Working together and working with staff, parents are able to plan, make recommendations and participate in upcoming events. This year program expanded to adding Sensory Gym experiences.

WE ENVISION A FUTURE FILLED  
WITH POSSIBILITY FOR EVERYONE







### After School Program (ASP) & Summer Enrichment Program (SEP)

RTH's After School Program is EEC licensed for 52 children and the Summer Enrichment Program is EEC licensed for 75 children.

**Language and Literacy** skills are promoted through the 'Wonderful Voices' program; creative development is encouraged through a variety of hands on arts projects using various media; physical activities to strengthen balance, speed, strength, coordination and endurance through running, jumping, climbing and other activities at the playground and gymnasium.

**College students** collaborating with MCPHS university came to RTH with gifts for every student enrolled in the ASP. Funds for this generous donation were raised by the MCPHS students who help organizations that have children who are in need for the holidays.

**Clubs:** A variety of clubs allow children to pursue their interests in areas including: Fitness, Science, Art, and literature.

**Summer Enrichment Program** includes special field trips to enhance their social and cultural development.

**Artful Adventures:** MFA grant funding for 8 group visits to the MFA and supports arts educators within the program.

**Affiliates:** Ongoing relationships with outside agencies include Boston Youth Collaborative, National Afterschool Association, Read Boston, NAA, MFA, Northeastern Professional Development.

OUR YOUTH PROGRAMS STRIVE TO INCREASE YOUNG PEOPLES EXPERIENCE OF BELONGING, ACHIEVEMENT AND POSITIVE RELATIONSHIPS





## WE BELIEVE THAT ALL KIDS DESERVE A CHANCE TO DISCOVER WHO THEY ARE AND WHAT THEY CAN ACHIEVE

### Youth & Teen Programs

**Outreach:** Jonathan Brody Teen Center Staff continues to connect with RTH youth in and out of the RTH Teen Center, through open drop-in hours and outside activities. The Center hosts monthly Teen Birthday parties which are organized by youth and staff, reaching out to youth in the neighborhood who are having a birthday in a particular month – and hopefully engaging a youth we haven't seen at the Teen Center before.

**Staff Training:** Teen Center staff receive monthly training on a topic of importance, which has been opened to all youth department staff or staff interacting with youth. Items this year have included: relationships, reflection and evaluation, boundaries, mentoring, feedback and goal setting, tension reduction and restorative justice, youth health and wellness, and social, emotional learning.

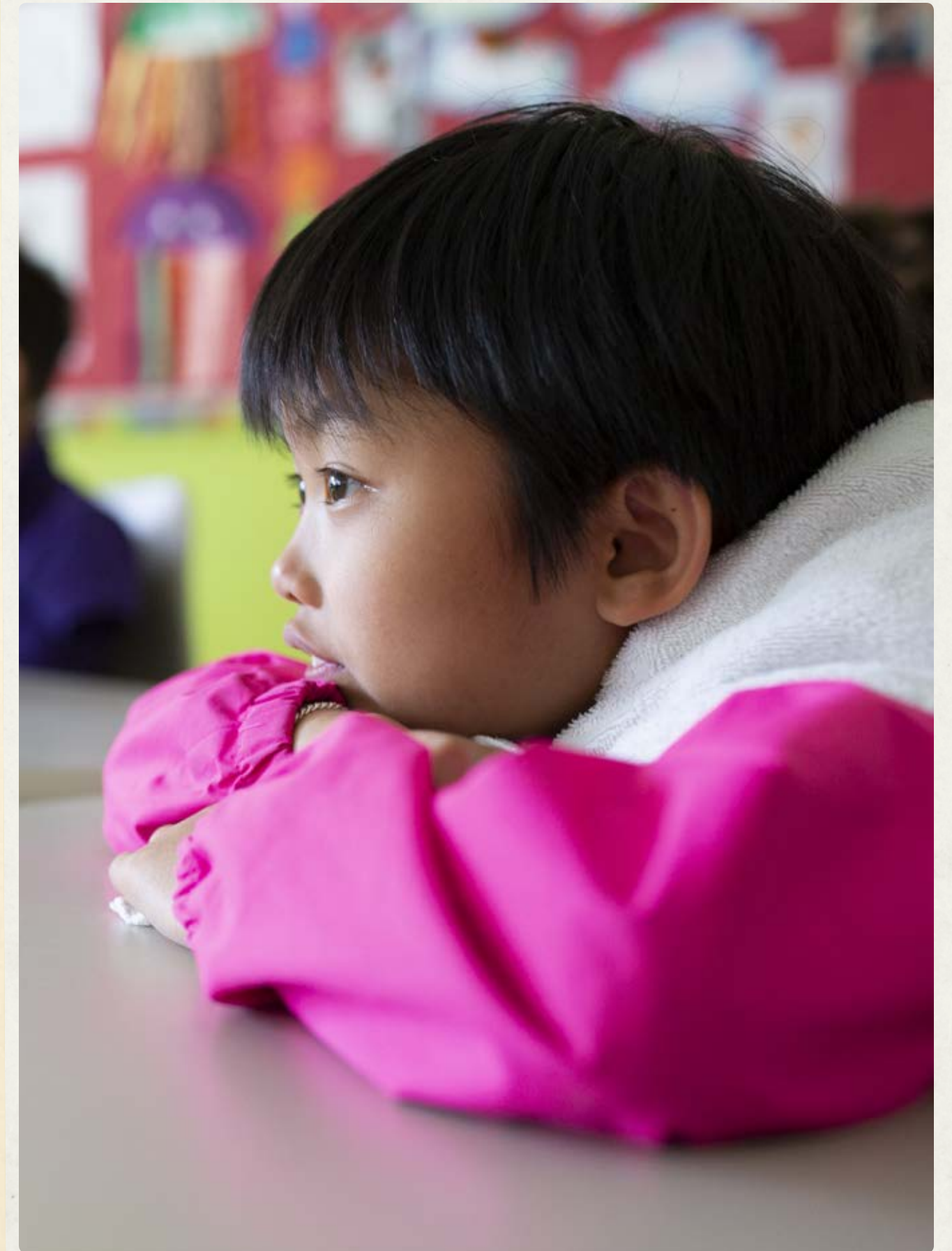
**Jobs & Internships:** Youth are supported in gaining and maintaining employment in summer and internships during the school year. Workforce partners BWH, NEBH, BIDMC, ABCD, and the city of Boston (DYEE) are critical resource for our youth. Successful placement of youth at our our partner organizations include; BWH (7), BIDMC (2), NEBH (2) at their locations, and at RTH and ABCD (6) DYEE (2) YOU Boston (1) during the summer. During the school year, the RTH youth department supervised 10 youth in school year positions, funded through these partners.

**Job Training Programs** are offered to help prepare youth for employment: Events & News Crew, Youth Ambassador Society (Y.A.S.), and First Steps to Work. These programs served 19 youth in the summer of 2018 and 14 during the school year.

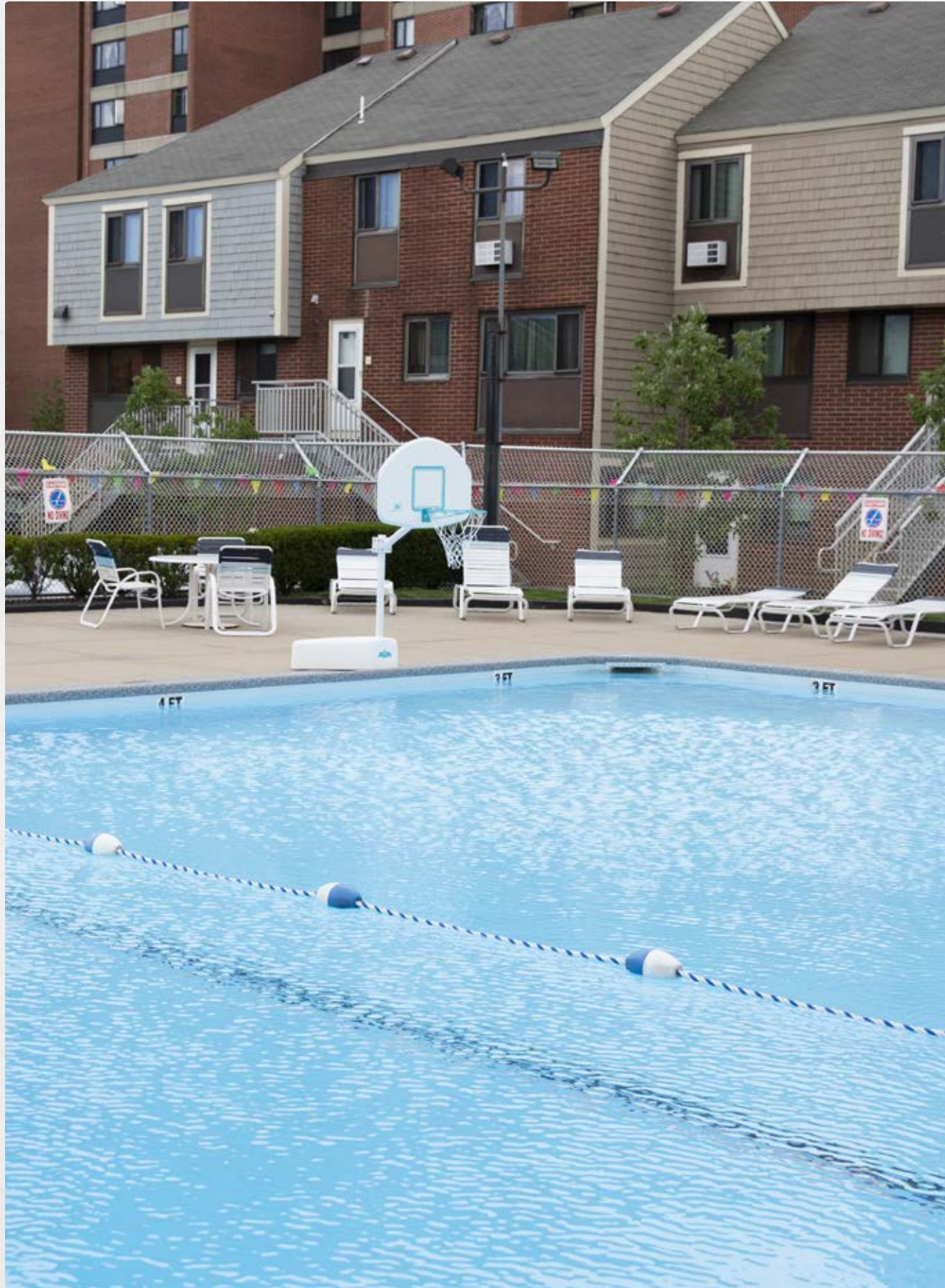
**The RTH Youth Council** meets every other week and invites youth from all parts of the neighborhood to get involved. Youth volunteer with this group to plan and complete community service projects, and to provide them a voice in programming at RTH. The group increased in membership from 6 members to 12 members this year. They planned and implemented a charity basketball event held on March 23rd, where they built community, raised money for charity and showcased their leadership skills.

**Field trips** this past year have included: Cardigan Lodge, NH (AMC) (8 youth), MA State House (15 youth), ziplining (12 youth), Six Flags (6 youth), Apex Entertainment (5 youth), Factory of Fear (6 youth), Boda Borg (7 youth), Round 1 arcade (6 youth), Roller World (6 youth), Harvard College tour (2 youth), Laser Quest (6 youth)

**Partners** supporting youth programming include Sociedad Latina, Harvard School of Public Health, YW Boston, and Boston Youth Workers Alliance.







### Sports

Sports Department offers year-round basketball leagues, instructional sports classes, and community game nights for all ages and abilities; 144 residents participated in the various leagues; and 55 residents participated in instructional classes.

### Child Watch

Child Watch serviced 32 families with a total of 692 child visits. Provided babysitting for families participating in RTH classes, workshops, wellness programming, and community events.

### Mary T. Clifford Pool

**Swimming Lessons:** We average 90 participants for weekly Swim Lessons in our effort to help 'drown proof' all RTH youth.

**Quick Checks:** 6th year that Quick Check Safety Checklist was utilized. Quick Checks include an opportunity for resident involvement to help ensure pool safety. There were 1,300 Quick Checks performed last summer!

RTH IS SUPPORTING OUR COMMUNITY FOR A BETTER TODAY. WE ARE ALSO LOOKING TO AND PLANNING FOR A BETTER TOMORROW. ONE THAT WILL SHAPE THE FUTURE FOR GENERATIONS TO COME.





# COMMUNITY EDUCATION & WORKFORCE DEVELOPMENT

RTH EMPOWERS RESIDENTS BY PROVIDING OPPORTUNITIES,  
RESOURCES AND SUPPORT TO LEARN, MAKE CHANGES,  
BRIDGE GAPS AND OVERCOME OBSTACLES.

## Heart Healthy Nutrition Education Initiative:

**Seafood Education:** 26 Residents participated in Eating Heart Healthy Seafood education and cooking demonstrations which included class instruction by an RN and demonstration by a professional chef.

**Kids in the Kitchen:** 17 School-aged children participated in "Kids in the Kitchen" cooking workshop. A school vacation week cooking and nutrition class led by a professional chef.

**Heart Healthy Initiative:** 150 residents learned to prepare low-cost heart healthy dishes.

**The Seafood Club** in support of promoting seafood as a healthy choice sold on average 110 lbs of seafood monthly. Over 300 residents bought fresh fish from the Boston fish pier for seriously discounted prices.







## Education Support

RTH is supporting our community for a better today. We are also looking to and planning for a better tomorrow. One that will shape the future for generations to come.

**Believe and Achieve:** Awarded 20 RTH “Believe and Achieve” scholarships of up to \$4,000 per resident for a total of \$41,000 to 20 RTH students pursuing post-secondary education and job training.

**Computer Literacy:** 38 students in grades 3-6 are learning to use Microsoft Word, Excel, PowerPoint and Photoshop

**English Conversation Group:** An average of 10 residents attend the Weekly English Conversation Group. It is ongoing and offers drop-in opportunity to practice English skills with native speakers and participate in local excursions.

**English Classes:** 8 adults attended weekly English for Daily Living and 20 adults attended beginning ESOL classes September through July

**Mandarin Language Classes:** 30 Children attended Mandarin language classes at three levels; beginners, intermediate & advanced, September through June

**Independent School Entrance Exam:** 18 students attended RTH’s Independent School Entrance Exam (ISEE) preparatory class in upper and lower levels and 5 middle schoolers attended a Magic Math Club during the summer.

**Financial Education:** 10 Teens completed a six-week Financial Literacy Program

**Homework Help:** 8 children per day receive homework help (180 days per year) in the homework center. We also provide tutors for homework help 4 days per week throughout the year at the ASP/SEP.

**Internship/Work-Study Program** brought Interns/ Volunteers from Simmons College, Mass College of Pharmacy and Health Sciences, Mass College of Art, and Wentworth Institute for Technology. The education department hosted a computer science intern

**Promoting Bicycle Safety** for all ages RTH and the Boston Cyclist’s Union “Bike to Market” program collaborated to provide bike safety education and a bike repair session. 34 bicycles were repaired and 22 children received new bike helmets at no cost.

**Assistive Technology** available in Computer Center: Dragon Speaks – speech recognition software, JAWS – screen reader, large print keyboards for the visually impaired.

**Tech Goes Home:** This program provides under-served residents access to technology skills required for 21st century. Upon completion of 15-hour course; participants have an opportunity of purchasing a new Chromebook computer. 35 Students completed the 15-hour program in September, and were able to purchase the lap-top computer for \$50. Interest in this program continues to be strong; we have a wait list for next session.

**Computer Classes:** Recurring cycles of computer classes include Intro to Computers, Computer Basics (offered in three languages – English, Spanish, and Chinese), Word, Excel PowerPoint, and Photoshop were offered from October 2017 – April 2018.

**Netblazr** Free Internet Service- 225 residents have participated in the Netblazr Info sessions.



WE BELIEVE THAT WHEN WE WORK TOGETHER  
CAN CREATE A STRONGER COMMUNITY



## Workforce Development

We envision a future filled with possibility for everyone.

**Outside Referral Workforce:** 18 residents participated in outside referral workforce programs: 7 referred to programs through the Boston Career Link; 5 attended Jewish Vocational Services orientation, 3 attended Asian American Civic Association training orientations.

**Financial Literacy:** 15 Residents attended workshops in financial literacy, credit repair, and CORI rights, seal records, petition for expungement, and correct mistakes.

**Learn to Earn:** 3 residents participated in the new RTH Learn to Earn Internship program, a 12-week on site supported work program.

**Hospital Jobs:** 4 Residents obtained full time jobs with

benefits at area hospitals (BWH, Beth Israel and Dana Farber) 5 are pursuing continuing education and training for allied health care positions.

**ServSafe Courses:** 10 Residents completed ServSafe courses in English and Spanish. All received ServSafe food handler certificates that will help obtain or advance in positions in the food service industry.

**Sewing Classes:** 192 hours of instruction to 40 residents, men and women, who learned to sew in 3 class levels offered in multiple languages.



## RTH IS A GREAT PLACE TO LIVE, TO WORK, AND TO PLAY





# AGING WELL

RTH PROVIDES NUMEROUS ON-SITE SUPPORTIVE SERVICES AND SOCIAL ACTIVITIES TO HELP RESIDENTS, ESPECIALLY SENIORS, AGE WELL IN PLACE AND LIVE INDEPENDENTLY.

## Resident Services

RTH received 124 new referrals, 1,270 on going referrals, and 1,033 one-time intervention from self-referred residents, management or facilities. 780 referrals were serviced on average each month and 839 touches.

**Referral Types:** Housing 757, Health 528, Employment 70, Education 34, and Other 780

**Referral Source:** Mission Park 1,605, Restoration 79, FFH 6, 777-779 21 ONRA 54 and Mosaic 41

**Department Translation Services:** Document translation provided in English, Spanish, Chinese, and Russian for RTH and Trinity Management. Publications include the monthly senior calendar, program/community events flyers, and the What's Up program guide.

**Workshops:** 56 residents participated in The Cleaning Workshop Series, designed to take some of the stress and confusion out of the cleaning process. Topics included, how to clean on a budget, identify the best products, prepare your home for an upcoming inspection, and involve the whole family.

**In-Person Translation Service:** 396 residents received translation services: Cantonese 385, Mandarin 22, Taiwanese 1, Russian 1, Spanish 1, and English 1.

**Coffee Hours:** This is an opportunity for residents to meet staff, ask questions, and pick up information about programs and services.

**Internship/Volunteer:** 2 MSW students from Simmons College were placed at the resident services department and 11 work-study students from the Mass College of Pharmacy and Health Sciences worked at the homework center (8) and the Wellness Center (3). An ABCD intern was placed at the resident services department.



PEOPLE WANT TO FEEL VALUED, PROUD AND CONNECTED TO THEIR COMMUNITY. SOMETIMES A LITTLE HELP MAKES THE DIFFERENCE.



SOCIAL ISOLATION OFTEN OCCURS AMONG THE DISENFRANCHISED AND THE ELDERLY—PUTS INDIVIDUALS AT GREATER RISK FOR CHRONIC DISEASE, DEPRESSION, AND STRESS

Senior Groups

**Chit Chat Meeting:** 309 residents attended 12 chats with an average of 25 residents at each chat. The primary language focus for this group is English.

**Spanish Chat:** 370 residents attended 13 chats with an average of 28 residents at each chat. Topics have included: Discussion on the play Arrabal, Latin Night, Healthy eating, Senior Whole Health. After the discussion topic, BINGO is played with prizes.

**Russian Tea Party** 189 residents attended 11 parties with an average of 17 residents at each party. Parties begin with a performance and are followed by social time and lite refreshments. Previous performances included singers: Liliana Glik, Leonard Lostrichkin, Arslan Khaydarov, and Mikhail Sukharsky.

**Joy Luck Club** 733 residents attended 13 chats with an average of 56 residents at each chat. Prior to the discussion, the group will sing Chinese songs together. Topics have included presentations by: Tufts Health plan, Senior Core Options, Senior Whole Health, Former State Representative Jeffrey Sanchez, Joyful Living Adult Day Care, Asian American Civic Association, and East Way Wellness.

**Da Jia Le** 602 residents attended 44 gatherings with an average of 14 residents at each gathering. This drop-in group for Chinese speaking residents includes activities such as Mar Jong, Chess, social time.







## Senior Programs

**Drop-in Center:** Over 300 visits per month are made to the Senior Center by residents looking to have a coffee with their friends and participate in activities such as: bingo, movies, art class, workshops, discussion groups, and receive blood pressure checks.

**Fair Foods \$2.00 a Bag Program:** 1,103 bags of fresh fruits and vegetables were purchased by RTH residence. This program was coordinated and staffed by RTH seniors.

**Evening Activities:** Senior can enjoy an engaging evening of fun with friends where they enjoy: Bingo, Games, Group Painting, and Live entertainment.

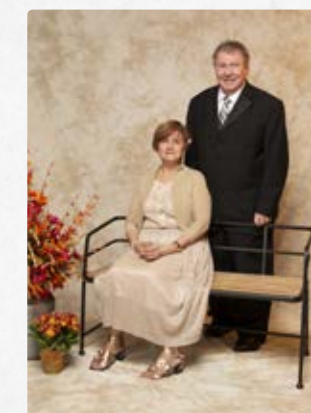
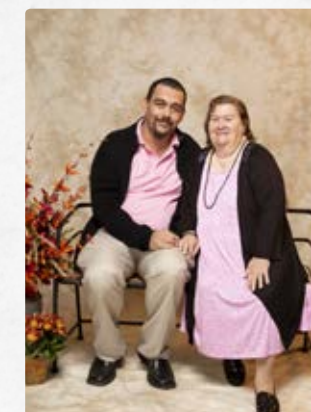
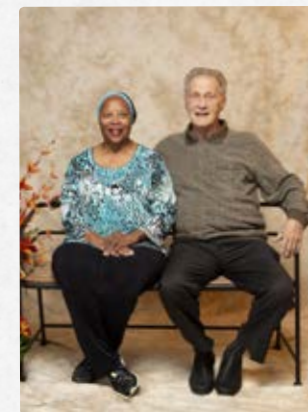
**Mystery and Daytrips:** 150 seniors have gone on 8 Mystery and Day trips. Seniors are given clues and told how to dress, but they do not know where they are going. Previous trips include: Hampton Beach, Spirit of Boston, Tanglewood, Lunch at the Causeway in Gloucester, Huntington Theatre, Stoneham Zoo, Taza Chocolate tour, and Flaming's buffet in Roslindale.

**Mission Nutrition:** An average of 7 seniors attend monthly nutrition classes by Chef Reva Haselkorn, in partnership with the Jewish Family and Children Services.

**Senior Celtic Program:** 230 seniors participated in 2 Celtic events sponsored by the New England Baptist Hospital. NEBH therapists, legend players Cedric Maxwell, Brian Scalabrine, and Lucky, the Celtic mascot, taught seniors exercises that can be done at home. Event included lunch, a raffle, and free T-shirts.

**Mission Hill Birthday Parties:** 158 RTH Seniors attended 4 group birthday celebrations, planned by the Mission Hill Senior Legacy Project, and sponsored by the New England Baptist Hospital. Celebrations included lunch, cake and a birthday gift.

**City of Boston Elder Affairs:** 52 RTH Seniors attended two City of Boston Elder Affairs events: The New Year Eve party at the Seaport Hotel and Picnic in the Park at Malcolm X Park.



**Mission Hill Senior Prom:** 191 Mission Hill seniors attended the prom at Wentworth University. The seniors dressed up, were served a delicious meal, danced to the decades greatest hits, and posed at the scenic park bench photo booth. To remember the affair, seniors received a canvas prom bag and printed photo portrait. Mary and Seth Burns, RTH seniors, were crowned the King and Queen of the prom. This prom was a collaboration of several Mission Hill Community partners: Brigham and Women's Hospital, Harvard T.H. School of Public Health, Massachusetts Eye and Ear, Mission Hill Health Movement, Mission Hill Legacy Project, Northeastern University, New England Baptist Hospital, Roxbury Tenants of Harvard, Trinity Management, Wentworth Institute of Technology, and the Tobin Community Center.



SENIORS WHO STAY SOCIALLY ACTIVE AND ENGAGED CAN EXPERIENCE BETTER COGNITIVE FUNCTION, HEALTH, AND INCREASED LONGEVITY.



# COMMUNITY EVENTS & TRIPS

RTH PROVIDES A SUPPORT SYSTEM THAT WELCOMES, CELEBRATES, EDUCATES, AND CONNECTS DIVERSE POPULATIONS: CREATING AN ENVIRONMENT WHERE WE CAN LEARN FROM ONE ANOTHER, BUILD CULTURAL UNDERSTANDING, SHARE EXPERIENCES AND HAVE FUN.



## OVER THE PAST YEAR, RTH HOSTED 23 SOCIAL AND CULTURAL EVENTS FOR 3517 RESIDENTS

- National Night Out - 85 participants (estimated)
- Block Festival - 700 participants (estimated)
- Music on the Plaza offered 3 times during summer  
400 participants(estimated)
- Ice Cream Social with Trinity  
420 participants (estimated)
- Family Pool Party - 41 participants
- Teen Pool Party - 35 participants
- Adult Pool Party - 121 participants
- Mission Hill Senior Prom - 180 participants
- Latin Night - 85 participants
- Thanksgiving Dinner (Seniors) - 160 meals were served
- Christmas Caroling and Trolley tour - 25 participants
- Cookies with Santa - 85 participants
- Holiday Party (Adult) - 135 participants
- Holiday Party (Family) - 165 participants
- Chinese New Year Performance and Celebration  
196 participants
- Black History Celebration - 90 participants
- St. Patrick's Day - 115 participants
- Visit with the Easter Bunny - 110 participants
- Victory Day - 70 participants
- Seniors Wellness Fair - 283 participants & 33 vendors
- Candidate Night - 16 participants

## FIELD TRIPS INCLUDED 325 FREE OR REDUCED TICKETS TO:

- Canobie Lake - 35 tickets
- Disney on Ice - 20 tickets
- Apple Picking - 55 tickets
- 6 Flags - 65 tickets
- Senior Trip Spirit of Boston - 45 tickets
- Senior Trip Hampton Beach - 20 tickets
- Senior Day trip to Tanglewood - 19 tickets
- Mystery Trip to Causeway and Gloucester - 10 tickets
- Mystery Trip to Flaming's Buffet - 15 tickets
- Mystery Trip to Huntington Theatre - 12 tickets
- Mystery Trip to Taza Chocolate tour - 12 tickets
- Mystery Trip to Stoneham Zoo - 17 tickets





# COMMUNITY SUPPORTERS & COLLABORATION PARTNERS

IN ADDITION TO PROVIDING SAFE AFFORDABLE HOUSING, WE ESTABLISH COLLABORATIVE PARTNERSHIPS TO EXPAND AND SUPPORT THE PROGRAMS AND SERVICES WE OFFER RESIDENTS.

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| <p>ABCD<br/>         Agassi Village Camp<br/>         Asian Women for Health<br/>         Autism Eats<br/>         Bank of America<br/>         Beth Israel Deaconess Medical Center<br/>         Big Sister Association of Greater Boston<br/>         Boston Asthma Initiative<br/>         Boston College EMS<br/>         Boston Department of Neighborhood Development<br/>         Boston Housing Authority (BHA)<br/>         Boston Medical Center<br/>         Boston Public Health Commission-Emergency Preparedness<br/>         Boston Public Library, Parker Hill Library<br/>         Boston Youth Collaborative<br/>         Brigham &amp; Women's Hospital<br/>         Central Boston Elder Services<br/>         Children's Hospital<br/>         City of Boston Camp Joy<br/>         Department of Children and Family Services (DCF)<br/>         Department of Mental Health (DMH)</p> | <p>Enhance Asian Community on Health<br/>         ETHOS<br/>         Fair Foods<br/>         Family First<br/>         Family Nurturing Center<br/>         Global Health Services<br/>         Greater Boston Legal Services<br/>         Harvard Pilgrim Foundation<br/>         Harvard School of Public Health<br/>         Huntington Theatre<br/>         Isabella Stewart Gardner Museum<br/>         Jewish Family &amp; Children's Service<br/>         Little Brothers Friends of the Elderly<br/>         Mass Art<br/>         Mass College of Pharmacy and Health Sciences (MCPHS)<br/>         Mass Department of Housing and Community Development<br/>         Massachusetts Eye and Ear<br/>         Mass Housing Investment Corp.<br/>         Mass Housing Partnership<br/>         Metropolitan Boston Housing Partnership (MBHP)<br/>         Mission Hill Health Movement</p> | <p>Mission Hill Senior Legacy Project<br/>         Mission Hill Youth Collaborative<br/>         Museum of Fine Arts<br/>         National Afterschool Association<br/>         New England Baptist Hospital<br/>         Northeastern University<br/>         Notre Dame Education Center of Boston<br/>         Read Boston<br/>         Salvation Army Camp Wonderland<br/>         Samaritans<br/>         SHINE (Serving the Health &amp; Information Needs of the Elderly)<br/>         Simmons College<br/>         Sociedad Latina<br/>         Southern Jamaica Plain Health Center<br/>         TILL Services (Autism Support Center)<br/>         Tobin Community Center<br/>         Trinity Management Company<br/>         UMass Boston<br/>         United Health Care<br/>         Wentworth Institute of Technology<br/>         YMCA of Greater Boston</p> |
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## OUR CONSULTANTS

DURING THE YEAR, WE HAVE BEEN GREATLY ASSISTED BY SEVERAL CONSULTANTS IN THE IMPLEMENTATION OF THE WORK OF THE ORGANIZATION.

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| <p>American Association of Service Coordinators<br/>         Core Communications<br/>         Klein Horning<br/>         Massachusetts Association of Resident</p> | <p>Service Coordinators (MARSCH)<br/>         Munkenbeck Consulting<br/>         Net Blazr<br/>         Randall Davis, Davis Kelly Associates<br/>         Rebecca Lee, Mintz Levin</p> | <p>Sara Schnorr, Locke, Lord<br/>         Simmons College School of Social Work<br/>         Traggorth Companies<br/>         Terminal Exchange</p> |
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# ROXBURY TENANTS OF HARVARD ASSOCIATION, INC.

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