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ROXBURY TENANTS OF HARVARD PUBLICATION
MESSAGE FROM THE EXECUTIVE DIRECTOR
VOLUME 16 WINTER EDITION NUMBER 4



Karen T. Gately

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**April is
Autism
Awareness Month**

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

Dear RTH Residents,

Spring is in the air. The trees and flowers will be blooming soon. Spring is an opportunity for a new beginning or rebirth. If those New Year's resolutions fell by the wayside, you can start over. We have many opportunities for our residents and I hope you will see those as a new beginning, and a happier and healthier you.

Tired? Bored? Stressed? Want to improve your fitness? There is a fix for you. Stop by the RTH Community Center to find out which one suits your current state of mind....

- If you want to improve your health or have questions about how to get started with your wellness program, sign up for the BWH /RTH Passport to Health program where you will meet with medical professionals who will tailor a program to meet your individual needs and goals.
- If you're irritable, boost your mood by busting a move. Our dance-based aerobic fitness classes combine high-energy moves that feel more like a night out with friends than a workout at the gym.
- If you're stressed or depressed, mellow out with a calming regimen. Yoga, Tai Chi, Massage or a Reflexology session are so relaxing they help you get into a centered and balanced state of mind.
- If you overdid it with dessert, sweat out the extra calories and get back on track with a high intensity interval training session or take a spin class.
- If you feel weak, out of shape, or want to look and feel stronger and more toned, meet with our wellness staff to coach you in use of our strength equipment.
- If you're tired, throw on your sneakers and hit the treadmill. Sometimes a quick run or walk is more invigorating than a power nap.
- If you feel bored or stale, check out and participate in one of the many programs and community events we offer on a daily basis. Better yet, consider volunteering or joining one of our standing committees, such as Programs, Community & Resident Engagement, or Community Events.

Regardless of how you're feeling, working out is the ultimate mood booster! So bring your family and join your neighbors having fun getting fit together.

Spring is also a good time to clean out and spruce up. Please get your unwanted items to the curb for pickup.

We continue to work on the Restoration Housing renovation project and the Mission Park Outdoor Site Plan. Despite the inconvenience caused by both of these projects, the outcome will be improved quality of life for RTH residents.

With the warmer temperatures, we are looking forward to seeing progress on the Mosaic building and surrounding landscape. The infra structure work is complete and you can see the

THANKSGIVING AT RTH

Laura Adams, Senior Program Coordinator



On Saturday, November 21st, seniors gathered at the RTH Community Center to celebrate Thanksgiving with their neighbors. Seniors were warmly greeted as they entered an inviting atmosphere inside the gym created by the members of the Community Events Committee.

The seniors enjoyed a delicious meal of turkey, mashed potatoes, stuffing, corn bread, apple pie, and more. The meal was catered by Boston Market and served by a host of volunteers from the RTH Board of Directors, Trinity Management, New England Baptist Hospital, and the Mass. College of Pharmacy and Health Sciences.

After lunch, several prizes were raffled off. Irma Diaz, Chairperson of the Community Events committee, and Angela Maulucci, RTH Senior Department, pulled the lucky numbers. Seniors were smiling as they came to collect their gift.

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Our Thanksgiving luncheon is always a heartfelt occasion. Turkey was eaten, stories were shared and new friends were made. "This is one of my favorite events. Thanksgiving is a time to pause to appreciate all your blessings. I am blessed to be able to work in a community that I love; a community that cares about its residents," said Laura Adams, Director of Senior Services.

Thank you to for making this a truly wonderful day for our seniors.

Thank you to all the volunteers including the Thanksgiving planning committee, Trinity Management, Securitas, New England Baptist Hospital, Mass College of Pharmacy and Health Sciences for making this a truly wonderful day for our seniors.

"Thank you consists of just eight letters that form two of the most meaningful words in the English dictionary."

Doborah Norville



SENIOR CELTICS PROGRAM

Laura Adams, Director of Senior Programs



The Senior Celtics Program, presented by New England Baptist Hospital, attracted more than 90 elderly adults for a Halloween-themed exercise class at the Roxbury Tenants of Harvard (RTHCC) Community Center.

and the Boston Celtics care about our community and are dedicated to keeping seniors active and moving.

The room was bustling as participants entered the RTH Community Center and received their Sr. Celtics t-shirts and headbands. Leading the class were Boston Celtics guard/forward Evan Turner, dressed as Batman; Legend Tom “Satch” Sanders, dressed as the Hulk; Celtics mascot “Lucky” the Leprechaun; New England Baptist Hospital’s physical therapist Kimberly Castro and athletic trainer Bryan Truscott.



The workout kicked off with a brief warm up to get the seniors moving and loose for the fitness class. When the group was ready to go, the instructors led the seniors in a series of physical exercises using fitness equipment that included an exercise ball, lightweight dumbbells, resistance bands, and pumpkins. The group was also educated on how to correctly repeat these exercises at home.

During the workout, Evan Turner and Tom “Satch” Sanders moved throughout the class, working out alongside the seniors and offering assistance to anyone who needed help with a particular movement.



The workout concluded with a light stretching session before the seniors sat down for a panel discussion on exercise and nutrition with the NEBH and Celtics instructors.

At the end of the event, the class was treated to a dunk show by Celtics mascot “Lucky”. At one point during the show, Lucky flew over Karen Gately’s head to dunk the ball in the net.

The Mission Hill seniors are very fortunate to be able to participate in the Senior Celtics program. The program is magnificent; it encourages seniors to maintain an active lifestyle through participation in fitness and health education classes. This program shows that the New England Baptist Hospital

Anonymous Tip Line

617-232-0436

BACK TO SCHOOL AT RTH AFTERSCHOOL

Stephanie Ellis



Photo by Xuena Wu

Here in the RTH Afterschool Program, we've spent a lot of time learning about our new classroom routines, homework schedules, expectations, and a lot of other fun things. We've been getting to know each other and our afterschool environment.

We've started literacy games which include riddles, word of the day, and journaling, where the students have included things such as agendas, personal goals, and places they'd like to visit. In addition to art classes and the science program, students are also learning about culinary arts and the importance of nutrition. In one of the classes the students learned to make sushi and many other nutritious dishes.

In the science program the students engaged in a science experiment exploring the creation of slime! We discussed where slime comes from and how it is formed. We talked about slime algae in the aquarium and how it grows, including solutions on how to eliminate the problem. Students developed good practices for aquarium maintenance care. Each student was a true scientist!

Our math curriculum includes new fun ways to use math, and learning how to measure using various measuring tools such as rulers, measuring cups and spoons.

We also recognized and celebrated many birthdays.

The children are learning through fun enrichment activities. The teachers are working diligently on exciting new ways to get children involved.

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In October we began monthly meetings of our newly formed parent board with lots of family engagement. Some of our parents are volunteering at different times to help encourage the children with the new curriculum. We were pleased to have our Parent Board sponsor a pot-luck dinner for Thanksgiving which included various dishes from countries around the world.

Parents of our students are encouraged to join our Parent Group. For more information please contact Stephanie Ellis at 617-232-4306 ext. 401 or sellis@roxburytenants.org.

Welcome to Child Watch!

Child Watch is a program that serves children ages 6 weeks through 12 years of age. Parents can sign-up for Child Watch when they sign-up to get in shape at the Fitness Center or attend a workshop or a Community Event.

The youngsters can play a variety of games, play with Legos and Play-dough, read their favorite book, or create their own artwork. They can also do their homework. Child Watch is available Monday, Wednesday, and Friday from 5:30 to 7:30 p.m.; Tuesday and Thursday from 5:30 to 8:00 p.m. and Saturday 9 to 11 a.m.

We hope that you can come and visit us to see what we do. Please contact Carmen Torres at 617-232-4306 ext. 206 or email ctorres@roxburytenants.org for further information.

RTH TAKES ON THE 5K!

Ken Yanofsky, Health and Wellness Director



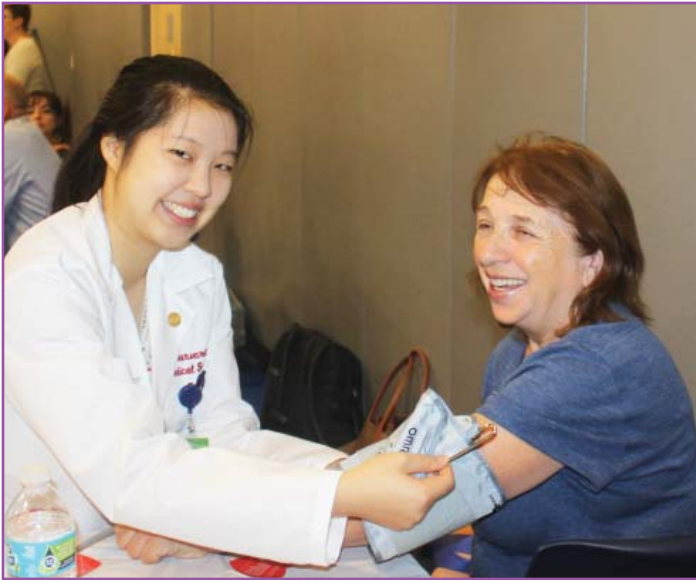
The annual **Mission Hill Road Race** was held on Saturday morning October 24th. A total of 52 RTH residents participated, some walking and some running the 5K route. RTH is an official sponsor of this wonderful community event to benefit the Kevin W. Fitzgerald Park.

The course goes through Mission Hill neighborhoods that features steep up and down slopes. A newcomer to the course would question how these neighborhoods survive or even function during New England winters.

Boston's Mayor, Marty Walsh, got the race started for the 333 participants! On your mark, get set, go!

RTH FALL HEALTH FAIR ...A FUN AND HEALTHY EVENT!

Ken Yanofsky, Health and Wellness Director



It was a sunny, warm fall day on September 26th, the day of RTH's first health fair. It felt a little like the summer was hanging on, refusing to give in to the colder winds and long shadows of autumn.

When the residents entered, there was music in the air and fall decorations around the gym foyer. Everyone who attended was entered into a drawing for a Philips Sonicare Electric Toothbrush which was eventually won by a lucky resident! Harvard Dental Group donated the valuable grand prize! Residents also received a Brigham and Women's Hospital tote bag to collect all of the free give away items by the organizations who participated in the fair.

Next in store for the health fair participant was to enter the main event in the RTH Community Center Gymnasium! The first booths on this healthy adventure were sponsored by the Brigham and Women's Hospital and included blood pressure screening by Harvard Medical Students, cardiovascular fitness testing by hospital Exercise Physiologists, Asthma information, lung capacity testing, sleep and stress education, and anti-smoking literature.

Here is a sampling of other participating organizations and their chosen health related topic:

Massachusetts College of Pharmacy and Health Sciences: the effects of drugs and alcohol

National Kidney Association: kidney disease

Dana Farber Cancer Institute: breast cancer

Asian Women for Health: breast cancer

Mass Eye and Ear: vision screening

Imani Massage: chair massages

Mass Health: affordable health insurance and services

Mass Attorney General's Office: public services offered

AstraZenica Pharmaceuticals: nutrition table; donated healthy snacks and water

New England Baptist Hospital: Injury prevention

Harvard Dental: Oral care and free gift bag with toothbrush, toothpaste and floss

Mission Hill Road Race: promoted the Mission Hill 5K walking and running event

In addition, May Vaughn, Family and Youth Director, displayed information about youth programs and provided an arts and crafts table for the children. Director of Senior Services, Laura Adams, hosted the senior table informing residents of upcoming programs and events. The Wellness Center staff offered a "healthy prize wheel", an RTH Stations class for children 8-12, Family Zumba, and Family Yoga classes!

And to top it off, a healthy lunch was served to all participants!

It was great to see residents of all ages enjoying themselves, learning about many different health related subjects and how to make healthy choices!

"Nothing tastes as good as being healthy feels."

Spark People

MOSAIC TOPPING OFF



“This is a proud day for RTH. We have been waiting a long time for this day to come. This building has been the dream of many people at RTH and the Mission Hill community”

*Carol Menton
RTH Board President*



MOSAIC TOPPING OFF

David Traggorth, Traggorth Companies

On September 24, 2015, RTH was delighted to welcome Boston Mayor Martin J. Walsh, members of the Mission Hill community, government officials and the project team, including ironworkers, subcontractors and lenders to celebrate the topping off of the Mosaic, our new 145-unit residential high-rise located at 80 Fenwood Road, on the corner of Brookline Avenue and the Riverway.

With Board President Carol Menton, and Executive Director Karen Gately, leading the ceremonies, Mayor Walsh, Boston City Councilor Josh Zakim and Undersecretary for the Department of Housing and Community Development Chrystal Kornegay, addressed the group gathered to celebrate the signing of the last steel beam put into place on the 166,000 square-foot, 11-story building.

RTH Board President Carol Menton, welcomed and thanked those who came out to celebrate the Mosaic project. *“This is a proud day for RTH. We have been waiting a long time for this day to come. This building has been the dream of many people at RTH and the Mission Hill community.”*

In her remarks Executive Director Gately stated *“I am so excited and proud to be associated with this much needed project. Research has unequivocally demonstrated that affordable, quality housing makes a significant positive contribution to building resilient families and thriving communities. And we all know that RTH is a Thriving Community.”*

Now, with this brand new building, in addition to a state-of-the-art daycare center for 90 kids, we are adding 60 affordable apartments, 43 affordable condominiums, and 42 market condos ... that makes Mosaic a 70% affordable development! It answers the Mayor’s call of housing for ALL people near jobs, transit, education, and OPPORTUNITY.

“Thanks to the RTH Board for all their hard work. It is a difficult job, but their trust, vision, and leadership has kept us moving forward and focused on our mission and vision for our community,” Gately commented.

During his address, Mayor Walsh spoke about the importance of the project to the City and thanked RTH for its efforts. “Mosaic will bring together all levels of housing under one roof, creating a wonderful model for affordable housing developments all across the city. I want to thank the Roxbury Tenants of Harvard, Brigham and Women’s Hospital, Consigli Construction, our state housing partners and everyone involved in this collaboration for helping Mission Hill and the Longwood Medical Area and its residents thrive.”

More than 60% completed construction, the project is on schedule for a Fall 2016 completion. Marketing for the affordable condominiums and rental units will start later this Spring.

Stay tuned for more information in the very near future!

To watch some video highlights from the ceremony go to https://www.youtube.com/watch?v=2i96dm_Hyt0.



RESTORATION REHAB: FACT VS FICTION

By Amy Lawton, Senior Property Manager

We are hearing lots of rumors about what RTH's plans are for Restoration Housing and what will happen to the residents in the apartments. We have held several community meetings and sent notices in the mail. Despite our efforts there still seems to be some misconceptions regarding Restoration Housing that I would like to clear up.

Fact: No one will be displaced or asked to move out permanently as a result of this work.

What this means: While residents will experience some inconvenience, they will still live in the same apartment. It will be a new and improved version of the apartment.

Fact: RTH has just signed a 20-year HAP contract with HUD.

What this means: Residents at Restoration Housing will continue to pay rent according to the HUD Section 8 guidelines; 30% of their adjusted income. This guarantees subsidized housing for a *minimum* of 20 years at Restoration Housing.

Fact: Part of the cost of this project is being funded through Low Income Housing Tax Credits.

What this means: Residents will need to certify according to the tax credit rules at a different time from their HUD recertification for the first year ONLY. After that, both certifications will be done at the same time. It is a very similar process and most people don't experience any additional burden.

Fact: Roxbury Tenants of Harvard is the decision maker for this project.

What this means: Roxbury Tenants of Harvard (RTH), like most large corporations, hires consultants to advise them with regard to specific projects. However, these consultants only share their opinion regarding the topic they have been hired to consult on. The RTH Board of Directors votes on and makes all major decisions for Restoration as well as other RTH projects.

Fact: Roxbury Tenants of Harvard remains the Owner of Restoration Housing.

What this means: Restoration Housing is now owed by a new entity named RTH Restoration Housing, LP. Bank of America is the equity investor in the property, Urban Edge Housing Corp is a non-voting member of the General Partnership, and RTH remains the sole voting member and in control of the property.

Fact: RTH takes its responsibility to provide affordable housing seriously and never loses sight of the RTH mission.

What this means: RTH Mission Statement is: *Roxbury Tenants of Harvard (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 education services, workforce development, and community activism. As one of the oldest grassroots tenant organizations, we dedicate ourselves to defending the right 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.*

We understand some of the misinformation and rumors may be upsetting. If you are hearing any rumors or stories in the neighborhood that concern you, please contact the Management Office at 617-232-5910. We will be happy to speak with you to dispel any rumors and address any concerns that you may have.



RESTORATION HOUSING CONSTRUCTION UPDATE

By Amy Lawton, Senior Property Manager



In Progress

After taking a pause to re-group and adjust the rehab process, the Restoration in-unit work has begun again. With the new protocol in place, we are proceeding in two buildings with 10 apartments on Fenwood Road. Part of the new protocol involves moving out most of people’s belongings so that the contractor can maximize the work in each apartment and in doing so decrease the amount of time people are disrupted by this work. We appreciate everyone’s cooperating with the new process. It is making for a much smoother situation for everyone.

Additionally, we have completed two full rehabs of wheelchair accessible apartments with a third apartment currently under construction. The rehab of these apartments will bring the accessible apartments up to current accessibility standards, including roll in showers.

In January we had a community meeting to present the landscaping plans and ideas. This meeting was very well attended. We received a lot of positive and constructive feedback that the landscape architect is incorporating into the next draft of the plans.

The exterior work continues on a separate and independent track from the interior work. Roofs, siding, porches, and front and rear decks have received much needed attention. We are looking forward for the weather to warm up so the contractor can begin painting the buildings!

We encourage all RTH residents to periodically walk down Fenwood Road, St Albans Road, and Francis Street to watch the progress of this work and the transformation of the neighborhood.



EATING HEART HEALTHY

Eliza Shirazi, Health Educator, Pulmonary Division, Brigham and Women’s Hospital



Nutrition Tips

Cook with healthy oils, such as olive oil, avocado oil, grape seed oil.

Bake, broil, steam, sauté, or grill your food.

Choose low fat, fat-free, or light dairy options for any desserts that require dairy.

Choose fresh vegetables and fruits to use in your dishes rather than canned foods.

Try not to over eat. Remember to limit yourself to eating small portions and eat slowly. You can always have leftovers the next day for lunch.

Jodie Carusotto RN BSN says, “Use a slow cooker when cooking for big parties and think of filling it with chicken rather than beef for your recipes. There is less saturated fat, almost a third fewer calories, and more protein in chicken.”

Exercise Tips

Find an exercise routine and be realistic! Look at your week ahead and how many holiday parties you may have. Then plan out your exercise schedule.

Try to fit in 30 minute sessions each day and stick to it by getting a family member or friend to participate with you.

If it’s too cold or snowy outside head to the mall to walk or join the RTH Wellness Center.

Julie Tracy, Exercise Physiologist at Brigham and Women’s Hospital says, “Beware of shoveling heavy snow and know your body. Keep in mind warning signs like chest pain, dizziness, or shortness of breath.”

EDUCATION & WORKFORCE DEVELOPMENT

Roxanne Haecker, Director of Community Education and Workforce Development

You've all probably noticed many changes around RTH in the past year. One of those changes is that we've re-organized our programs by initiatives.....Health & Wellness, Youth, Family and Community Engagement, Aging Well in Place, and Education & Workforce Development.

It is my honor to be the champion of the Education & Workforce Development Initiative. I believe passionately in economic justice and social equity and this is what I get to focus on.

Let's talk about economic justice.

Most of here are not trust fund babies- we have to work. We need jobs that pay living wages that can support our families, provide benefits, and have career paths.

But most businesses today have shifted away from hiring entry level workers and investing in their training and development. Instead they hire experienced workers who are already trained.

The employment rate of teens is at its lowest rate since World War II; young adults have seen their employment rate drop by over 10% since the year 2000.

And for many who have found employment, low wages, part-time work with no benefits, and limited opportunities for advancement are not uncommon.

The idea that the route to a good job and a career is through higher education- ie a Bachelor's degree- is almost universally endorsed by both major political parties, a host of academics (not surprisingly), the mass media, and the general public.

Yet the truth is that we have more bachelor degreed workers than ever. There is an excess of college graduates competing for jobs that don't require a degree. A New York Federal Reserve study found that 46% of recent college grads and 35% of college grads overall are employed in jobs that don't need a degree.

So what is the answer? If you want or need a degree for a specific occupation that actually requires one- doctor, nurse, teacher, social worker, etc.- then, by all means, get one! And we are here to help you with the RTH Believe and Achieve Scholarship and other resources.

But we are also focusing on a sector based strategy that will help residents train for good jobs that pay living wages, offer benefits, and have career pathways. Jobs such as certified nursing assistants, lab and medical technicians,

IT, hospitality and facilities positions that require certificates or associate level degrees. We also have ESOL for the Workplace classes, HI-set (high school equivalency) online access and aid in accessing testing, job preparedness workshops including resume and cover letter writing, interviewing, workplace etiquette, and even how to dress for the workplace. We are offering a new on-site training to become certified as a group exercise leader in April and hope that RTH residents will become certified to lead fitness groups in the RTHCC!

It is economic justice when workers are paid living wages that can sustain a family. When they not only have a good income, but can also build assets- save money, buy a home- then they have the opportunity to rise from generational poverty... and that is a path to social equity.

RTH residents have an opportunity- a small chance, but a chance never-the-less, to build assets through homeownership at the Mosaic on the Riverway, which will offer a number of affordable condominiums. These will be available through a lottery process, and it will be highly competitive. In order to make sure our RTH applicants are well positioned, we have provided Homebuyers classes on site and have set up Individual Development Accounts for graduates of these classes so they can save money for their down-payment and closing costs.

RTH is providing a match-savings- 2 to 1 if a Mosaic unit is purchased, 1 to 1 if a home is purchased elsewhere.

This is an exciting time at RTH. We have many resources and possibilities open to us. We shouldn't be afraid to think outside the box or limit ourselves. Let's not settle for someone else's idea of what or who we are! This is the time to seize opportunity and recommit ourselves to the RTH mission of neighborhood stabilization and economic advancement.

OPERATION ABLE INFORMATION SESSIONS

What: Operation A.B.L.E has job training programs and resources for individuals age 45 and older. At the info session, you will learn about the computer and medical office training programs, meet the Job Navigator who can help you with your job search, and talk with A.B.L.E. Program Managers to plan your next steps!

When: Every Wednesday at 10:00am

Where: 174 Portland Street, 5th Floor, Boston, MA 02114
More Info: Please RSVP at 617-542-4180 if you are planning to attend

FOCUS GROUPS

On December 15, Brigham and Women's Hospital, with the support of Roxbury Tenants of Harvard, conducted the first of 4 Focus Groups where people met and spoke about sleep and yoga.

These focus groups are part of the CALYPSO (Community Adapted Low-impact Yoga Program for Sleep Outcomes) research study, and they are focused on learning about the community's thoughts on a program that will be developed to help people improve their sleep.

Thanks to everybody who came and shared their opinions! If interested in participating in any of the next focus groups, please contact Beatriz Oropeza at boropeza@partners.org or 617-525 3208.

Sleep and Yoga Focus Group

If you are African American or Hispanic/Latino, female or male, between the ages of 20 and 35, and would like to participate in a focus group to talk about sleep and yoga, we will be meeting on:

Monday May 1, 2016 (6:00 pm – 8:00 pm) at the RTH-Flynn Building Dining Room on the ground floor at 805 Huntington Avenue.

Each participant will receive a \$25 gift card

For more information or to participate, please contact Latoya Cromartie at lcromartie@roxburytenants.org or 617-232-4306 ext. 101

LOOKING FOR AN ALTERNATIVE CAREER PATH?

New Pathways to a CDL Career

The Dudley Branch of the Boston Public Library encourages young adults looking for a solid career path to attend the free workshop on how to obtain a CDL License (Class A, B, C, D). The transportation industry is an untapped market for young adults. Space is limited. To register, please call 617.922.7283 or email gnmiller68@gmail.com

Session I: Thursday, April 28, 5:30 p.m. & Saturday, April 30, 10:00 a.m.

Session II: Thursday, May 19, 5:30 pm & Saturday, May 21, 10:00 a.m. Attendance at both sessions is required.

Dudley Branch Boston Public Library
65 Warren St,
Roxbury, MA 02119

The program is funded by the Fellowes Athenaeum Trust Fund of the Boston Public library (fellowestrust@yahoo.com). Contact Candelaria Silva-Collins at 617-825-0122 or 617-620-5557 for more information.

SUICIDE PREVENTION

Ashley Boyd



RTH welcomed Samaritans to provide a community training on suicide prevention. Suicide is the 10th leading cause of death in the United States. It is important to know what to look for so that you can get them the help that they need. You could save a life!

Warning Signs of Suicide

- Threatening to hurt or kill him/herself, tells you how they plans to kill herself, and /or looking for ways or access to hurt or kill him/herself (firearms, pills)
- Withdrawal from friends, family, and/or social activities
- Increased anxiety and agitation
- Physical Changes (appearance, mobility)
- Rage, anger, revenge seeking
- Increased or new alcohol or drug use
- Seeking access to lethal means (firearm, pills)
- Putting affairs in order (making a new will, giving away valuables)
- Resident expresses hopelessness (“Nothing will ever get any better”)
- Loss of purpose
- Expressing being a burden to others (“Everyone will be better off without me.”)

If you notice any of these signs or symptoms, reach out to Samaritans at 1-877-870-4673 or the National Suicide Prevention Lifeline at 1-800-273-8155. It's free and confidential.

TRAINING OPPORTUNITY



\$100.00 per RTH RESIDENT

(\$399.00 original fee)

For more information on this opportunity Call Jana Houston 617-719-1250 or email Debzanelato@roxburytenants.org

Looking for RTH residents who are interested in pursuing potential employment in the fitness industry. Do you or someone in your household have a passion for fitness? Could you see yourself leading others in exercise?

May 14, 2016 8am - 5pm

AFAA (Aerobics and Fitness Association of America) will be at RTHCC for an in person workshop on the practical application of teaching fitness techniques.

The topics include: leadership, professional responsibility, exercise format, program design, basic anatomy, exercise evaluation and modification, safety, warm up/cool downs, cueing methods, and musicology.

Dear RTH Residents

continued from page 1

building has taken shape. Work is on schedule, and we hope to begin moving residents into this beautiful new building in the fall. Applications for the upcoming lotteries for the affordable rentals and condos are now available.

Refresh, Renew, and Reinvigorate your spirit and your home. 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 T. Gately, RTH Executive Director

617-232-4306 | kgately@roxburytenants.org

CLEANING WORKSHOP SERIES

Jenn Phaiah, Resident Services Coordinator

On February 11th, 2016 a group of fifteen adults joined together for Resident Services latest installment of the Cleaning Workshop Series.

The Cleaning Workshop Series began in the winter of 2015, as a response to a growing number of residents who reported feeling overwhelmed by the process of cleaning their homes, and readying themselves for annual unit inspections.

Typically, the series is broken into three workshops. The first, and most popular, is an evening dedicated to “DIY” cleaning supplies. In this workshop, residents get to know one another, and are invited to share their best-kept “DIY” cleaning secrets. In addition, group facilitators demonstrate how to make your own laundry detergent, and hand out other fun recipes to try at home. Participants are able to take home the products that they make.

On the second week, the group tackles the challenges of organizing weekly and monthly tasks, including the benefit of family chore charts, and the importance of cleaning as a family-wide affair. During this workshop, the group works together to make schedules that fit the needs of each individual

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or family. Art supplies and poster board are provided, so that participants can finish and take home what they create.

Finally, during the last week, the group discusses the stress and anxiety that can surround annual inspections. The group is provided with resources to better understand why common “flags” occur, and may cause a housekeeping fail. Residents are encouraged to discuss ways that they have been successful in avoiding such flags, and to help one another brainstorm tricky situations. To end, participants relay through a “mock apartment” to see how many housekeeping flags they can spot. The winning team receives a prize.

Residents who attend two of the three workshops are sent home with a wonderful cleaning kit, to continue their efforts at home.

The next Cleaning Workshop Series will be held in April, 2016- a perfect time to prepare for Spring Cleaning! Residents are encouraged to come out and see what it's all about in person! You can sign up by calling Jenn or Marta, Resident Services staff members at 617-232-4306- Extensions 306 and 304 respectively.

HAND WASHING BASICS

Tanyshia Graves, Wellness Center Staff



“Hand Washing Awareness Week” took place at the beginning of December. Understanding why it is important to wash your hands and how to wash them properly can help to prevent the transmission of germs that can lead to disease and infections. Let’s work together in decreasing the spread of

disease by learning some important techniques and strategies. Although many of you may believe that you have mastered the skill of hand washing, there may be some interesting and easy tips on how to keep your hands squeaky clean and possibly help you avoid that annoying cold this winter!

Wash EVERY part of your hand. Be sure to scrub the front and back of your hand as well as between the fingers and under the finger nails for at least 20 seconds. Fun fact: The duration of the song “Happy Birthday” is 20 seconds so you could practice your singing skills while washing your hands. How great is that?

What kind of water? What kind of soap?

Use clean and running warm water and try to use liquid or pump soap whenever possible. Rinse and then dry. According to the Center for Disease Control (CDC), using soap and water is the most efficient way to reduce germs.

Sneeze into your elbows, not your hands! Sneezing into your hands increases the risk of spreading germs. Imagine if the person next to you sneezed into their hands and then touched the doorknob, or even shook your hand? Health experts recommend that people should cough or sneeze into their elbows instead of their hands.

No water? No Problem!

If you are not near clean and warm running water, feel free to use alcohol-based hand sanitizer as an alternative. This can simply be done by applying hand sanitizer into the palm of your hands and then rubbing them together until dry.

Below are tips from the CDC on **WHEN** to wash your hands:

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick

- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After touching garbage

AGE-FRIENDLY BOSTON INITIATIVE



On November 2nd, the Boston Society of Architects had an exhibition-reception celebrating their partnership with the Age-Friendly Boston Initiative. At the reception, the Phoenix Sun Rising Towards the Sun Fan Dance group’s picture was part of the exhibit, portraying healthy aging in Boston. Roxbury Tenants of Harvard was honored to be part of this exhibit.

Age-Friendly Boston is an initiative of the Mayor Walsh Administration, in partnership with AARP and UMass Boston Gerontology Institute.

See Something - Say Something....

Everyone plays a big role in keeping our neighborhood safe. If you see something that shouldn’t be there - say something! If you see a person(s) behavior that does not seem right, report it. Call Securitas at 617-731-6972 and/or 911.



RTH BRAVE PUZZLE PIECES SHINE A LIGHT ON AUTISM

Tomeka Taylor and May Vaughn



Back row: Annie Fok, Tomeka Taylor, David Gonzalez Jr., May Vaughn, Yahaira Lopez, Autism Sprinter, Inc. Front Row: Stephen Fok, Carmello Russell

The goals of the RTH BRAVE PUZZLE PIECES Parent Committee are to provide on-going support, share information, ideas and resources which include safety proofing the home, how to deal with each child as an individual when dealing with difficult behaviors such as tantrums and/or outbursts, and problem solving. “We are our own support system”, says Tomeka Taylor. RTH will help to provide training for parents to increase skills on parenting their unique child and give an opportunity to relieve loneliness and form new friendships. Stop by on Thursdays and Fridays from 6-6:45pm for Sensory gym where children with special needs get to play in a safe, fun, indoor area that can accommodate their sensory needs. Also twice a month we have family potluck dinner where parents are waited on restaurant style at RTH-CC. The committee also hosts a monthly field trip to Sensory Sunday at Sky zone trampoline where families with sensory challenges can jump and have fun together in a relaxed and supportive environment. The Committee continues to work with parents, families and staff in planning and participating in upcoming events that support the child and family. *April is Autism Awareness Month* and we have lots of other activities planned so make sure to check the bulletin boards for the schedule of events.



Yahaira Lopez, Autism Sprinter, Inc., Steven Fok, Annie Fok

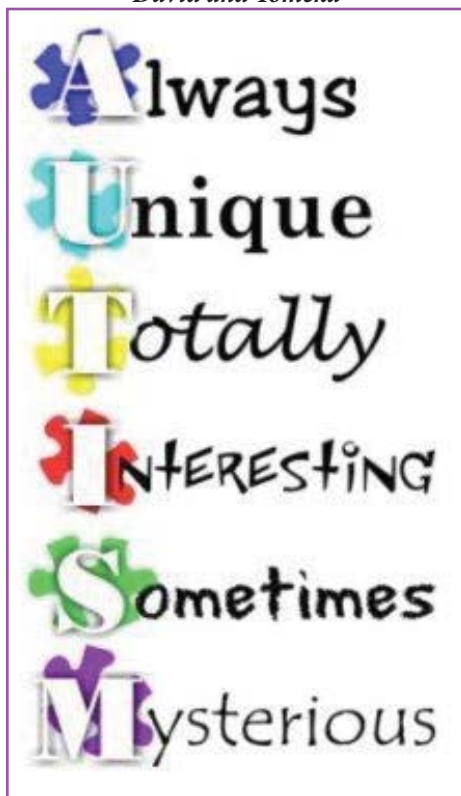
A parent support group for RTH families with special needs children



Carmello and Beulah Russell



David and Tomeka



TEAM WORK

George Russell, Sports Coordinator



“When you score a goal, or hit a three, or get a touch-down, you don’t do it for yourself, you do it for a team because the name in front of the shirt is more important than the one on the back” from the movie, “Miracle”.

The message we are trying to communicate to our youth is teamwork and sportsmanship. At RTH Community Center, our programs allow our youth to come together. On Saturday mornings youth come together to participate in our sports clinics. The first clinic we offer to the youth is ‘skills & drills’ basketball. Youth learn how to work together as team, and how to bond with each other. Another sports clinic we offer is Flag Football. In Flag Football, we teach our youth good sportsmanship traits that will allow them to respect one another whether their teams win or lose by having them shake each other’s hands and saying “good game”.



CONGRATULATIONS TO RTH RESIDENTS

Roxanne Haecker, Director of Community Education and Workforce Development



Jennifer Diaz
Medical Administrative Assistant



JuJu Riley
Ophthalmology Testing Technician

Congratulations to RTH residents, Jennifer Diaz and Jozelle Riley, new employees of Massachusetts Eye and Ear Longwood at 800 Huntington Avenue. In her position as a Medical Administrative Assistant in Ophthalmology, Jenni helps patients navigate the sometimes confusing registration and billing process and connects them with the surgical coordinators with aplomb. She schedules appointments for more than 20 doctors at Mass Eye and Ear as well as outside specialties.

“I know how stressful medical check-ups and procedures can sometimes be, so I do my best to make things go as smoothly as possible for patients dealing with paperwork and setting appointments. There is no need for additional stress. I really enjoy my job and Mass Eye and Ear is a great place to work. Everyone has been welcoming and supportive. It is wonderful to work so close to home, too. The commute is literally a walk through the park- Mission Park- and across the street. “And they know I will definitely be able to make it in during any weather”, Jenni says with a smile.

Jozelle is currently training as an Ophthalmic Technician and is excited about the possibilities the opportunity this offers.

“I see this as a career opportunity, not just a job. This is just the beginning. It is tough. There’s a lot of studying to do and a lot of diagnostic machines and techniques to learn, but it is exciting! I feel like it is important work, you know, being a part of the team helping to provide care for people’s eyesight. I hope that not only will my own kids see me as a role model, but that RTH kids will see me in my scrubs going to work across the street at Mass Eye and Ear and think about the opportunities that are right here at medical institutions in their own neighborhood and that it will encourage them to stay in school and to get a good education. Getting this opportunity has been a real plus for me and for my family’s future.”

RTH TEEN COUNCIL



Youth Council members Malcolm Osazuwa, Omayma Dalal and Yazmine Navarro, Teen Center staff, hang out with Mayor Walsh before participating in the Mission Hill Road Race on Oct. 24th.

The RTH Youth Council was started years ago, as a means for the youth of RTH to share their voices and have an experience of civic engagement at RTH. This group plans events and field trips for the youth of RTH to become involved in, represents youth at various community events, attends community meetings, participates in community service projects, and advises the youth department on the needs and wishes of youth, regarding activities and programs. The current group of Youth Council members meets on Tuesdays at 6:30pm in the Teen Center. If you are a teen and would like to get involved, please contact any Teen Center staff @ 617.232.4306 x206!

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