

Newsletter



Our Mission

ABCD's mission is to empower disadvantaged people by providing them with the tools to overcome poverty, live with dignity, and achieve their full potential. To fulfill this mission, ABCD uses a comprehensive approach that systematically addresses the range of barriers faced by households in poverty - from day-to-day crises to long-term needs for jobs and education.

Contact Us

(617) 523-8125
1 Michelangelo Street
Boston, MA 02113



September 2017

From the Director's Desk



Greetings,

The summer is rapidly drawing to a close, and the weather in true New England fashion has been cool, crisp, rainy, and humid and sunny in turn. Back to School shopping signs abound, and on social media I have seen parents mark their XXXth day of work! Like you, all of us at the ABCD North End/West End Neighborhood Service Center (NE/WE NSC) are looking to sneak in one last beach day or barbecue. We celebrated Labor Day at the center with chicken, ravioli, salad, and other foods typical to this time of year, and were delighted to hear of seniors who had plans with their families for the upcoming three-day weekend. The NE/WE NSC does not keep weekend hours, and it is not unusual for our elderly to be waiting for us Tuesday morning after a long weekend, eager for coffee and socialization. Monthly celebrations and events are always a focal point for seniors to discuss issues that they are facing, and with "Moving Day" in the neighbor-

hood the day of the party, it was no exception! Some of our seniors with walkers and canes were frustrated and frightened by the lack of accessibility in the narrow, crowded streets of the neighborhood. We were thankful for a visit by Matt Conti of Waterfront News, who ran an informative article detailing how to utilize Boston 311, at the recommendation of Maria Lanza, North End's own liaison, from the Mayor's Office of Neighborhood Services.

September for us is a critical month because it is National Senior Center month. Senior centers offer independence for aging adults. They play a very important role in the lives of elders today by encouraging them to become and remain social. Socializing can help seniors with depression, dementia, or Azheimers. Before the leaves turn, we always use this time to focus on what we have accomplished in the past year and what the seniors in the neighborhood need the most, and how our center can play a vital role in attaining it for them. Above all, my staff and I do what we do with love and respect for seniors, because without that, nothing else matters too much.

I grew up in the North End and being of an Italian family was taught respect for elderly and anyone in need, as we all did in those days. Our grandparents were the heads of our family and to whom we looked for guidance. They cared for us while our parents were working hard to pursue that American dream, which the first generation of immigrants envisioned when they came to America. Looking at recent events in the media it seems to me

that those moral obligations of respect and human kindness are out of date and meaningless. Every day it seems the news is featuring a group or individual who has chosen to respond with prejudice, violence, and hate, instead of inclusion, peace, and love.

I regularly follow the events of the North End neighborhood, and it warms me to see such acts as residents to volunteer to clean up litter in the North End; civics awards for Italian Americans of distinction; and rally for support to help the victims of Hurricane Harvey, several thousand miles away, but bringing out the best of humanity, as the forces of weather are not discriminate in where they strike. These are the folks that live the acts of caring and respect, each and every day. We are thankful that they reside in our neighborhoods, and invite them to join in the work that we are carrying out each day at our agency!

The word respect in Latin meant to "look at" and I cannot count how many times I have heard the same plaint from our seniors: "I am invisible. No one cares for us. No one sees us." The center remains thankful for the support of our elected officials-Senator Joe Boncore, Senator Sal Di Domenico, Representative Aaron Michlewitz, Representative Jay Livingstone-to attend our monthly events and celebrations to hear what their constituents need, and to occasionally sponsor bus service for the six dozen or so seniors that participate in recreational trips to places of interest such as Gloucester and Rockport.

The NE/WE NSC prides itself on being a multi-service agency. The center's "one stop shop" approach enables elders to address many issues in their lives simultaneously: housing, food, heat, health, etc. *We take action to the problems facing our communities with responsive solutions in the form of direct services and programs.* For the

past two years, I have been a member of the steering committee to save the North End Nursing Home and Rehabilitation Center. Additional committee members were Chair **Alissa Passacantilli Tizzano**, **Louis Strazzullo**, **Jason Aluia**, **Francine Gannon**, **Pam Donnaruma**, **Philip Frattaroli**, **Marie Simboli**, and **Victor Brogna**, **NE/WE NSC Advisory Board Member**. The facility will be leased to Marquis Health Services, a subsidiary of Tryko Partners, keeping it open for existing residents and future patients. Marquis expects to take over operations in November of this year when Spaulding's Brighton facility renovation is completed. It is a cause dear to our center's heart because we all will get old-it happens to us regardless of how much money we have or where we live.

As I elaborated last month, one of our agency's goals is to offer a weekly van service to and from the NE/WE NSC, giving each of the low-income elderly housing developments in the North End and West End a turn in the rotation. As of this letter, we have reached out to our funders and stakeholders and begun the process of conducting a needs assessment around transportation. The survey was enclosed in the August newsletter, so please have you or the senior in your life fill it out and mail or email back to the center, at your convenience.

Email me at mariastella.gulla@bostonabcd.org if you would like us to send you another one! Finally, mark your calendars for October 5th, for the ABCD NE/WE NSC's 7th Annual Buona Sera: An Evening with Friends. Please join us if you can, and the invitation is enclosed in this month's publication. All funds raised will support educational and human services for North End, West End, and Beacon Hill seniors and families, as well as continuing vital work on affordable, accessible transportation for seniors. Not to mention, the aforementioned elected officials will be our own featured celebrities at the meet and greet reception for networking, followed by a night of fine dining and socializing. We hope to see you there!

Until next month!

Maria Stella Gulla
Director

Drop-in Center:

Monday-Friday 9:00 am-5:00 pm

Hot Meal Program:

Monday & Friday 12:30 pm

You can reach our staff with any concerns
at 617-523-8125

Spotlight on Bova's Bakery

The NE/WE NSC would like to give a special shout out to Bova's Bakery on 134 Salem Street for donating "melt-in-your-mouth" cookies for the seniors.

This family bakery, owned by Anthony Bova and Sons, has been in operation since 1932. They are open 24 hours and can be reached at 617-523-5601. Tell them the NE/WE NSC sent you!

NE/WE NSC staff and volunteers have become familiar faces, and many of the seniors passed by on their way out to say that they cannot wait



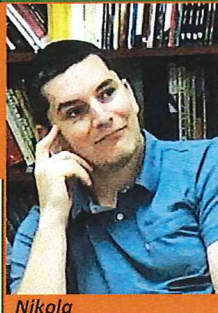
for the next gathering! Please call 617-523-8125 to reserve your spot; the center advertises all lunches in advance. New clients must sign up for free membership with ABCD.





Wishing Well to Departing Employees

Staff and volunteers gathered at the ABCD North End/West End Neighborhood Service Center (NE/WE NSC) two weeks ago to wish well the following departing employees: Lizbeth Castrillon, Case Manager, departed the NE/WE NSC last year, but who is leaving ABCD entirely to spend more time with her new daughter. Lizbeth always had a smile and a positive attitude. That and her Spanish language skills helped her well in serving seniors. Courtney Johnson, West End Project Coordinator, is entering the third year of her Master of Social Work Program at Boston College. Courtney has wonderful energy and a diverse skill set and experience and knowledge of the senior population. The elderly are a passion for her and she gives of herself so much when she assists clients individually and in groups. We wish her well in her continued studies! Nikola Kovacevic, ESOL Coordinator, is interested in pursuing work related to his field, and advocating for folks from his native country of Serbia. Nikola did an outstanding job in coordinating the program; maintaining slots and the waitlist; developing and implementing curricula;



Nikola



Courtney



Lizbeth



Eve

and supervising teachers.

Eve Howell, Case Manager I, is returning to her former life as a corporate travel agent! She is a long-term resident of the North End with many ties to the neighborhood. She often would see clients as she walked the streets after hours to do shopping, banking, and visiting. This really cemented her bond and her work with our seniors.

Andres Molina, Advisory Board Chair, thanked both outgoing and current staff for their commitment to the NE/WE NSC, and also told the story of how he used to be the ESOL and computer instructor years ago for the center! Maria Stella Gulla, Director, gave each departing employee a rousing tribute at the event, "Remembering you and the impact you've made to our agency, we all want to say goodbye and good luck."

What we call the beginning is often the end. And to make an end is to make a beginning. The end is where we start from. ~T.S. Eliot

Meet Victor

Every month the ABCD North End/West End Neighborhood Service Center (NE/WE NSC) features an interesting senior, and we invite our readers to meet Victor. As a child, Victor grew up visiting the North End, which he permanently made his home in 1993. His father had two sisters who lived at 97 Endicott Street for most of their lives. The family visited them frequently for Sunday dinner after the Children's Mass at his home church in Newton.

His visits were not just to restaurants or summer feasts—he says that he grew up with the North End culture in his bones!

Victor was an attorney in his pre-retirement years, both for the City of Boston Law Department doing Public Bidding and Construction and in private practice. An avid and dedicated trumpet player, Victor played from the third grade to college, with the rigors of law school understandably leaving him no time to play! He shared that he had a fifty-five year break

from his playing, and what a pleasure it was to resume.

Victor has been leading a busy and fulfilling retirement. He jokes that he joined the center's Advisory Board "by accident." A prior meeting was in progress and he stayed for the commencement of that evening's Advisory Board meeting. The director saw his people skills; impressive background; North End residency and understanding of the needs of the neighborhood; and recruited him to join. In addition to his involvement at the NE/

WE NSC, Victor was also asked by Representative Aaron Michlewitz to join the North End Nursing Home Committee. He is a current member of the North End Waterfront Residents Association as the Chair of the Zoning, License, and Construction Committee. The organization celebrated twenty years last year, and Victor has been a member for the past fifteen.

Victor's love of music has been an added bonus for our center-seniors, staff, and visitors alike enjoy his trumpet playing during holiday celebrations and other events. He has regular practice playing with a band, and enjoys taking time for music, that he did not have with his work and family responsibilities. We asked Victor why he enjoys coming to the NE/WE NSC, and his answer was simple yet heartwarming: he enjoys socializing with his companions that comprise the regular lunch group. When he was working, he frequented restaurants. At the NE/WE NSC, he likes the sandwiches, soups, and other robust and healthful meals that the center serves. Victor, it is our pleasure to feed you at lunch. Thank you for all that you do for the NE/WE NSC and the North End neighborhood!



Smiles All Around at the Blackstone Luncheon

The ABCD North End/West End NSC (NE/WE NSC) celebrated the peak of summer at the Blackstone Apartments on June 21st.

Over six dozen residents attended, and the group included elderly couples, single elderly, and families. For the past two years, the NE/WE NSC has been alternating monthly congregated lunches in the West End at both the Amy Lowell Apartments and Blackstone Apartments.

Residents do much more than receive a home-cooked meal; they get out of their apartments and connect to other vital services that the NE/WE NSC offers, such as assistance to receive food, health insurance, and help with paying for utilities and rent as needed. The lunches often include guest speakers, such as elected officials or community-based organizations. The meal is an equalizer as both clients, NE/WE NSC staff and volunteers, and Blackstone staff socialize with one another, talking about movies, the neighborhood, who is having a birthday, and so on.



Boston Senior Home Care Staff Assisting with Serving the Meal





Celebrating Lifetime of Hard Work of Seniors

The ABCD North End/West End Neighborhood Service Center (NE/WE NSC) recently held its Labor Day party. The Labor Day party was especially significant because more than ever, our seniors face increasingly isolation when their adult children and families return to the full-time schedule of work, school, and other commitments. The NE/WE NSC is here to provide a homelike setting for seniors to get out of the four walls all year round and socialize with their peers as they share a meal and conversation. The NE/WE NSC is part of Action for Boston Community Development, New England's largest anti-poverty agency. John Drew, President/CEO, and Sharon Scott-Chandler, Executive Vice President, oversee ABCD's wide array of human services programs, including senior programming, of which a critical focus is delivering recreational and educational activities to keep seniors active and out of isolation.

The center is conveniently located in the heart of the North End on 1 Michelangelo Street, annexed to the Villa Michelangelo Apartments, and welcomes all seniors. The NE/WE NSC publishes a monthly calendar with a

schedule of daily activities or programs. In addition, many of the ABCD neighborhood sites offer senior center programming, including the Allston-Brighton NOC, East Boston APAC, Roxbury/N. Dorchester NOC (formerly Elm Hill), JFK FSC, Mattapan FSC, and Parker Hill Fenway NSC. For more information on ABCD senior programming, you can check out <http://bostonabcd.org/neighborhood-based-senior-programs.aspx>.

Special guests included Stephen Passacantilli, who is running for City Councilor, accompanied by Dino DiFronzo. Stephen brought some cannolis from Mike's Pastry for the seniors to enjoy. Also in attendance were NE/WE NSC Advisory Board Chair Andrés Molina; and Advisory Board Members Victor Brogna and

Dan Wilson. Matt Conti of Waterfront News dropped by to visit with NE/WE NSC Advisory Board members, staff, and seniors, and took the wonderful photos featured here. Thank you, Matt! Would you like to join the fun? Please call the NE/WE NSC directly at 617-523-8125 to reserve your spot for future luncheons, which the NE/WE NSC will advertise in advance. New clients must sign up to obtain free membership with ABCD.

Stephen Passacantilli Visiting with Seniors at the center



Volunteers Wanted

The ABCD North End/West End NSC has a plethora of open volunteer opportunities:

1. Opportunity-Food Pantry Volunteer.

The NE/WE NSC is seeking volunteers to assist for North End and West End pantries with organizing and categorizing food; conducting inventory; referring clients to staff for further assistance; and delivering food to shut-ins as needed. *Hours needed would be Mondays and Wednesdays 11:30AM-1:30PM and Tuesdays 4:00PM-5:45PM.*

2. Opportunity-Hot Meal Program Volunteer.

We are looking for three volunteers to help with shopping, food preparation, cooking, serving, and clean-up for weekly Monday and Friday hot meals in the North End and monthly Wednesday meals in the West End. *Hours needed would be those days for 3-4 hours each shift.*

3. Opportunity-Mandarin Speaking Volunteer.

The NE/WE NSC is seeking Mandarin speaking volunteers to assist with translation and interpretation. *Hours needed would be Mondays and Wednesdays 11:30AM-1:30PM and Tuesdays 4:00PM-5:45PM.*

4. Opportunity-Arts and Crafts Volunteer.

The arts and crafts volunteer would offer a one-hour weekday class, ideally on Wednesday morning from 10:00AM-11:00AM, for seniors. The ideal person is artistic and has a love of crafts, with plenty of ideas for projects. The center will supply materials. *Hours needed would be on Tuesdays, Wednesdays, or Thursdays during the day.*

5. Opportunity-Yoga or Exercise Volunteer Instructor.

Many of the seniors that we serve are in their 80s and 90s. The ideal volunteer will set up a weekly exercise program (for example light work-outs, yoga, light weights); assist with program outreach; and/or perhaps set up a weekly walking group during good weather. *Hours needed would be on Tuesdays, Wednesdays, or Thursdays during the day.*

6. Opportunity-teach computers to seniors at the NE/WE NSC on 1 Michelangelo Street in the North End.

We need a patient volunteer to teach seniors basic Internet searches, typing in Microsoft Word, setting up email, and navigating online shopping services such as Stop and Shop's Pea Pod delivery. It would be helpful if the volunteer could assist with outreach and recruitment to get the classes going. *Hours needed would be on Tuesdays, Wednesdays, or Thursdays during the day.*

Please contact 617-523-8125, Ext. 201, and ask for Maria Stella Gulla, Director, who is also available via mariastella.gulla@bostonabcd.org

ABCD North End's Seventh Annual
Buona Sera

An Evening with Friends

October 5, 2017



Wine Reception

5:00 – 7:00 pm
 60 State Street, 26th Floor
 WilmerHale

Dinner

7:30 pm
 At your Buona Sera
 restaurant of choice

Buona Sera Dinner: \$4,000 | Table for 10

Enjoy an evening with your friends and a Celebrity guest of choice at your favorite North End restaurant

Note: If you have a restaurant or celebrity preference, act soon to secure your first choice!

For more information contact:

Johannah Malone, Event Coordinator
 617-281-7975 | johannah.malone@bostonabcd.org

Maria Stella Gulla, Director
 617-366-9835 | mariastella.gulla@bostonabcd.org

2017 Buona Sera Celebrities

Honorary Host

City Councilor At-Large Ayanna Pressley

Master of Ceremonies

Ron Della Chiesa

WGBH and the Boston Symphony Orchestra

Janet Wu

Journalist/Television Personality

Jen Royle

Chef and Owner at Jen Royle: Dare to Taste

Bill Evans

Commissioner of the Boston Police Department

Joe Boncore

State Senator

Sal DiDomenico

State Senator

Aaron Michlewitz

State Representative

Jay Livingstone

State Representative

Annissa Essaibi-George

City Councilor At-Large

Heather Campisano, Chief of Staff

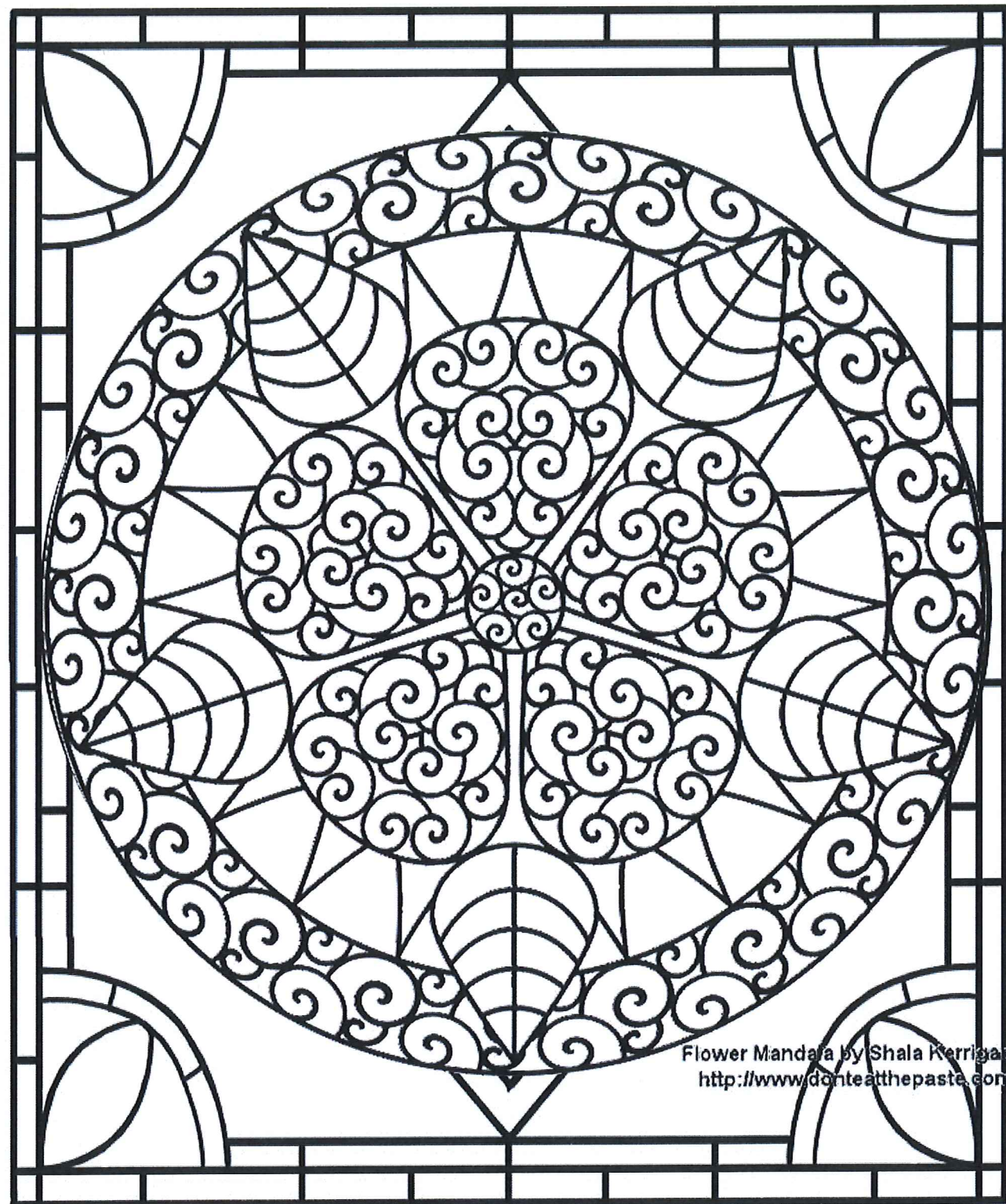
Boston Planning and Development Agency

Jonathan Greeley, Director of Development Review

Boston Planning and Development Agency

2017 Buona Sera Restaurants

Antico Forno • Artu's • Assaggio • Boston Sail Loft
 Cantina Italiana • Ristorante Euno • Ristorante Fiore
 La Famiglia Giorgio's • Massimino's Cucina Italiana
 Prezza • Ristorante Saraceno • Terramia



Flower Mandala by Shala Kerrigan
<http://www.donteatthepaste.com>

Spicy Linguine With Clams

Hands-On Time: 20 Mins

Total Time: 20 Mins

Yield Serves 4

How to Make It

Step 1

Cook the pasta according to the package directions. Reserve 1 cup of the cooking water; drain the pasta and return it to the pot.

Step 2

Meanwhile, heat the oil in a large skillet over medium-high heat. Add the garlic and chili and cook, stirring, until fragrant, about 30 seconds. Add the wine and cook for 1 minute.

Step 3

Add the clams, ½ teaspoon salt, and ¼ teaspoon black pepper and cook, covered, until the clams open, 6 to 8 minutes. (Discard any clams that remain closed.)

Step 4

Add the clam mixture, ½ cup of the reserved cooking water, and ¼ teaspoon salt to the pasta and cook over medium heat, tossing gently, until the sauce is heated through, 1 to 2 minutes (add more cooking water as needed to loosen the sauce).

Serve sprinkled with the parsley.



ABCD North End/West End
Neighborhood
Service Center



1 Michelangelo Street
Boston, MA 02113

Mon	Tue	Wed	Thu	Fri
				1 Labor Day Party! 12:30-3:00 Computer Lab 2:30-4:15
4 Closed 	5 ESL Beginner & Intermediate 9:30-12:45 Computer Lab 2:00-4:00	6 ESL Advanced 9:30-12:45	7 ESL Beginner & Intermediate 9:30-12:45 Social Activity 1:00-4:00 	8 Hot Meal 12:30-2:00 Computer Lab 2:30-4:15
11 Closed for an All Day ABCD Staff Training 	12 ESL Beginner & Intermediate 9:30-12:45 Computer Lab 2:00-4:00	13 ESL Advanced 9:30-12:45	14 ESL Beginner & Intermediate 9:30-12:45 Social Activity 1:00-4:00 	15 Hot Meal 12:30-2:00 Computer Lab 2:30-4:15
18 ESL Advanced 9:30-12:45 Hot Meal 12:30-2:00	19 ESL Beginner & Intermediate 9:30-12:45 Computer Lab 2:00-4:00	20 ESL Advanced 9:30-12:45	21 ESL Beginner & Intermediate 9:30-12:45 Social Activity 1:00-4:00 	22 Hot Meal 12:30-2:00 Computer Lab 2:30-4:15
25 ESL Advanced 9:30-12:45 Hot Meal 12:30-2:00	26 ESL Beginner & Intermediate 9:30-12:45 Computer Lab 2:00-4:00	27 ESL Advanced 9:30-12:45	28 ESL Beginner & Intermediate 9:30-12:45 Social Activity 1:00-4:00 	29 Hot Meal 12:30-2:00 Computer Lab 2:30-4:15

STAFF

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Educational Advisor
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