

# Newsletter

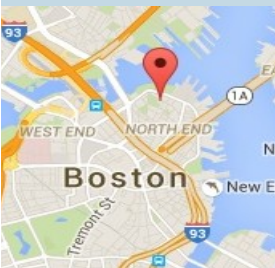


## Our Mission

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



## January 2018

## From the Director's Desk

Dear Friends of ABCD:

It's a wrap! As the books close on another holiday season and year, the ABCD North End/West End Neighborhood Service Center (NE/WE NSC) wanted to gratefully acknowledge the local community-based organizations, our elected officials, and members of our community for their support throughout the year that have allowed us to deliver educational and social services for the seniors and families that we serve in the North End, West End, Beacon Hill, and Greater Boston neighborhoods. We could not have done it without you!

Readers like you are invested both in the North End, West End, and Beacon Hill neighborhoods, and it is during this time of year, with the extreme cold and short days, that our clients especially comment how fortunate they are to have our center as a resource located in the heart of the North End. The NE/WE NSC is not just a place for human and educational services, but also a second home for many, where they can find professional assistance, caring, and a warm, cozy place to visit and socialize with their peers, our staff, and volunteers. Remember that the NE/WE NSC is listed as an emergency heating

and cooling center at the City of Boston.

All services are free and will continue to be so thanks to

the leadership of ABCD, John Drew CEO, and Sharon Scott-Chandler, Executive Vice President/Chief Operating Officer (COO) and funding support from the government, foundations, corporations, and individuals, too numerous to list here! As a satellite of ABCD, the center prides itself on offering free meals, bags of food, translation services, case management, exercise classes, English for Speakers of Other Languages (ESOL) classes, computer classes, and much more to a diverse client base that includes not only seniors but immigrants who work in the North End and who balance learning English with their other professional and personal goals.

2018 is already a few weeks' old, and I would be remiss if I did not sure the center's strategic plan for the new year. By that, we see four goals as part of this plan:



# Adopt-a-Family Program Spreads Cheer to Families

Dear Friends at ABCD North End/West End Neighborhood Service Center:

Wow! Where to begin? How about thank you beyond what my meager words could ever express. I was overwhelmed beyond my wildest imagination! I have never seen such generosity like this in my entire life. I am a 51-year-old man and father of two. I am an honorably discharged U.S. Army Veteran who served under President Ronald Reagan. I am a responsible 100% sober and drug-free veteran who has suffered through hard times including homelessness many years ago. I am currently legally and medically certified as disabled. I depend on the gracious and kind support that ABCD North End/West End Neighborhood Service Center (NE/WE NSC) gives me and my family, too. I was not quite prepared to take all of the wonderful things that you and your entire staff organized for me and my family. I do not own a car but I do have a 4-wheeled cart and I live a very short distance away from ABCD. My son and I got it all home safely. I was in tears from all the things that were given. Living at the poverty line means I must make tough choices. During Christmas just being thankful to God for the Baby Jesus and a nice Christmas meal is typically how it is on Christmas around here but this years is so extra special thanks to you. So as my son and I were walking back home my son informed me that he has a hole at the bottom of one of his shoes and his feet are wet. Thank you so much for his shoes! I also struggle with food. I depend on food stamps and the ABCD food pantry to eat. The Stop and Shop food cards you gave us means I can treat my kids to better food, more fruit, vegetables, and possibly a snack. Thank you so much for making my Christmas the best one ever-in decades, really! It was a really high honor to serve our great country knowing that there are people like you who love us vets and our families. Please forgive me for not being able to

thank each and everyone of you individually but God knows who you are and that is what really counts here. So from the bottom of my heart to all of you, thank you so much and Merry Christmas!





# *Valentine's Day*

## *Celebration*

*When:*

*Friday, February 2, 2018*

*Time: 12:30 pm*

*Where:*

ABCD North End/West End NSC  
1 Michelangelo Street  
Boston



## **From 1**

### **Goal #1 – Expand public awareness of the NE/WE NSC's programs and services**

This we will continue to accomplish through flyers, calendars, senior surveys, and the monthly newsletter. In addition, Kate Matthews, West End Project Coordinator, weekly attends coffee hours at the Amy Lowell Apartments, Blackstone Apartments, and West End Place, to promote the center's services to the West End neighborhood.

We welcome your feedback and ideas to stay connected. Be sure to check out ABCD's new website at [www.bostonabcd.org](http://www.bostonabcd.org). Tell us what you think!

### **Goal #2 – Develop programs and services in response to seniors' needs**

With grant funding from the Boston Commission on Affairs of the Elderly, the center has launched a weekly nine-passenger shuttle transporting seniors on an alternating basis from the Amy Lowell Apartments and Blackstone Apartments to and from the NE/WE NSC. At the NE/WE NSC, clients can receive case management; socialize; and stay for the weekly Friday congregate meal. The pick up time in the West End is at 11:45AM and departure time from the North End/West End NSC is 1:45PM to re-

turn by 2:00PM. The shuttle is slated to run November 2017-September 2018, with potential to renew, based on ridership and availability of grant funds. The NE/WE NSC is also entering into talks with Marquis Health, the new operators of the Spaulding Nursing and Therapy Center North End, about collaborative opportunities, as many neighborhood seniors and their families rely on both organizations for services.

### **Goal #3 – Strengthen organization through staff professional development and volunteer recruitment and training**

Both in-house and externally, staff and volunteers participate in trainings and workshops on food safety, senior aging issues, non-profit management, data tracking, and more. The NE/WE NSC regularly is looking for volunteers, especially for the food program. Highlighted in this month's newsletter is a posting for a kitchen assistant. Feel free to spread the word! Volunteers are "one of the NE/WE NSC family" and we all enjoy socializing and eating with the seniors.

### **Goal #4 – Build upon financial foundation for existing and new programs and initiatives**

The NE/WE NSC will continue to expand annual appeals such as the Winter Emergency Campaign (WEC) and our annual

hunger appeal. We also are actively seeking folks to form the Buona Sera Fundraising Committee, for our Eighth Annual Buona Sera: An Evening with Friends Fundraiser, which is slated to take place on October 4, 2018. For those not familiar with the event, the concept is a meet-and-greet wine reception at WilmerHale, 60 State Street, 26th Floor, followed by dinner with a celebrity at one of a dozen participating North End/Waterfront restaurants. For more information, contact Johannah Malone, Fundraising Specialist, at 617-281-7975 or at [johannah.malone@bostonabcd.org](mailto:johannah.malone@bostonabcd.org).

I close with again my profound thanks to all who support the valuable work of the NE/WE NSC throughout the year. Our work is just beginning for 2018 to reduce and eliminate poverty in our neighborhoods. As always, with any questions or if you would just like to say hello, you can reach me at 617-523-8125, Ext. 201, or via email at [mariastella.gulla@bostonabcd.org](mailto:mariastella.gulla@bostonabcd.org)!

On behalf of our Advisory Board, staff, volunteers, seniors, and families, Felice Anno Nuovo! We wish you good health, joy, peace, and prosperity in 2018! Until next month!

**Maria Stella Gulla**  
**Director**

The ABCD North End/West End Neighborhood Service Center (NE/WE NSC) was pleased to host a new exercise and educational class called Matter of Balance, led by the center's Boston University Master-Level Social Work Intern, Adam Feingold.



## Matter of Balance Graduation

This was an evidenced-based class that worked with the elderly to reduce the fears of falling and increase mobility. The class met over the course of eight weeks. The students loved the course and many asked for a continuation! The exercises were done in a top down approach. Most of the exercises were done in a seated position and included stretching techniques designed to help improve flexibility and strength, but also involved standing exercises to test balance. The participants began with breathing exercises, then continue with head / neck exercises, which were followed by shoulder, arm, hand, and leg exercises. However, the class did much more than just complete the exercises! Each week involved a discussion around fears of falling; facts related to falling; and fall prevention strategies. There were between seven to ten class participants each week.

Frequent exercise has especially been proven to increase general well-being, good blood pressure, and lowers the risk for stroke, heart disease, diabetes, stress, weight gain, depression, joint pain, and arthritis. The elders at the NE/WE NSC truly benefited from their participation in this program.

The NE/WE NSC gratefully acknowledges Whole Food Markets for the donation of toiletries for the graduation. We also thank Milly Arbaje Thomas, ABCD Community Coordination, Social Work Internship Program Supervisor.

### By the numbers:

- 12 participants completed the course
  - 8 weeks of workshops
  - 1 in 3 seniors over the age of 65 fall during the course of a year
  - 50% increase in overall knowledge amongst nearly all participants-that the program plays a large role in making our seniors among the statistics!
- 4.8/5** rating on course effectiveness in reducing fears of falling



### Here is what participants were saying about the classes:

"I have been regaining strength and flexibility in my legs..."

"My neck pain has improved since starting the class."

"I feel empowered against falling in my apartment and I know what to do if I should fall, thanks to these classes."

"I feel that my week has structure and purpose thanks to this program. Thank you!"

ABCD North End/West End Neighborhood staff and seniors attended the 2017 Christmas luncheon on December 7<sup>th</sup> at Filippo's Restaurant. Maria Stella Gulla, Director, is part of the North End Christmas Fund Committee, which raised over \$13,000 for the needy and elderly in the community. The fund provides not only a bit of help but cheer to those who need it most. What an honor to be part of this terrific annual event that does so much good for the neighborhood!

## North End Christmas Party



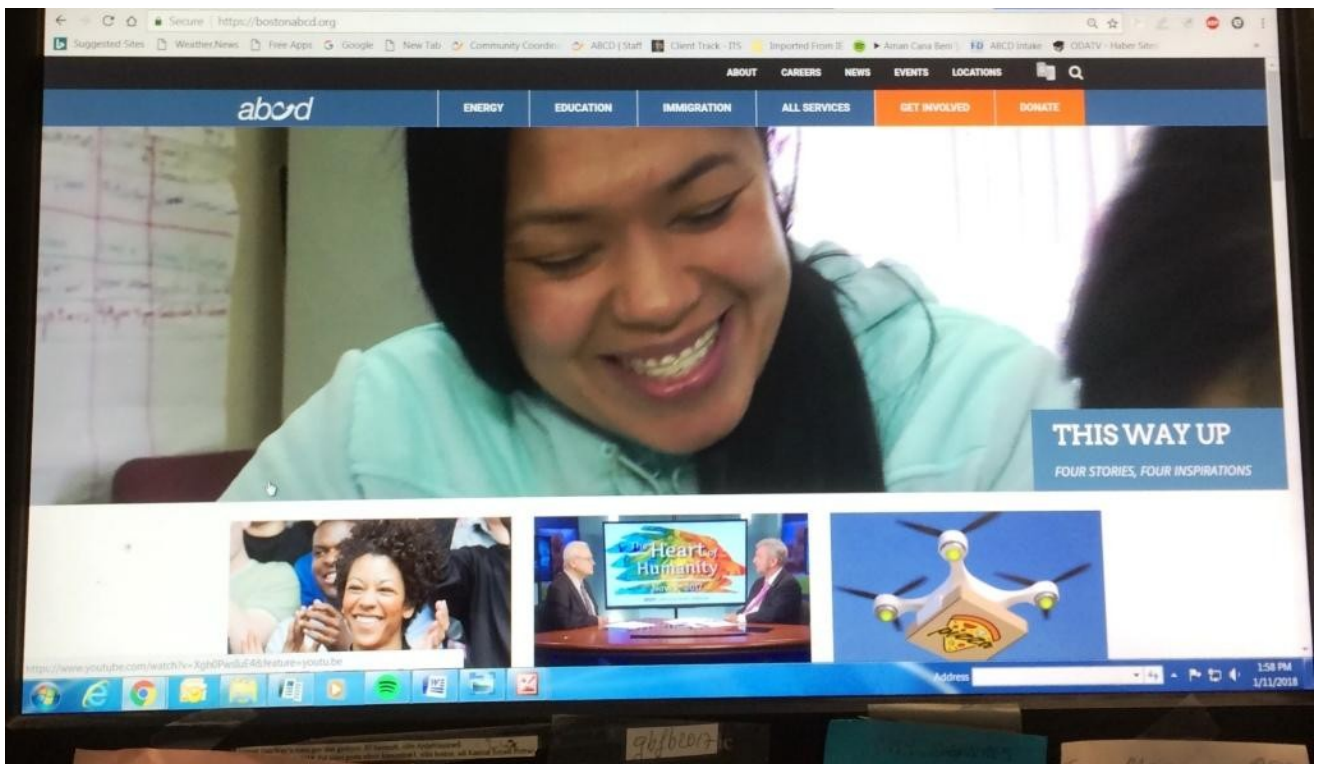
<https://northendwaterfront.com/2017/12/north-end-christmas-fund-luncheon-sets-record-photo-gallery/>

## ESOL Holiday Party

The ABCD North End/West End Neighborhood Service Center (NE/WE NSC) celebrated the holidays with its English for Speakers of Other Languages (ESOL) program. The program provides three levels of instruction and is funded by the Massachusetts Department of Elementary and Secondary Education (ESE). Vidhartha Deonarain, ESOL Coordinator, and ESOL Instructor Donna Janian along with intern Adam Feingold organized a celebration that included foods brought by the students of more than 20 countries and a karaoke sing-a-long, which was made possible by a donation from the Samuel Hudson Fund. Students were singing and dancing and practicing their English through song. Everyone took a turn! Many students commented how welcoming the English language program is to newcomers, and how celebrating the holidays made them miss their homes and families

less. "The center is a second home to me," one student commented. "I have learned so much English to reach my goals." The program has ongoing registration so if you or someone you know needs free English classes, please call [617-523-8125](tel:617-523-8125).





## ABCD HAS A NEW WEBSITE

Come check out ABCD's brand-new website, the face of the new ABCD identity, at [www.bostonabcd.org](http://www.bostonabcd.org)! Special recognition to

ABCD President / CEO John J. Drew and EVP/COO Sharon Scott-Chandler, who wanted to make this happen, and to the many, many ABCD managers and staff whose input on content meant everything. CREDITS – External Partners: Kara Madden – IA/UX; Common Media – web development; Carrie Edwards – brand design consulting; Joe Wrinn, Megan McHugh, Lynn Schweikart, Lee Phenner – content; DonWestPhotos.com, Joe Wrinn, Fayfoto Boston, Nile Hawver, Adrian Nguyen, Morgan Parker - photography. IN-HOUSE team: Ed DeSousa – co-producer, IT/development planning; Darren Szeto and Kyla Bossung – design leads; Harrison Osborne and Lara Booth – videography/editing; Britney Payton – photography; Ann Smyth – web development; ABCD ITS department – testing, launch, support.

"From where you are to where you want to be." Join, volunteer, donate, learn today!

## New England Aquarium Donation

The ABCD North End/West End Neighborhood Service Center (NE/WE NSC) would like to thank the New England Aquarium for its generous donation of canvas bags for our North End and West End food pantries. Through a series of volunteer projects, the Aquarium has had visitors decorate these bags with the intent of donating them to local charities. The bags are a huge help for seniors and families that take home produce, pasta, canned goods, and other nourishing foods, not to mention leftovers from our weekly congregate meals. Thank you, Ryan Kingston, Service Coordinator, for coordinating the donation!



# Holiday Party for Neighborhood Seniors



The ABCD North End/West End Neighborhood Service Center (NE/WE NSC) held its annual December holiday party on Friday, December 22nd. Over 60 members of the community, nearly all of them seniors from the neighborhoods, braved the arctic temperatures to come to the center at 1 Michelangelo Street in the North End for a feast of ham with all the trimmings, topped off by a typical Italian panettone. The hams were made possible with a generous donation from the City of Boston, Trustee of Public Charitable Trusts, Samuel Hudson Fund. City Councilor-Elect Lydia Edwards attended with Legislative Aide Katherine Carangelo. Along with their holiday wishes, they brought vibrant poinsettia plants

for the crowd, also on behalf of outgoing City Council Vice President Sal La Mattina.

Other special guests included Advisory Board Chair Andres Molina and David Roderick, who assisted with serving the meal and visiting with seniors. Advisory Board Member Victor Brogna delighted the NE/WE NSC with his trumpet playing.



Holiday events help seniors avoid isolation during the winter months. Particularly in inclement weather, which tends to keep people indoors, seniors are in danger of becoming depressed, isolated, or lonely. Dangerous travel conditions like ice and snow can also keep seniors from shopping and socializing outside of the home, and it can keep visitors from being able to reach them. *In fact, isolation brings with it a number*



*of mental and physical health risks for aging adults.* Both social isolation and loneliness are associated with increased mortality in seniors, along with increased risk of higher blood pressure and long-term illnesses. Isolated seniors are also at higher risk of elder abuse, without loved ones to look in on them now and then. The holidays, of course, are prime time for visiting, espe-

cially at the warm, cozy drop-in center, and that helps keep isolation in check.

Without the many friends of the NE/WE NSC, the holiday party would not have been possible. The NE/WE NSC extends its deepest thanks to you, enabling the center to provide a day of cheer, socialization, and warmth for neighborhood seniors. Happy Holidays and wishing you



## Kitchen Assistant Volunteer

**General Description:** The North End/West End Neighborhood Service Center (NE/WE NSC) is situated at 1 Michelangelo Street in Boston's North End. We provide a multitude of services and programs to low-income residents of the North End, West End and Beacon Hill. Twice a week, Mondays and Fridays, we serve a hot, fresh, home-cooked lunch to seniors in the neighborhood and anyone needing a meal and companionship at the Villa Michelangelo site and one Wednesday a month alternating at Amy Lowell Apartments and Blackstone Apartments in the West End. We are looking for three volunteer kitchen assistants to help with shopping, food preparation, cooking, serving, and clean-up.

### **Duties/Responsibilities:**

- Assist head cook in kitchen in all aspects of weekly meal preparation: shopping, food preparation, cooking, serving, and clean-up
- Shop for items as necessary to complement meal
- Prep weekly meal, such as washing and preparing salad; garnishing food; plating meals; arranging on trays; putting on the coffee pot; pouring milk and beverages for tables; so forth
- Cook meal and have ready to serve by 12:30PM
- Serve meal to seniors and follow up additional needs, such as requests for salad dressing or more milk for coffee
- Clean up meal and dispose of all trash
- Wash pots and pans, trays, and tables
- Assist head cook with giving away leftover food and disposing of food and cleaning fridge as needed after meal

Coordinate monthly birthday celebration for seniors, including identifying clients; baking a cake; purchasing small gifts; and announcing and leading birthday song

### **Skills & Qualifications:**

- Cooking experience
- Experience with cooking Italian food and traditional holiday meals such as Thanksgiving preferred
- Experience cooking for crowds preferred
- Ability to multi-task
- Customer service skills and ability to respond to multiple requests simultaneously
- Ability to lift 15 pounds
- Bilingual in a language spoken by ABCD clients helpful, including Italian and Spanish
- Familiarity with North End and West End neighborhoods helpful
- Love of North End and West End neighborhoods preferred
- Passion for elderly preferred

Flexible

**Length of Commitment:** Ongoing

**Schedule:** Mondays and Fridays 11AM-3PM; one Wednesday a month 11AM-3PM

# Lentil Vegetable Soup

Vegetarian lentil soup is low in fat, but high in fiber, protein and flavor, and, cooking with lentils is a great way to stretch your food budget since they are so filling and so cheap. All of this combines to make this homemade lentil soup recipe one of the most perfect meals to make at home if your family is on a budget, whether you're vegetarian, vegan or not.

This simple vegetarian and vegan lentil soup recipe calls for lots of healthy vegetables, including potatoes, carrots, celery and spinach, so it really is a balanced vegetarian meal in itself. Add a quick side green salad and maybe some homemade dinner rolls, and you've got yourself a complete meal.

## What You'll Need

- 2 tbsp olive or vegetable oil
  - 2 stalks celery, chopped
  - 3 carrots, chopped small
  - 1 onion, diced
  - 4 cloves garlic, minced
  - 3 bay leaves (optional, but recommended)
  - 8 cups water or vegetable broth
  - 1 3/4 cups green lentils
  - 2 potatoes, chopped into bite-sized pieces
  - 1 bunch spinach, coarsely chopped
- 1 tsp. salt, or to taste (use sea salt or kosher salt for the best flavor).

## How to Make It

First, in a large soup or stock pot, cook the celery, carrots, onion and garlic in the vegetable oil or olive oil until soft, about 10-12 minutes, over medium heat.



**60 min.**

**Prep: 15 min.**

**Cook: 45 min.**

**Yield:**

**about 6 servings**

Next, add the water or vegetable broth, bay leaves and lentils. Simmer over medium heat, covered, for about 30 minutes, stirring occasionally.

Add the potatoes and cook for 10 more minutes, or until the

potatoes are lightly tender, then add the spinach and cook for another minute or two, just until spinach is wilted, stirring occasionally.

Remove your soup from heat and add salt and red wine vinegar, stirring to combine. Taste, and adjust seasonings to taste. A bit more salt or some fresh ground pepper might be welcome, depending on your taste.

Be sure to fish out the bay leaves and remove them before serving.

Enjoy your homemade lentil, vegetable and spinach soup!

## RESOURCE DIRECTORY

### ELDER SERVICES

Senior Center  
Senior Day Trips  
Senior Events  
Senior Exercise Workshops  
Senior Transportation Services

### ENERGY ASSISTANCE

Utility Bills Advocacy

### ENGLISH FOR SPEAKERS OF OTHER LANGUAGES (ESOL)

English classes (Beginner, intermediate and advanced)

### TRANSLATION & INTERPRETATION SERVICES

Spanish, Chinese, Italian, Turkish, and Russian

### FAMILY SERVICES

Adopt-A-Family  
Clothing and Articles Assistance  
Holiday Gifts

### HOUSING

Elderly Housing Search Assistance

### NUTRITION AND FOOD

Food Pantry  
Food Stamps Application Assistance  
Food Vouchers  
Holiday Meal Assistance  
Hot Meals and Snacks  
Senior Holiday Hot Meals  
Supermarket Shuttle

### FUEL ASSISTANCE

LIHEAP

Call the NSC for eligibility requirements

# January is Glaucoma Awareness Month

January is National Glaucoma Awareness Month, an important time to spread the word about this sight-stealing disease. Currently, more than 3 million people in the United States have glaucoma. The National Eye Institute projects this number will reach 4.2 million by 2030, a 58 percent increase. Glaucoma is called "the sneak thief of sight" since there are no symptoms and once vision is lost, it is permanent. As much as 40% of vision can be lost without a person noticing.

Glaucoma is the leading cause of preventable blindness. Moreover, among African American and Latino populations, glaucoma is more prevalent. Glaucoma is 6 to 8 times more common in African Americans than Caucasians. Over 3 million Americans, and over 60 million people worldwide, have glaucoma. Experts estimate that half of them do not know they have it. Combined with our aging population, we can see an epidemic of blindness looming if we do not raise awareness about the importance of regular eye examinations to preserve vision. The World Health Organization estimates that 4.5 million people worldwide are blind due to glaucoma.

In the United States, approximately 120,000 are blind from glaucoma, accounting for 9% to 12% of all cases of blindness. Here are three ways you can help raise awareness:

1. Talk to friends and family about glaucoma. If you have glaucoma, don't keep it a secret. Let your family members know.
2. Refer a friend to [www.glaucoma.org](http://www.glaucoma.org). Request to have a free educational booklet sent to you or a friend.
3. Get involved in your commu-



nity through fundraisers, information sessions, group discussions, inviting expert speakers, and more.

Glaucoma is a group of eye diseases that gradually steal sight without warning. Although the most common forms primarily affect the middle-aged and the elderly, glaucoma can affect people of all ages. Vision loss is caused by damage to the optic nerve. This nerve acts like an electric cable with over a million wires. It is responsible for carrying images from the eye to the brain.

There is no cure for glaucoma—yet. However, medication or surgery can slow or prevent further vision loss. The appropriate treatment depends upon the type of glaucoma among other factors. Early detection is vital to stopping the progress of the disease. There are two main types of glaucoma: primary open-angle glaucoma (POAG), and angle-closure glaucoma. These are marked by an increase of intraocular pressure (IOP), or pressure inside the eye. When optic nerve damage has occurred despite a normal IOP, this is called normal tension glaucoma. Secondary glaucoma refers to any case in which another disease causes or contributes to increased eye pressure, resulting in optic nerve damage and vision loss.

Glaucoma is the second leading cause of blindness in the world, according to the World Health Organization. In the most common form, there are virtually no symptoms. Vision loss begins with peripheral or side vision, so if you have glaucoma, you may not notice anything until significant vision is lost.

The best way to protect your sight from glaucoma is to get a comprehensive eye examination. Then, if you have glaucoma, treatment can begin immediately.

Glaucoma is the leading cause of blindness among African-Americans. And among Hispanics in older age groups, the risk of glaucoma is nearly as high as that for African-Americans. Also, siblings of persons diagnosed with glaucoma have a significantly increased risk of having glaucoma.

Are you at risk for glaucoma? Those at higher risk include people of African, Asian, and Hispanic descent. Other high-risk groups include: people over 60, family members of those already diagnosed, diabetics, and people who are severely nearsighted. Regular eye exams are especially important for those at higher risk for glaucoma, and may help to prevent unnecessary vision loss.

**Adapted from [glaucoma.org](http://glaucoma.org)**

## **Shaw's Supermarket Shuttle 2018/1** **(Crystal Transport, 1-800-879-7433)**

### Monday&Wednesday 7pm – 11pm

1/1, 1/10, 1/15, 1/24, 1/29, 2/7, 2/12,  
2/21, 2/26, 3/7, 3/12, 3/21, 3/26, 4/4,  
4/9, 4/18, 4/23, 5/2, 5/7, 5/16, 5/21,  
5/30, 6/4, 6/13, 6/18, 6/27, **7/2**

#### **West E./Beacon H. Pick-Up**

BS 7:00 PM  
AL 7:10 PM  
WP 7:20 PM  
BH 7:30 PM  
Arrive Store 7:45

#### **North End Pick-Up**

END 8:00 PM  
HAN 8:10 PM  
CML 8:20 PM  
Arrive Store 8:35

#### **West E./Beacon H. Drop-Off**

Depart Store 8:55 PM  
BS 9:10 PM  
AL 9:20 PM  
WP 9:30 PM  
BH 9:40 PM

#### **North End Drop-Off**

Dep. Store 10:15PM  
END 10:30 PM  
HAN 10:40 PM  
CML 10:50 PM

### Bus Stop Legend

BS Blackstone, 33 Blossom Street  
AL Amy Lowell House, 65 Martha Road  
WP West End Place, 150 Staniford St  
BH Beacon House, Joy St & Myrtle St  
END Casa Maria, 130 Endicott St  
HAN The Prado/Paul Revere Mall, Hanover St  
CML C. Columbus Plaza, 145 Commercial St

NE / WE / BH Supermarket Committee  
**617-523-8125**

### Thursday&Saturday 9:30 am – 3:30 pm

1/4, 1/13, 1/18, 1/27, 2/1, 2/10, 2/15,  
2/24, 3/1, 3/10, 3/15, 3/24, 3/29, 4/7,  
4/12, 4/21, 4/26, 5/5, 5/10, 5/19, 5/24,  
6/2, 6/7, 6/16, 6/21, 6/30

#### **North End Pick-Up**

END 9:30 AM  
HAN 9:40 AM  
CML 9:50 AM  
Arrive Store 10:05 AM

#### **West End/Beacon Hill Pick-up**

BS 10:20 AM  
AL 10:30 AM  
WP 10:40 AM  
BH 10:50 AM  
Arrive Store 11:05 AM

#### **North End Drop-off / Pick-up**

Depart Store 11:20 AM  
END 11:35 AM  
HAN 11:45 AM  
CML 11:55 AM  
Arrive Store 12:10 PM

#### **West End / Beacon Hill Drop-off / Pick-up**

Depart Store 12:25 PM  
BS 12:40 PM  
AL 12:50 PM  
WP 1:00 PM  
BH 1:10 PM  
Arrive Store 1:25 PM

#### **North End Drop-off**

Depart Store 1:40 PM  
END 1:55 PM  
HAN 2:05 PM  
CML 2:15 PM

#### **West End/Beacon Hill Drop-off**

Depart Store 2:45 PM  
BS 3:00 PM  
AL 3:10 PM  
WP 3:20 PM  
BH 3:30 PM

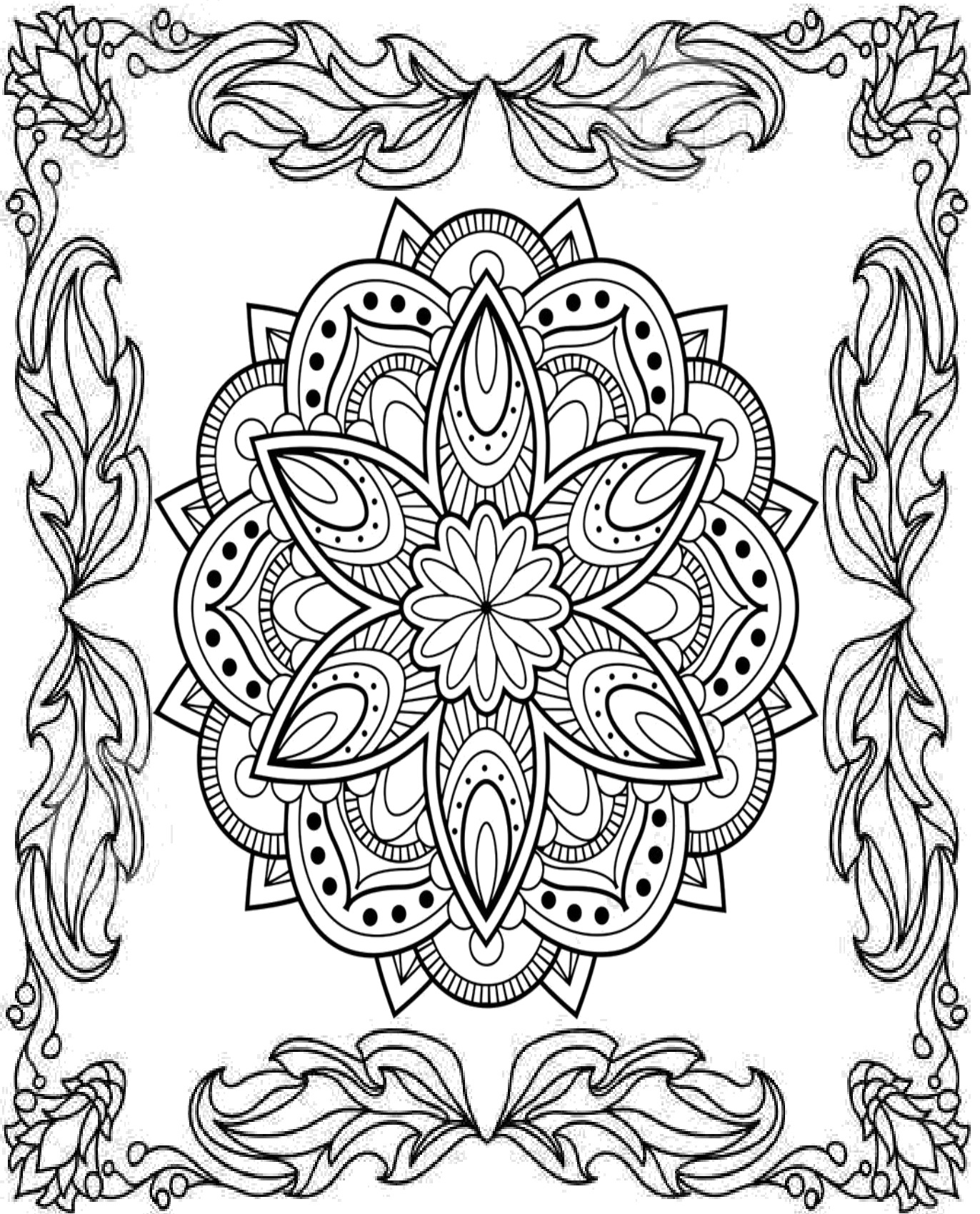
# STOP & SHOP SUPERMARKET SHUTTLE BUS SCHEDULE

This schedule begins 1/3/2018 to 07/02/2018

Joseph's Transportation, 781-396-2500

MONDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>North End Pick-Up</b>            END 9:30 AM            HAN 9:40 AM            CML 9:50 AM            Arr. Store 10:05 AM</p> <p><b>West End/Beacon Hill Pick-up</b>            BS 10:20 AM            AL 10:30 AM            WP 10:40 AM            BH 10:50 AM            Arr. Store 11:05 AM</p> <p><b>North End Drop-off / Pick-up</b>            Dep. Store 11:20 AM            END 11:35 AM            HAN 11:45 AM            CML 11:55 AM            Arr. Store 12:10 PM</p> <p><b>West End/Beacon Hill Drop-off / Pick-up</b>            Dep. Store 12:25 PM            BS 12:40 PM            AL 12:50 PM            WP 1:00 PM            BH 1:10 PM            Arr. Store 1:25 PM</p> <p><b>North End Drop-off</b>            Dep. Store 1:40 PM            END 1:55 PM            HAN 2:05 PM            CML 2:15 PM</p> <p><b>West End/Beacon Hill Drop-off</b>            Dep. 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Store 1:25 PM</p> <p><b>North End Drop-off</b>            Dep. Store 1:40 PM            END 1:55 PM            HAN 2:05 PM            CML 2:15 PM</p> <p><b>West End/Beacon Hill Drop-off</b>            Dep. Store 2:45 PM            BS 3:00 PM            AL 3:10 PM            WP 3:20 PM            BH 3:30 PM</p>	<p><b>North End Pick-Up</b>            END 10:00 AM            HAN 10:10 AM            CML 10:20 AM            Arr. Store 10:35 AM</p> <p><b>North End Pick-Up</b>            END 10:50 AM            HAN 11:00 AM            CML 11:10 AM            Arr. Store 11:25 AM</p> <p><b>North End Drop-off</b>            Dep. Store 11:50 AM            END 12:05 PM            HAN 12:15 PM            CML 12:25 PM</p> <p><b>North End Drop-off</b>            Dep. Store 1:10 PM            END 1:25 PM            HAN 1:35 PM            CML 1:45 PM</p> <p><b>West End/Beacon Hill Pick-up</b>            BS 10:00 AM            AL 10:10 AM            WP 10:20 AM            BH 10:30 AM            Arr. 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<p><b>Bus Stop Legend</b>            BS Blackstone, 33 Blossom Street            AL Amy Lowell House, 65 Martha Road            WP West End Place, 150 Staniford St            BH Beacon House, Joy St &amp; Myrtle St            END Casa Maria, 130 Endicott St            HAN The Prado/Paul Revere Mall, Hanover St            CML C. Columbus Plaza, 145 Commercial St</p> <p><i>If you have any questions or comments, please contact the Supermarket Committee at 617-523-8125</i></p>				

## Relieve Stress and Color a Mandala



# JANUARY 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 NSC Hot Meal 12:30-2:00 ESOL Class 9:30-12:30	2 ESOL Class 9:30-12:30	3 ESOL Class 9:30-12:30	4 ESOL Class 9:30-12:30	5 NSC Hot Meal 12:30-2:00	6
7	8 NSC Hot Meal 12:30-2:00 ESOL Class 9:30-12:30	9 ESOL Class 9:30-12:30	10 ESOL Class 9:30-12:30	11 ESOL Class 9:30-12:30	12 NSC Hot Meal 12:30-2:00	13
14	15 <b>NSC CLOSED</b>	16 ESOL Class 9:30-12:30	17 ESOL Class 9:30-12:30	18 ESOL Class 9:30-12:30	19 NSC Hot Meal 12:30-2:00	20
21	22 NSC Hot Meal 12:30-2:00 ESOL Class 9:30-12:30	23 ESOL Class 9:30-12:30	24 ESOL Class 9:30-12:30	25 ESOL Class 9:30-12:30	26 Presentation & Hot Meal provided By Marquis Health Services at NSC 12:30-2:00	27
28	29 NSC Hot Meal 12:30-2:00 ESOL Class 9:30-12:30	30 ESOL Class 9:30-12:30	31 ESOL Class 9:30-12:30			



## Staff

- Maria Stella Gulla**  
Director
  - Huseyin Senturk**  
North End Service Coordinator
  - Katharine Matthews**  
West End Coordinator & ESOL  
Career and Education Advisor
  - Johannah Malone**  
Fundraiser Specialist
  - Jaime Li Wu**  
Administrative Assistant
  - Vidhartha Deonarin**  
ESOL Coordinator
  - Donna Janian**  
ESOL Teacher
  - Adam Feingold**  
Social Work Intern
  - \*\*\*\*\*
  - John Drew**  
ABCD, Inc, President & CEO
  - Sharon Scott Chandler**  
Executive Vice President &  
COO
  - Yvonne L. Jones**  
ACBD Board of Directors, Chair
- Contact ABCD NE/WE NSC at:  
Phone : 617.523.8125  
Fax : 617.567.4839