

Newsletter



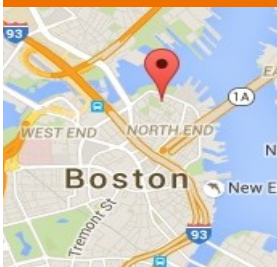
Our Mission

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



October 2018

Dear Friends of ABCD:

In this month's newsletter, I would like to thank everyone who participated in the ABCD North End/West End Neighborhood Service Center's 8th annual Buona Sera on October 4, 2018. It takes so many elements to execute

a world class, high profile event of this scope... from Ron Della Chiesa as master of ceremonies to Wilmer-Hale for use of their breathtaking facilities and endless panoramic views, to all of our restaurants, celebrity guests, and donors, whom we highlight in this special issue. This brings us to the heart of my reason for writing-why do we have this annual fundraising event?

All funds raised will enable the NE / WE NSC to maintain its menu of educational and human services and to expand upon existing ones to serve a diverse client base that includes the elderly and families of the North End, West End, and Beacon Hill neighborhoods. As you know, our center serves not only the elderly but families who struggle to afford the high cost of market-rate housing in the neighborhoods. This is the time of year especially that we put the donations to good use for those who would like turkey distributions, toy drives, holiday meals, holiday baskets, and celebrations and events that spread warmth, coziness, and cheer.

I would like to acknowledge ABCD's leadership, overseeing an agency that



serves over 100,000 low-income Boston residents annually, in particular: Mr. John Drew, President/CEO of ABCD, and Sharon Scott Chandler, Executive Vice President and Josh Young, Interim Vice President of Field Operations.

Members of the ABCD Board of Directors who joined us for the festivities, including:

- Joan Cirillo
- Joyce Dennis
- Andres Molina

I would like to thank our NSC Advisory board members, who have served on the NSC's board for years and who are the activists of our community.

- Andres Molina, Chair
- Becky Mattson, Becky Mattson, Project Executive and Head of East Coast Development of Cottonwood Group, the center's fundraising chair, and who really supported us in pulling this event together.

Other NE/WE NSC Advisory Board members:

- Gisella di Paola
- Helen Bender
- Dan Wilson,
- Victor Brogna,
- David Roderick

I am grateful to those who joined us, some for all eight years of the event, as well as those who supported our cause yet who could not attend, for their constant participation and commitment to the sen



ABCD North End's Eighth Annual **Buona Sera**

An Evening with Friends

October 4, 2018

The ABCD North End/West End Neighborhood Service Center (NE/WE NSC) is grateful to all donors, celebrities, and restaurants for their participation. The center raised nearly \$40,000-see you next year! Be sure to mark your calendars for October 3, 2019.





ABCD North End's Eighth Annual

Buona Sera

An Evening with Friends

October 4, 2018

Always a first-rate event with breathtaking views; delicious food with good company; and time spent in one of Boston's most wonderful neighborhoods.

ESOL Conversation Class

The ABCD The ABCD North End/West End Neighborhood Service Center is pleased to introduce an English for Speakers of Other Languages (ESOL) conversation group, taught by long-term volunteer Joanne Kelley. The class meets Wednesday and Friday mornings from 10:00AM to 11:30AM. The goal is to help them feel more comfortable in expressing themselves in English. The majority of the attendees are intermediate to advanced English language learners, with two that still struggle to understand and speak English. The class focuses on speaking with one another on various subjects that the instructor

finds in the news, or students discuss the origins of holidays we celebrate here in America, such as Christopher Columbus Day and Halloween. They also engage in dialogue about various cultural events and traditions from their countries. Activities include reading short stories; telling jokes; and describing what they see in pictures, which all require them to use what vocabulary they have mastered. They write down words with which they are not familiar from the stories they read, and surprisingly, what they most enjoy are the jokes! They have a remarkable understanding for the American cultural refer-

ences.

Joanne also introduces irregular and regular verbs, phrasal verbs, homophones, and so forth, which they copy into their notebooks. She has plans to do dictation to see how well they can write from verbal cues. The instructor has had out-of-town visitors from France staying in her home and their son, age 12, has been coming to the classes. They enjoy having his participation and enjoy hearing British English, while the boy is rapidly picking up American slang and nuances! This class has open enrollment so any interested students should call 617-523-8125 for more information.

ESOL Conversation Class

**Learn to speak English
with light grammar
instruction and lively
discussions!**



Wednesdays & Fridays

10:00 - 11:30 AM

**For more information call (617)-523-8125
or email jomaca508@yahoo.com**

**ABCD North End/West End
1 Michelangelo Street
Boston, MA 02113**



ATTENTION:

Monday Meals are Back!

Join us Mondays at
12:30 for a **Light Lunch**

Starting 11/5

Back by popular demand, the ABCD North End / West End Neighborhood Service Center (NE / WE NSC) will be resuming its hot meal program on Mondays as well as Fridays.

Both meals will take place weekly at 12:30PM.

We ask that clients arrive on time for the meal to allow a smooth process for seating and serving.

Meals are made from scratch and generally include three courses-a starter, entrée, and dessert.

Drop by to visit with friends and to have a fresh, hot lunch-we will do the dishes! All clients must have a free ABCD membership.

From 1

iors and families we serve in the North End, West End, and Beacon Hill. Our agency of our agency and its vital programs would not exist without you and people like you. So please accept our most sincere appreciation from the clients, staff, volunteers, and other stakeholders of the NE/WE NSC.

As Buona Sera 2018 comes to a close, I would like you to mark your calendars for the next Buona Sera event, which will take place on October 3, 2019. It is our goal through this monthly newsletter and publication of our cele-

brations and events to stay connected with you throughout the year, be it as a volunteer, donor, activist, and/or friend. There are so many ways to get and stay involved: sign up for monthly mailings; join our fundraising committee; organize a corporate group for a food or toy drive or volunteer day; and/or spread the word about what the NE/WE NSC does. We cannot do it without you!

Until next month!

Maria Stella Gulla
Director



Annual Halloween Party

The ABCD North End/West End Neighborhood Service Center (NE/WE NSC) held its Halloween party Friday, October 26th. Special thanks go to the North End Rehabilitation and Health Care Center, in particular Mr. Sami Almadi, Administrator/ Executive Director and Mr. Edmond Cormier for donating sandwich platters for the crowd, to round out the sweets, which included a sugary feast from our friends and elected officials in the neighborhood.

Senator Joe Boncore and Representative Aaron Michlewitz came with a big box of cupcakes and candy. Not to be outdone, City Councilor Lydia Edwards got a roaring approval for donuts, which are perfect any time of day! The seniors were delighted to visit with their elected officials, who made the rounds of all the tables. Cheerful decorations of arts and crafts made by the seniors along with fall scenes made the room cozy, warm, and invit-

ing. Autumn has certainly arrived with the brisk chill to the air and the crunchy gold, red, and brown leaves swirling throughout the streets. Guests lingered over coffee and reminisced about trick-or-treating in the North End when they were younger. Are you a senior interested in joining the NE/WE NSC for weekly meals and monthly celebration and events? Upcoming parties will include Thanksgiving and the December holidays. Please call 617-523-8125 for more information on free membership and programming. Happy Halloween!



Meet Mackenzie

Could you tell us a little about yourself?

Hi, I am Mackenzie; I am the new case manager for the North End Service Center team! I'm a recent graduate from UMass Boston where I studied Human Services and Women Gender Studies. I come from a very small suburban town on the south shore of Massachusetts. I was raised in a female-dominated Scottish household that cherishes hard workers and anyone who cooks well.

What if your professional background?

Before ABCD, I interned and volunteered for several Quincy-based food pantries. It was there that I learned of my strong interests in substance abuse prevention, food insecurity prevention, and social advocacy. Through these advocacy programs, I assisted my community by providing food items to those facing temporary or long-standing food insecurity, general emotional support, and referred clients in recovery to local support groups.

What are your interests?

I would define myself as a strong homebody; I enjoy solitary activities such as knitting, reading comic books, and sewing. In my free time I return home to the south shore and visit with my aunt and uncle in attempts to escape the hub-bub of the city.

Tell us about your family.

My family dynamic is convoluted and interesting; there is not a lack of dull days in my family. My birth father is from the south side of Chicago and my birth mother was born and raised south of Boston. Both of my birth parents have since remarried, leading to a large amount of step and half siblings in my family tree.

Describe a typical day at ABCD's NE/WE NSC.

I arrive at 9am, already two cups of coffee in, and perform morning tasks for the clients. Most of my tasks include data entry and making sure all clients are updated and entered accurately into our computer system. As a new member of



the team, I assist with a large range of tasks to get the feel for what I am good at and to become familiar with the flow of the center.

What do you enjoy about the center?

My favorite day of the week is certainly Thursday. Every Thursday there is an arts and crafts activity that anyone can participate in. Despite my lacking artistic abilities, I still enjoy these days because of the calming effect of art!

I am honored to work for ABCD, an agency that cares so deeply for the community it serves. The people here, clients and workers alike, are extremely accepting and welcoming. I am excited to join this team and to connect with the clients of the North End Service Center!



SENIOR EXERCISE CLASS

Every Tuesday
10am - 11am
ABCD Community Room



ABCD North End / West End NSC
1 Michelangelo St, Boston

The ABCD Community Heroes

The ABCD Community Heroes Celebration is an annual fundraising event to pay tribute to our extraordinary volunteers, people who make a world of difference in the lives of the most vulnerable among us. This year's event featured the Tony and Grammy-winning star of Hamilton Leslie Odom, Jr. The hero for the ABCD North End/West End Neighborhood Service Center (NE/WE NSC) site was Representative Aaron Michlewitz.



"Together we have strength. Together we can strive for more. Together we can overcome any obstacle and achieve success."

"As an elected official it is my duty serve my constituents and help them with any services they may need. Having ABCD as a partner helps me to properly serve my district efficiently and effectively. From hosting events for our seniors in the North End to the Head Start for our South

End and Chinatown residents, ABCD and its staff goes above and beyond for citizens of the City of Boston."

State Representative Aaron Michlewitz has been an outstanding friend of the ABCD North End/West End since 2005, as a legislature aide to

Speaker Sal Di Masi, and since his election to the state legislative in 2009. As a North End resident himself, Aaron is well recognized by seniors in the neighborhood.

Rep. Michlewitz personally assists neighbors with keeping the community clean and safe. As a regular at the ABCD North End/West End Neighborhood Service Center events, he advocates for the neighborhood through donations of buses for field trips, turkeys and gift cards for the holidays, and continued support for monthly senior events.

He is a member of the fundraising committee for the NE/WE NSC's annual Buona Sera dinner and the chairperson of the North End Nursing Home Committee to keep the nursing home in the North End neighborhood.



Lemon Chicken Scaloppini



Boneless, skinless chicken thighs are pounded thin and cooked in a fragrant lemon tarragon sauce in this elegant recipe.

Ingredients

6 boneless, skinless chicken thighs

- 2 Tbsp. flour
- 1/2 tsp. dried tarragon leaves
- 1/2 tsp. salt
- 1/8 tsp. pepper

- 2 tsp. grated lemon rind
- 1 Tbsp. butter
- 2 Tbsp. olive oil
- 1/3 cup dry white wine
- 1/3 cup chicken broth
- 1 Tbsp. lemon juice
- 1/3 cup heavy cream
- 1/3 cup capers, rinsed
- 2 tsp. chopped fresh tarragon leaves

Steps to Make It

Place chicken thighs between two pieces of waxed paper; pound with meat mallet or rolling pin until thighs are 1/4-inch thick. Combine flour, dried tarragon, salt, pepper, and lemon rind in shallow bowl and mix; coat chicken in this mixture.

Heat butter and oil in large heavy skillet over medium heat. Cook chicken thighs for 2 to 3 minutes on each side until browned, removing chicken from pan as it browns. Turn heat to high and add wine and chicken broth, stirring to loosen brown bits from bottom of pan.

Return chicken to pan and bring to a simmer; simmer for 5 to 10 minutes until chicken is thoroughly cooked. Add lemon juice, cream, and fresh tarragon; cook and stir for 2-3 minutes until hot. Sprinkle with capers and serve over couscous or hot cooked rice.

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

November 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 10-11:30am ESOL Conversation Class 12:30 pm Hot Meal	3
4	5 12:30 pm Light lunch	6 10-11:30 am Exercise Class	7 10-11:30am ESOL Conversation Class	8 10-11:00am Art & Crafts	9 10-11:30am ESOL Conversation Class 12:30 pm Hot Meal	10
11	12 Veterans Day Center Closed	13 10-11:30 am Exercise Class	14 10-11:30am ESOL Conversation Class	15	16 10-11:30am ESOL Conversation Class 12:30 pm Hot Meal	17
18	19 12:30 pm Light lunch	20 10-11:30 am Exercise Class	21 10-11:30am ESOL Conversation Class	22 Thanksgiving Day Center Closed	23 Center Closed	24
25	26 12:30 pm Light lunch	27 10-11:30 am Exercise Class	28 10-11:30am ESOL Conversation Class	29 10-11:00am Art & Crafts	30 10-11:30am ESOL Conversation Class 12:30 pm Hot Meal	

Case manager hours : Monday-Friday 9-4pm by appointment. 617-523-8125

North End Food Pantry hours : Tues., Wed., & Thurs. 12:30-3:00pm

West End Food Pantry hours: Mon. & Wed. 11:30-1:30 pm Tues. 4-5:45pm



Staff

Maria Stella Gulla
Director

Huseyin Senturk
North End Service Coordinator

Xiaoe Ma
West End Coordinator

Julia Power
Case Manager II

Mackenzie Dickson
Case Manager II

Johannah Malone
Fundraiser Specialist

John Drew
ABCD, Inc., President & CEO

Sharon Scott Chandler
Executive Vice President &
COO

Yvonne L. Jones
ABCD Board of Directors, Chair

ABCD NE/WE NSC
1 Michelangelo Street
Boston MA, 02113

Phone : 617.523.8125
Fax : 617.367.4859
Mon.-Fri. 9:00am-5:00pm