

# WASHINGTON BEECH

## COMMUNITY CELEBRATION FOCUS ON HEALTH

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HOPE VI is about more than just new buildings. It's about promoting the wellbeing of our community and the wellbeing of each of us individually. Good health is a central component of the HOPE VI program at Washington Beech.

That message about health and wellbeing was the theme of the community celebration on January 29th. Community members—including many who recently relocated and are currently living away from Washington Beech—gathered to mark the completion of Phase One relocation and to look ahead to the future. Residents shared a nutritious meal, good music, and fond memories of Washington Beech over the years.

Meena Carr, Chair of the Washington Beech FFUN Committee (Family and Friends Uniting Neighbors), turned our attention to the new Washington Beech about to be built by asking the question "What kind of environment do we want to create?"

Meena led a lively discussion about health and how, as a community, we can promote the health and wellbeing of our neighbors, families, and friends. Four broad topics emerged in residents' comments: FITNESS, NUTRITION, ASTHMA PREVENTION, and QUITTING SMOKING.

Representatives from HUD and several community partners were on hand to share information and materials about healthy communities. The Medical Foundation, Boston Public Health Commission, and Greater Roslindale Medical and Dental Association contributed generously to the event. Haley House, a community caterer, supplied the delicious, healthy food through a donation from The Medical Foundation. And, keeping with the health theme, four residents won a \$75 gift certificate each to Dick's Sporting Goods donated by Trinity Financial.

The formal program for the night's celebration drew to a close with two performances: Elisha Chery and Iman Brown demonstrated their hip-hop dancing skills, and Juanita Mitchell gave a moving rendition of "One Day at A Time." While the celebration had to come to end, the discussion that was started about health and wellbeing will continue in the weeks and months ahead.



Ruth Almestica, Yris Diaz, and Oscani Dominguez At Washington Beech Celebration

“ After many years of trying to quit smoking and never really being successful my husband and I found ourselves in need of an apartment and the only way we could get the one we wanted was to agree not to smoke in it. We got the apartment, and much to our surprise we have cut down to less than 10 cigarettes a week each . . . to the point that we can breath easier and we are more active now than we have been in years. ”

Nury Nieves-Cruz, BHA Resident Services Coordinator, speaking at the Celebration

# HOPE VI UPDATE: PROGRESS REPORT FROM BHA

JOE BAMBERG, JENNIFER HAYNES, DEB MORSE



Artist's rendering of future Washington Beech Park

All families living in the Phase One portion of Washington Beech have now relocated off-site. Just about half of those residents moved to other BHA public housing developments, and the other half accepted Section 8 vouchers and moved into private housing. Thank you to each family and to our relocation staff for a very smooth and successful process.

The next step will be relocation of the BHA management office and the HOU office. Each office will occupy its own trailer located in the parking courtyard near the Washington Beech Teen Center. Those two trailers will be operational within a few weeks. Demolition of the Phase One buildings will begin in the spring, and new construction will follow during the summer months.

**Any resident who is interested in pursuing a job connected with the demolition and construction work at Washington Beech must be in touch with HOU right away.**

In no time at all Washington Beech will become a very busy place with construction activity. We remind you to pay close attention to parking and traffic restrictions. At the same time we want to reassure you that BHA and our contractors have a lot of experience carrying out major construction work and successfully minimizing any inconvenience for our residents.

As we look forward to the completion of Phase One in 2010, we remind all residents to remain in close contact with BHA and relocation staff. Continue to pay your rent (and pay off any old balances) and otherwise remain in good standing to ensure your opportunity to move into a new home at Washington Beech.

## CONTACT INFORMATION

**BHA Management Office**  
(617) 988-5063  
Monday through Friday  
8:00 am to 4:00 pm

**Washington Beech Resource and Development Center**  
(617) 799-1276  
Monday 8:30 am to 4:30 pm  
Friday 8:30 am to 4:30 pm

**Housing Opportunities Unlimited**  
(617) 323-3010  
Mon, Tues, Wed, Friday  
8:00 am to 5:00 pm  
Thursday 8:00 am to 7:00 pm

## 10

## THINGS YOU SHOULD KNOW WHAT'S GOING ON AT WB

1. Interested in **Job Training, Education**? Funding is Available!
2. Want to **Quit Smoking**? Join the WB Smoking Cessation Group.
3. Looking to **Get in Shape**? Get a free Membership to local community center.
4. Like to Cook? Washington Beech **Cooking Contest** coming in late March.
5. Need **Transportation** for Job Interviews, Job Training, Classes? T Passes available.
6. Looking to Improve your English Skills? **ESL Classes** now enrolling.
7. Looking for fun, safe activities for your girls? **Girl Scouts, Brownie** troops now forming.
8. Looking for Something for your Child to do this Summer? Apply for **Summer Camp** now.
9. Are you **14-18 years old and Looking for a Job**? Contact Jacob @ HOU
10. Are you a Creative Person (or Want to Be)? **Arts & Crafts Classes** coming Soon!

Contact HOU for more information

## RELOCATION SUCCESS STORIES

Two Washington Beech residents who recently moved off-site as part of Phase One relocation share their experiences with the relocation process. Joanne Barnes moved to Roslyn, a BHA public housing development in Roslindale. Jelinson Brea accepted a Section 8 voucher and moved to an apartment in Hyde Park with his wife and two sons.

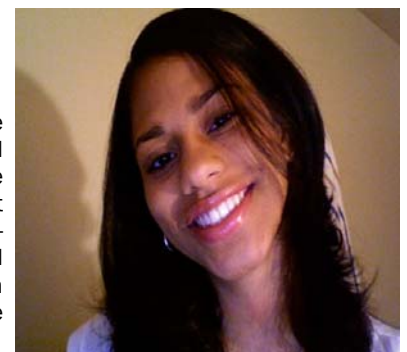
	Joanne Barnes	Jelinson Brea
<i>The Choice</i>	<p><b>Why did you choose a BHA transfer?</b>                      “I wanted to be around people my own age; I wanted peace and quiet. Due to health problems, it would have been more difficult for me to go around and look for a Section 8 unit. I got exactly what I wanted with the Roslyn unit”.</p>	<p><b>Why did you choose to move with a Section 8 voucher?</b>                      “Because it is different than [public housing]; there are different people, and it is a different neighborhood. Section 8 is different, and I like it. Plus, you can take [the voucher] anywhere, giving me the opportunity to move where I like. I like Section 8 freedom.</p>
<i>The Move</i>	<p><b>How was the move for you and your family?</b>                      “It was great! I made it easy for the moving company and me by color-coding the boxes. The movers were professional; no damage done to my belongings. The movers told me I was one of the quickest moves they ever did.”</p>	<p><b>How was the move for you and your family?</b>                      “It was a very good move because I have other family in the area and they helped me move without any problem. Everything went smoothly”.</p>
<i>The Home</i>	<p><b>How do you like your choice of housing?</b>                      “I like it. It’s my home now, not a house. I have more than enough space for my dog and me. We have our own backyard. I am planning to have many barbecues this year”.</p>	<p><b>How do you like your choice of housing?</b>                      “I love the house, although it is a little more expensive because of the gas and electricity. I love it because there is more space for my son and I to play”.</p>
<i>The Future</i>	<p><b>Do you plan to come back to the new development?</b>                      “I’m going to take it one day at a time and keep all my options open.”</p>	<p><b>Do you plan to come back to the new development?</b>                      “No, I would like to stay home because I feel very good and comfortable where I am now”.</p>

“ The HOU staff were patient, supportive and always had a smile on their face. They never got mad and answered every question I had; if they did not know the answer right then and there, they would find out for me. They never made me any empty promises, but, in the end I got what I wanted. ”

Joanne Barnes, Washington Beech Resident, on the relocation process

## RESIDENT SPOTLIGHT: JENNIFER DIAZ

Jennifer Diaz is a 19-year-old Washington Beech resident who will be starting the Medical Assistance Program at the Medical Professional Institute this spring. Jennifer’s full tuition is being covered through the Work Place, the agency which enrolled her in this program. The Workplace is one of the state’s One-Stop Career Centers, which provide all types of job counseling and job training placement services. Jennifer has always been interested in a career in nursing and feels that the Medical Assistance Program will be a good stepping stone toward this career goal. Upon learning that she would be able to enroll in this program, Jennifer was thrilled. “I’m very excited. It’s a good career move in the field of what I enjoy doing, which is helping others when they are sick. The certificate will help me out a lot financially when I graduate because I know I’ll find a job easily.”



## NUTRITION FOCUS

A central goal of the Washington Beech HOPE VI program is to promote health and wellbeing among our family, friends, and neighbors. As a community we are committed to educating ourselves about healthy living. Here we offer, a recipe that's a healthy take on a timeless classic.

### Classic Baked Macaroni and Cheese

2 cups macaroni  
 ½ cup chopped onions  
 ½ cup evaporated fat-free milk  
 1 medium egg, beaten  
 ¼ teaspoon black pepper  
 1 ¾ cups (4 oz.) sharp cheddar cheese, finely shredded  
 vegetable oil spray

1. Cook macaroni according to package directions (don't add salt)
2. Lightly coat a casserole dish with vegetable oil spray
3. Preheat oven to 350° F
4. Lightly coat a saucepan with vegetable oil spray
5. Add onions to saucepan and sauté for about 3 minutes
6. In another bowl, combine macaroni, onions, and the remaining ingredients and mix thoroughly
7. Transfer mixture into casserole dish
8. Bake for 25 minutes or until bubbly. Let stand for 10 minutes before serving.

Makes 8 servings

Serving Size:	½ cup
Calories:	200
Total Fat:	4 g
Saturated Fat:	2 g
Cholesterol:	34 mg
Sodium:	120 mg
Total Fiber:	1 g
Protein:	11 g
Carbohydrates:	29 g
Potassium:	119 mg

Source: **Heart Healthy Home Cooking African American Style**

U.S. Department of Health and Human Services

## RESIDENT NOTES

### Congratulations to ...



**Kristina Berrios** who will be receiving a trophy as an honor roll award from the James P. Timilty Middle School on March 9th

- **Joanne Etienne** on the birth of her son, Rick Tyrice Brown, on October 25, 2008
- **Cassandra Etienne** on the birth of her son, Camar'ee Kerry James, on December 2, 2008
- **Mumye Mohamed** and **Lul Abdulla** on the birth of their son, Yasir Mohamed, on January 10, 2009

### A note about smoking and health

“ Smoking impairs lung function in many different ways. For example, it damages the tiny air sacs within the lungs called alveoli. Picture the alveoli as tiny clusters of grapes.

*With each breath, your lungs extract oxygen from the air and, through the aleoli, send it through your blood stream and to your body's cells. At the same time, carbon dioxide, which is the waste product, is removed from the blood and exhaled.*

*Like I said before, these little sacs are like grapes. When deep breaths are taken, if they are damaged or lose their elasticity, they in return will be unable to retain a great amount of oxygen. That will cause you to get tired easily or run out of breath or lack endurance in daily life. ”*

Westlyne Bruno

WB resident speaking at the January 29th Celebration

“ Congratulations to the Washington Beech community as you embark on your journey to community wellness. We envision you as initiators, pioneers, and key partners in the national movement for system and policy change that promotes family self-sufficiency through improved health for the Nation's housing residents. ”

Carol Payne, HUD representative who attended the Washington Beech Celebration on January 29th