

## A Story of Success

"I have my dream job!" says Lisa Frazier. "I so appreciate all of the support that JOBLink and FSS have given me. I would not have been able to accomplish my goals without these programs."

After two years in a scattered site shelter program, Lisa received her JOBLink Housing Choice Voucher in August 2000 and moved into her own apartment. Not content to be a renter, and with a strong drive to become economically independent, Lisa enrolled in MBHP's Family Self-Sufficiency (FSS) Program. Thanks to staff support and her own determination, she soon secured full-time employment and began saving money toward a down payment. She found a realtor, searched many foreclosure lists, and took a First-Time Buyer's class.

As we go to press, Lisa is about to become the proud owner of a single family, 3-bedroom, 2½-bath home in Roxbury. What does she like the most about it? "The upstairs/downstairs," she answers. "It reminds me of the home I grew up in. Oh, and the family room in the basement too. I have a large family and it's a great gathering spot."

And Lisa's next goal? To become a real estate agent and property investor.



## Summer Fun at the Boston Public Library

The summer months can often be a difficult time for parents who are trying to balance fun activities for kids with making sure their children are well prepared to start classes again in the fall. It has long been recognized that encouraging reading is one of the best ways that parents can help their children on the road to academic success. Summer vacation is the perfect time to start.

The Boston Public Library offers a number of entertaining activities to help keep children interested in reading this summer. Every child will be provided with a reading log to be filled out with information related to the books they read. While the library provides age-appropriate reading lists, children may make their own choices. At the end of the summer, any child who has read a minimum of five books will receive a special prize.

Another activity the Boston Public Library has scheduled for the summer is a children's cinema every Friday at 10:15 a.m. from July 8 to August 19.

### Other special events include:

**July 13:** Puppet show presentation of "Around the World in 30 Minutes"

**July 20:** Story Telling by Tim Van Egmont

**July 27:** Magic show presentation by Professor Readalot

**August 3:** Valerie Stephens presents in concert "Traveling Blues Show"

All shows start at 10:30 a.m. and space is available on a first-come, first-served basis. All of these programs are free and open to the general public.

## Be Car Safe

Massachusetts law requires all drivers and passengers to wear a seat belt. Children must ride in child passenger restraints until they are 5 years old and weigh 40 pounds. A driver can be fined \$25 for every adult passenger in the car who isn't wearing a seat belt and every child who is not buckled into the proper child safety restraint.

Infants up to 20 pounds and one year old must ride in a rear-facing child safety seat, but never place the seat in the front on the passenger side where an air bag that opens during a collision can suffocate a small child.

Children between 40 and 80 pounds and shorter than 4 feet 9 inches, must ride in a booster seat.

It is safer to have children 12 years old and under sit in the rear seat whenever possible to reduce their risk of injury in case of an accident.

BuckleUpBoston, a program sponsored by the Boston Public Health Commission, provides income-eligible families with low cost car seats at participating Boston health centers and hospitals. For more information contact the Childhood Injury Prevention Program at 617 534-5197.

Whenever possible, have your child safety seat checked by a Child Passenger Safety (CPS) Technician. To find a CPS Technician in Massachusetts, go to [www.massghsb.com/user-cgi/cps\\_techs.cgi](http://www.massghsb.com/user-cgi/cps_techs.cgi) or call 1-866-732-8243.

The CAR-SAFE Line (800-227-7233) is a toll-free phone line for Massachusetts residents who have questions about passenger safety. Staff can answer questions about passenger safety and refer callers to local resources.

## Summer Camps

It's that time of the year again! Kids will be finishing school soon and will have nothing to occupy those long summer days. Never fear, however, because Boston-area families can take advantage of a wealth of summer activities. Remember, although many of these camps start in June or July, registration deadlines are often set months in advance. To avoid missing out on a great opportunity, register your child as soon as possible.

Summer camps vary in their focus and offer everything from sports to arts and crafts, nature, math, and science. Here is a sample of some of the different types of camps offered in and near Boston:

### APAC Explorer Summer Camp

143 Harvard Ave., Allston  
617-783-1485

*Location:* St. Gabriel's School,  
149 Washington Street, Brighton

*Communities served:* Allston, Brighton  
*Ages:* 6–12

*Duration/Time:* 7-week sessions,  
8:45 a.m.–3:45 p.m., every day  
FEE

### Colonel Daniel Marr Boys and Girls Club

35 Deer St., Dorchester  
617-288-7120

*Communities served:* Dorchester,  
Mattapan, South Boston, Hyde Park  
*Ages:* 6–18

*Duration/Time:* Drop-in programs,  
June–August, 9:00 a.m.–11:00 p.m.,  
every day  
FEE

### Chelsea City Wide Special Summer Program

100 Everett Ave., Suite 14, Chelsea  
617-889-5991

*Location:* Mary C. Burk Complex.  
*Communities Served:* Chelsea,  
Revere, Winthrop, East Boston  
*Ages:* 5–12

*Duration/Time:* June–August,  
7:45 a.m.–3:00 p.m.  
FEE

### Campamento Hispano Internacional

316 Huntington Ave., Boston  
781-575-9905

*Location:* Ponkapoag Outdoor Center  
in Canton

*Communities served:* Mission Hill,  
Dorchester, Jamaica Plain, Roslindale,  
Roxbury, Mattapan

*Ages:* 6–15

*Duration/Time:* June–August  
FEE

### Cambridge Adventure Day Camp

99 Bishop Allen Drive, Cambridge  
617-864-0960

*Communities served:*  
Cambridge and Somerville

*Offerings:* A camp for children with  
emotional and behavioral needs—  
one month long for 5–11 year olds  
from Cambridge and Somerville.  
Parents are asked to pay \$100 for the  
whole summer. *Note:* There is a wait-  
list for children 10 & 12 years of age.

- a teen apprenticeship program;
- an overnight camp scholarship  
program;
- scholarships to an elite summer  
day camp at Buckingham Brown  
& Nichols private school

### Bird Street Community Center

500 Colombia Road, Dorchester  
617-282-6110

*Communities served:*  
Dorchester, Roxbury, Mattapan  
*Ages:* 5–18

*Duration/Time:* Two week-long  
sessions, 8:00 a.m.–6:00 p.m.

*Programs:*

- Youth development,
  - Leadership & Recreational
  - Education Support
  - Community Outreach
- FEE

### Boston Nature Center

500 Walk Hill Street, Mattapan  
617-983-8500

*Duration/Time:* June–August,  
9:00 a.m.–5:00 p.m.

*Ages:* Elementary–Middle School  
*Program:* nature/science

*Fees:* Based on income. Financial  
assistance available.

### Blackstone Summer Enrichment Camp

Blackstone Community Center, Boston  
617-635-5192

*Communities served:* South End,  
Roxbury, Roslindale, South Boston,  
Back Bay, Dorchester, Hyde Park,  
Jamaica Plain, Mattapan.

*Ages:* 6–12

*Duration/Time:* July–August,  
9:00 a.m.–5:00 p.m.  
FEE

### Somerville YMCA Summer Day Camp Program

101 Highland Ave., Somerville  
617-625-5050

*Communities served:* Somerville,  
Cambridge, Medford, Malden,  
Boston, Everett, Woburn, Revere,  
Braintree & Tewksbury, Stoneham,  
Lynn, Arlington.

*Ages:* 6–13

### MORE SUMMER PROGRAMS: Arts in Progress Media Arts Summer Program

In the Media Arts Summer Program  
(MASP), youth ages 11–14 will get a  
hands-on introduction to the exciting  
field of media arts through intensive  
workshops, creative summer activi-  
ties, and field trips. Participants will  
explore digital photography, video  
and audio production, journalism,  
creative writing, drama, and move-  
ment. In each major subject area,  
groups work together on a final prod-  
uct to share with family, friends, and  
the community at the final showcase.

*Location:* 2201 Washington St., Boston  
*Ages:* 11–14

*Duration/Time:* July 5–29,  
9:00 a.m.– 4:00 p.m., extended-day  
option to 5:30 p.m.

*Cost:* \$100–\$450 for 4 weeks, sliding  
fee scale; financial aid

*Deadline:* May 31, FC/FS

*Contact:* Nicole Smith, 617-427-9312

*Email:* info@artsinprogress.org

*Website:* www.artsinprogress.org



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**Free Family Concerts!**

The Chameleon Arts Ensemble of Boston is offering MBHP tenants tickets to its classical music performances. The next concert is Saturday, May 14, 2005 at 8:00 p.m. at the Goethe-Institut, 170 Beacon Street, Boston. Please call for tickets by May 6.

These are family events, so bring the kids! For your tickets please contact [april.myers@mbhp.org](mailto:april.myers@mbhp.org) or 617-425-6630. For more information about the concerts visit [www.chameleonarts.org](http://www.chameleonarts.org).

## Food Resources for Kids

### Free and Reduced School Breakfast and Lunch

Your child may be eligible for free or reduced cost breakfast and lunch. Lunch is available in all Massachusetts schools. Breakfast is available in about 60% of schools. Contact your child's school for the application.

### Food Stamps

Many working families are eligible and only one application is required. If your child is eligible for free or reduced price school meals, it is very likely that your household also qualifies for food stamps. If you get food stamps, your child automatically qualifies for free school meals.

### Free Summer Meal Program

The Summer Food Service Program provides free, nutritious meals to children 18 and younger. No registration is required. To find a site near you, call Project Bread at 1-800-645-8333 or

search online at [www.meals4kids.org](http://www.meals4kids.org).

### WIC

WIC is a nutrition program that provides nutrition and health education, healthy food, and other services free of charge to Massachusetts families who qualify. WIC's goal is to help keep pregnant and breastfeeding women, new moms, and kids under age 5 healthy. To apply for WIC, call 1-800-WIC-1007 or contact a WIC program in your community .

### Dollar-a-Bag

Fair Foods, Inc. and its partners run over 50 "Dollar-a-Bag" sites throughout Boston and eastern Massachusetts. Each week, participants enjoy a wide selection of fresh fruits, vegetables, breads, and pastries for a donation of \$1 per bag. Please take your own grocery size bags and a friend to help carry them home! Call (617) 288-6185 for directions to a site.

## RECIPE

This Spring, you can find some great deals on fresh strawberries at fruit stands and farmers markets. Try sprinkling sliced strawberries with sugar, add some chopped fresh mint if you have it, or finely chopped ginger, squeeze some lemon or an orange over the fruit and let it sit for at least an hour. Serve as is, or with some low-fat yogurt for a healthy breakfast or snack, or with some frozen yogurt for a guilt-free treat!

