

## Carbon Monoxide Detectors—New Regulations for Your Safety

Carbon monoxide (CO) is an odorless, colorless, and poisonous gas generated by appliances that use natural gas, oil, propane, wood, and coal. Improperly used or malfunctioning equipment can create fatally harmful carbon monoxide levels.

To protect you and your family, Massachusetts recently passed Nicole's Law, requiring property owners to install carbon monoxide detectors on each level of your home where people spend time—especially near bedrooms. As with smoke detectors, you should learn the CO alarm's sound, replace the batteries every year, immediately report any problems to your landlord, and contact the fire department in an emergency. Symptoms of carbon monoxide poisoning include headache, nausea, fatigue, difficulty breathing, and dizziness.

If you think you have carbon monoxide poisoning or the CO alarm sounds, leave your apartment immediately and contact the fire department. If you or your landlord need more information about the requirements of the new law, contact the Housing Consumer Education Center at 617-425-6700 or the Department of Fire Safety at 978-567-3300 or [www.mass.gov/dfs](http://www.mass.gov/dfs).

Source:  
*Consumer's Guide to Massachusetts Requirements for Carbon Monoxide Alarms, available at [www.mass.gov/dfs](http://www.mass.gov/dfs).*

## MBHP Celebrates Your Birthday (no matter when it is)

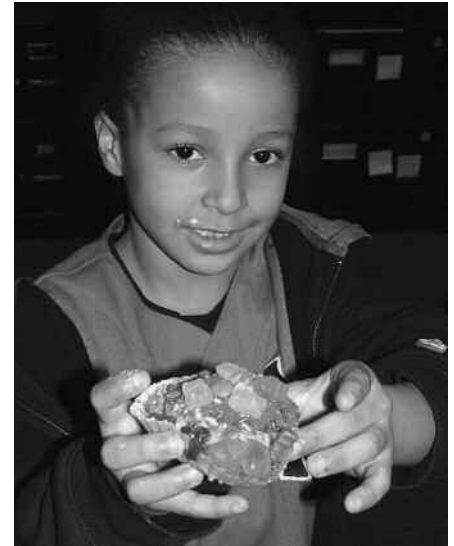
On Tuesday, March 7, 2006, MBHP invited participant families to our first ever Mid-Winter Birthday Party with the theme "celebrate your birthday—no matter when it is!" The celebration was a fun way for MBHP to distribute information about summer camps for all ages and interests, and to talk about how the Childhood Enrichment Fund can help to make summer activities more affordable.

Families were treated to pizza from Viga and children used a variety of tasty treats to decorate cupcakes donated by A Moveable Feast. All of those in attendance were entered into a drawing for free passes to the Franklin Park Zoo, donated by Zoo New England.

Representatives from Crossroads for Kids, Brantwood Camp, the Girl Scouts Patriots' Trail, and North Cambridge Catholic High School were present to speak with parents and children about their programs. Informational packets about other camps in New England were available for families who had not yet decided on a summer activity.

The event was enjoyed by 70 people from 30 families. Since then, the Childhood Enrichment Committee has received more than 30 applications for financial assistance to summer camps. The Committee is pleased to report that, for the first time, they were able to approve requests for overnight camps.

A limited amount of scholarship money is still available. Families in need should contact their program representatives and submit applica-



tions as soon as possible. Many summer programs are still accepting applications, but space is limited. For families who need help with choosing an appropriate program for their child, please contact MBHP's Housing Consumer Education Center at 617-425-6700.

### UPCOMING EVENTS

All events are free and take place on Tuesdays at 5:30 p.m. unless otherwise specified.

**June 20**

Basic Budgeting II Workshop

**July 18**

Road to Homeownership I Workshop

**July 25**

Road to Homeownership II Workshop

**July 27**

Book Fair, 4:00–7:00 p.m.

**August 22**

Basic Budgeting I Workshop

**August 22**

Back to School Resource Fair  
4:00–7:00 p.m.

**August 29**

Basic Budgeting II Workshop

**RSVP to Nancy Sullivan  
at 617-425-6701**

## Free Family Fun

### Friday Flicks at the Hatch Shell

WBZ will offer free movies at the Hatch Shell. All films start at sunset.

June 23; July 7, 14, 21, and 28;  
August 4, 11, 18, and 25; Sept. 1.

For more info, call 617-727-5114.

### WODS Oldies in Concert Series

WODS 103.3 FM offers free concerts at the Hatch Shell throughout the summer. Concerts begin at 7:00 p.m.

**June 24th:** John Kay and Steppenwolf with special guest Rick Derringer

**July 15th:** Three Dog Night

**July 29th:** Felix Cavaliere's Rascals with special guests Orleans

**August 12th:** The Temptations with special guests the Trammps

For more info, visit [oldies1033.com](http://oldies1033.com).

### Lions Club International Parade of Nations

Saturday, July 1, 9:30 a.m.  
Boylston Street, Boston MA

Come to a spectacular parade of nations featuring marching bands, floats, Duck Boats and Lions members from 150 countries. Starts at Boston Public Library and ends at Boston Common.

### Life Is Good® Watermelon Festival

Saturday, July 8  
Boston Common, Boston, MA

This festival is a big outdoor party with a homegrown backyard feel featuring live music, family entertainment, games and activities, and watermelons galore.

### The New England Sand Sculpting Invitational at Revere Beach

Monday, July 10 – Sunday, July 16  
8:00 a.m. – 4:00 p.m. daily  
Revere Beach, Revere, MA

Amateur sand sculpting competitions for children, adults, families and businesses and a competition between 12 master sculptors competing for over \$10,000 in prize money.

For more info, call 617-650-2213 or visit [fitzysnowman.com/revere3.html](http://fitzysnowman.com/revere3.html).

## Get to the Beach on the T!

Don't have a car? Don't worry! Plenty of beaches are accessible by bus, subway, or commuter rail.

### Dorchester

#### *Savin Hill Beach/Malibu Beach*

Take the Red Line to Savin Hill.

#### *Tenean Beach*

Take the Red Line to North Quincy and walk across Neponset Boulevard, or take the #20 bus from Fields Corner.

### East Boston/Revere/Winthrop

#### *Revere Beach*

Take the Blue Line to Wonderland or Revere Beach.

#### *Constitution Beach*

Take the Blue Line to Orient Heights, or the #120 bus to the Bennington Street entrance.

#### *Short Beach*

Take the Blue Line to Orient Heights, then the Paul Revere bus.

#### *Donovan's Beach*

Take the Blue Line to Orient Heights, then the Paul Revere bus.

#### *Yirrell Beach*

Take the Blue Line to Orient Heights, then the Point Shirley bus.

### Lynn/Nahant

#### *King's Beach*

Take the Orange Line to Haymarket, then the #441 bus.

#### *Nabant Beach*

Take the Orange Line to Haymarket, then the #441 bus.

### Quincy

#### *Wollaston Beach*

Take the Red Line to Wollaston station and walk along the beach, or take Wollaston Beach/Ashmont Bus #217 from Wollaston station.

#### *Nickerson Beach*

Take the Red Line to North Quincy, then the Squantum Bus #211.

### South Boston

#### *Carson Beach*

Take the Red Line to JFK/UMass and walk across Day Boulevard.

#### *L Street Beach/M Street Beach*

#### *Pleasure Bay Beach/Castle Island*

Take the Red Line to Broadway station, then the City Point bus #9 or #11.

### Outside the City

#### *Nantasket Beach, Hull*

Take the Red Line to Quincy Center and transfer to Hingham bus #220.

#### *Singing Beach, Manchester-by-the-sea*

Take the Rockport Commuter Rail from North Station. Get off at Manchester Station. The Commuter Rail fare for Zone 6 is \$5.25 for one way; \$21.00 for family fare. Family fares are available to groups consisting of a maximum of five people, of whom at least one is at least 18 years of age.

#### *Devereux Beach, Marblehead*

Take the Orange Line to Haymarket, then the #441 or #442 bus.

#### *Phillips Beach, Swampscott*

Take the Orange Line to Haymarket, then the #442 bus.

Please be sure to check bus, subway, and Commuter Rail schedules before you head to the beach! This information can be found at [www.mbta.com](http://www.mbta.com), [www.bostonharborwalk.com](http://www.bostonharborwalk.com), or by calling 617-222-3200.

#### Sources:

[www.mbta.com](http://www.mbta.com)

[www.tbba.org/programs\\_beaches.htm](http://www.tbba.org/programs_beaches.htm)

[www.bostonapartments.com/beaches.htm](http://www.bostonapartments.com/beaches.htm)

[www.bu.edu/mfeldman/026/beaches.html](http://www.bu.edu/mfeldman/026/beaches.html)



## Summer Book Fair!

In April, we held the first meeting of our Book Club. Those who joined us were excited about the Bluford High novels and were eager to share how their life experiences were similar to those of the characters in the books.

To continue the momentum of our new book club, MBHP will be holding a summer Book Fair on **June 27 from 4:00 - 7:00 pm**. There will be FREE books, FREE dinner, and a place where children and adults can share in the excitement of reading.

The Fair will also offer information from the Boston Public Library and Boston Public Schools, summer reading lists for every age group, story time for the younger children, and a craft table where everyone can make their own book mark.

We hope you will join us at this exciting event. To RSVP or to recommend a novel for the next edition of the book club, please contact Elizabeth Guiney at 617-425-6767.

## SHARE YOUR BUDGETING TIPS WITH MBHP!

Keeping track of household expenses can be a struggle for all of us. Is there a method that works best for you?

Let us know and we'll use your suggestions at upcoming budgeting workshops! The winner with the best budgeting tip will also receive a \$50 gift card to Stop & Shop.

Send a typed or neatly printed postcard to:  
MBHP Budgeting Tips Contest  
125 Lincoln Street  
Boston, MA 02111

The winner will be notified by mail. All material submitted becomes the property of MBHP and may be used in MBHP's printed and online publications, presentations, and display materials.

## Kids Can't Fly

While open windows offer relief from summer's scorching temperatures, they also present a hazardous opportunity for young children to seriously and sometimes fatally injure themselves. An estimated 4,700 children ages 14 and under are treated annually in hospital emergency rooms for injuries sustained from falling out of windows. You can take these steps to protect your children from window falls:

- Lock all doors and windows;
- Don't rely on window screens to protect your child;
- Keep furniture, beds, and anything a child can climb on away from windows;
- Open windows from the top instead of the bottom;
- Be sure children are always supervised;
- Install child safety guards.

Window safety guards are aluminum or steel bars with four-inch spacing that are installed in the bottom half of a window. Designed to withstand 150 lbs of pressure, guards are recommended for windows on the second story and above for any household with children under age 6. Operable window guards can be safely removed without excessive force and will permit easy escape in cases of emergency. Boston residents can purchase low-cost window guards at Boston Building Materials Co-op, located at 100 Terrace Street in Roxbury, 617-442-2262. A city-wide intervention program, Matching Buy, provides matching funds for landlords to outfit entire properties with window guards. Please call 617-534-5197 for more information.

For more information about local programs to help parents obtain window guards, please call the Boston Public Health Commission at 617-534-5197 or visit [www.bphc.org/childinjuryprevention](http://www.bphc.org/childinjuryprevention).



## WIN A WEEKEND CAMPING TRIP!

Girls—would you like to spend a weekend away camping with your parent or guardian? Tell us why!

Winners will receive a free weekend of camping at the Girls Scouts Camp Menotomy on Lake Winnepesaukee.

Mother-daughter camping is from July 14-16 and father-daughter camping is from July 21-23.

Send a typed or neatly printed postcard by July 1st to:  
Elizabeth Guiney  
MBHP  
125 Lincoln Street  
Boston, MA 02111

The winner will be notified by mail. All material submitted becomes the property of MBHP and may be used in MBHP's printed and online publications, presentations, and display materials.

## Summertime Meals for Kids

School will soon be coming to an end for the summer. During the summer school break, parents can bring their children to locations in their communities that provide meals at no charge to children ages 18 and under. Many of the locations combine these supplemental meals with educational and recreational activities. No identification or registration is required.

Visit [www.meals4kids.org](http://www.meals4kids.org) for a listing of sites in your area or call the Food Source Hotline at 800-645-8333. At the Food Source Hotline you will be connected to a counselor who will refer you to food sources in your community and provide information about food stamps and other nutritional programs.

# FSS UPDATE

INFORMATION AND RESOURCES FOR MBHP'S FAMILY SELF-SUFFICIENCY PROGRAM

a publication of  
Metropolitan Boston  
Housing Partnership  
**SUMMER 2006**

## CAREER SPOTLIGHT: Human Service Workers

### Nature of the Field

Social and human service assistant is a generic term for people with a wide array of job titles including human service worker, case management aide, social work assistant, community support worker, mental health aide, community outreach worker, life skill counselor, or gerontology aide. They usually work in a variety of fields such as nursing, psychiatry, psychology, rehabilitative or physical therapy, or social work.

Social and human service assistants provide direct and indirect client services. Responsibilities might include monitoring and keeping case records on clients and reporting progress to supervisors and case managers; organizing and leading group activities; and assisting clients in need of counseling or crisis intervention. In halfway houses, group homes, and government-supported housing programs, they assist adults who need supervision with personal hygiene and daily living skills. They review clients' records, ensure that they receive correct doses of medication, talk with family members, and confer with medical personnel and other caregivers to gain better insight into clients' backgrounds and needs. Social and human service assistants also provide emotional support and help clients become involved in their own well-being, in community recreation programs, and in other activities.

Social and human service assistants also work in psychiatric hospitals, rehabilitation programs, and outpatient clinics to help clients master

everyday living skills. They support the client's participation in treatment plans such as individual or group counseling or occupational therapy.

### Qualifications and Training

- A bachelor's degree is not usually required for entry into this occupation. Employers increasingly seek individuals with relevant work experience or education beyond high school.
- Certificates or associate degrees in subjects such as social work, human services, gerontology, or social or behavioral sciences meet most employers' requirements.
- Some jobs may require a bachelor's or master's degree in human services or a related field such as counseling, rehabilitation, or social work.
- Workers with a high school education are likely to receive extensive on-the-job training to work in direct-care services, while employees with a college degree might be assigned to do supportive counseling, coordinate program activities, or manage a group home.
- Typically, formal education is necessary for advancement. In general, this requires a bachelor's or master's degree in human services, counseling, rehabilitation, social work, or a related field. Job advancement brings case management, supervisory, and administrative roles.

### Earnings

Median annual earnings for social and human service assistants were \$24,270 in May 2004. The top 10

percent earned more than \$39,620, while the lowest 10 percent earned less than \$15,480.

Industries employing the largest number of social and human service assistants and related median earnings in May 2004: state government (\$29,270), local government (\$28,230), individual and family services (\$23,400), vocational rehabilitation services (\$21,770), residential mental retardation, mental health and substance abuse facilities (\$20,410).

### Source:

*Bureau of Labor Statistics, U.S. Department of Labor, Occupational Outlook Handbook, 2006-07 Edition, Social and Human Service Assistants, [www.bls.gov/oco/ocos059.htm](http://www.bls.gov/oco/ocos059.htm)*

### Want to learn more about the Family Self-Sufficiency Program?

The Family Self-Sufficiency Program (FSS) links Section 8 rental assistance tenants with an advisor to help them achieve career goals and work toward financial security.

Last year's graduates of the five-year FSS program increased their income by an average of more than \$12,000/year and at the end of the program received a check from their savings of more than \$9,000!

For information about eligibility, program requirements, and benefits of participation, please call Melinda Koenig at 617-425-6641 or email [melinda.koenig@mbhp.org](mailto:melinda.koenig@mbhp.org).

# Literacy and Employment Resources for Boston Residents

Do you know someone who would like to improve his or her English speaking skills? Would you like to learn English or computer skills? Get your GED? Receive employment training? The Boston area offers a number of free or low-cost resources for computer learning and access, adult education and literacy, and English for employment.

## Computer Learning and Access

JVS Center for Careers and Lifelong Learning operates Computer Learning Centers (CLCs) in Roslindale, Brighton, Brockton, East Boston and Roxbury. All centers are equipped with computers, high speed internet access, scanners, and a variety of popular software. The Computer Learning Centers offer a variety of classes and "open access" times staffed by teachers. All CLCs are near public transportation and parking is available. All levels of computer users are welcome, and drop-ins are encouraged.

The cost to use these CLCs is \$2.50 per hour for individuals. For more information, please contact Wil Wisniewski, CLC Manager, at 617-620-0985 or visit [www.jvs-boston.org](http://www.jvs-boston.org).

Partners for Empowering Neighborhoods (PEN) is a program of the Philips Brooks House Association of Harvard University. PEN offers a free Introduction to Computers class at the Fresh Pond Apartments in North Cambridge. Free English as a Second Language (ESL) classes are available at the Fresh Pond Apartments and at the Jamaica Plain Head Start Center. All classes are taught by student volunteers. For more information, contact the Philips Brooks House Association at 617-496-5481 or visit <http://hcs.harvard.edu/~pen/>.

La Alianza Hispana provides free computer classes to Massachusetts residents aged 16 years or older. Classes include Introduction to Computers, Windows 95, Microsoft Word, and Typing Skills. All classes are held at 409 Dudley Street in Roxbury. ESL and GED classes in

Spanish are also available. For more information or to register for a class, call 617-427-7175, extension 250.

## Adult Education and Literacy

The Massachusetts Adult Literacy Hotline provides referrals to over 300 adult education programs that offer one-on-one tutoring, small-group, or classroom instruction to adult learners. They provide information about basic reading, math, adult basic education, English language training, family literacy, and GED preparation or testing sites. For assistance and information, call 800-447-8844 or visit [www.sabes.org/hotline/](http://www.sabes.org/hotline/).

The Mayor's Office of New Bostonians has a listing of English for Speakers of Other Languages (ESOL) classes in Boston neighborhoods. For more information call 617-635-2980. They also have an online directory of classes at [www.cityofboston.gov/newbostonians/search.asp](http://www.cityofboston.gov/newbostonians/search.asp).

Action for Boston Community Development's Downtown Adult Literacy Program offers classes in beginning reading, basic skills and GED test preparation. Classes are free to low-income Boston residents over 18 years old. For more information, call 617-357-6000 extension 7541 or visit [www.bostonabcd.org/learningworks/downtown.htm](http://www.bostonabcd.org/learningworks/downtown.htm).

Mujeres Unidas En Accion (MUA) is a community-based learning center in Dorchester created by and for women and their children. MUA provides free classes in Native Language Literacy, GED in Spanish, ESOL, and computer skills. For more information, call 617-296-3016 or visit [www.angelfire.com/ma4/mua/](http://www.angelfire.com/ma4/mua/).

United South End Settlements (USES) offers an Adult Basic Education (ABE) program for GED test preparation. ABE is the foundation for developing skills in reading, writing, math, science, and social studies. Classes are free for Massachusetts residents over age 18 without a high school diploma or GED certificate.

Day classes run from 9:30 am to 2:00 pm, Monday through Thursday. Evening classes are on Tuesdays and Thursdays from 5:30 pm to 8:30 pm. For more information, call 617-536-8610 or visit [www.uses.org](http://www.uses.org).

A list of the Greater Boston Adult Literacy Programs is available at the main branch of the Boston Public Library in Copley Square and at the Dudley Literacy Center on Warren Street in Roxbury. Free drop-in conversation groups are held at many Boston branch libraries. The Dudley Literacy Center also offers one-on-one tutoring, ESOL classes and a conversation book group. For more information on the Boston Public Library, visit [www.bpl.org](http://www.bpl.org). To contact the Dudley Literacy Center, call 617-859-2446.

The local library is also a great resource for books and recordings to help with learning English.

## English for Employment

English for Employment (EFE) programs serve TANF recipients with low-level English skills who are not yet ready for employment. The program combines English for Speakers of Other Languages (ESOL) classes with supervised work experience. Participants fulfill welfare requirements for community service while learning office skills such as copying, filing, mail distribution, faxing, and data entry. For more information, contact Mary Mello, Adult Education Coordinator at 617-357-6000, extension 7541 or email [mello@bostonabcd.org](mailto:mello@bostonabcd.org). Website: [www.bostonabcd.org/learningworks/english-employment.htm](http://www.bostonabcd.org/learningworks/english-employment.htm)

El Centro del Cardinal provides Latino adults 18 and over with intensive English classes, computer literacy, life skills workshops, career exploration and enhancement. The program hours are from 9:00 am to 1:00 pm, Monday through Thursday. For more information, call 617-542-9292 or visit [www.elcentrodelcardenal.org/](http://www.elcentrodelcardenal.org/).

**Metropolitan  
Boston Housing  
Partnership**

125 Lincoln Street, 5th Floor  
Boston, MA 02111  
617-859-0400

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## SAVE THE DATE

MBHP will host the second annual Back to School Resource Fair on Tuesday, August 22nd from 4:00 – 7:00 p.m. The event will feature free school supplies, free books, and resources from local organizations. To RSVP, please contact Elizabeth Guiney at 617-425-6767.

## Join MBHP's Tenant Advisory Committee

Are you receiving assistance from MBHP? Do you want to learn more about MBHP's other programming? Do you have suggestions for how MBHP can more effectively deliver services?

If so, please join our Tenant Advisory Committee (TAC)! TAC meets periodically to improve communication between tenants and MBHP staff and to advocate for positive changes in state and federal housing policies.

TAC held a meeting on May 4th. Nine tenants attended and talked about potential projects and goals for the coming months. Ideas included developing a tenant mentoring program, improving tenant/staff relations, helping with voter registration, setting up a tenant conference, and developing helpful resource materials for tenants.

### What's in it for you?

- Get involved in creating positive changes
- Learn more about MBHP and the work we do
- Meet other tenants, talk about your experiences, and work together to solve problems.

To join TAC, please contact Nancy Sullivan at 617-425-6701 or email [nancy.sullivan@mbhp.org](mailto:nancy.sullivan@mbhp.org).

## RECIPE

### Minestra Soup

This delicious soup is a nice light lunch with a slice of thick, crusty bread or a great first course for a summer supper.

½ cup olive oil  
1 large onion, chopped  
leaves from a bunch of celery  
and one stalk, chopped

3 sliced carrots  
3 potatoes peeled and diced  
4 plum tomatoes (fresh or canned with some juice), chopped  
1 can white beans with liquid  
1 10-oz package baby lima beans  
1 1lb-bag frozen peas  
1 1lb-bag frozen cut green beans  
1 green cabbage cut into thin strips

Heat oil on high, add onion and celery, then carrots, then diced potato. Cook 5-10 minutes until potato softens, then add tomatoes. After a few more minutes add white beans, lima beans, and enough water to cover everything (about 2 cans worth). Then add salt and cook for 20-30 minutes on medium heat. Add peas and green beans, bring back to a boil, then add cabbage. Put cover back on just until cabbage is wilted.

Pick up ingredients at your local farmer's market! To find a farmer's market near you, visit [www.mass.gov/agr/massgrown/farmers\\_markets.htm](http://www.mass.gov/agr/massgrown/farmers_markets.htm).