

## Local groups revive senior programming

BY MICHELE D. MANISCALCO

A handful of seniors gathered in the community room at 23 Wellington Street, an apartment building belonging to the non-profit Tenants Development Corporation, on a drizzly Tuesday for lunch and camaraderie, served with good humor by volunteer Heidy Viaruel. Free, weekday hot lunches were part of a suite of senior programs offered by United South End Settlements



Rich and Annie. Photo by Michele Maniscalco

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## BMC's Marcil Selected as a TED Fellow

Will take the stage at TED2018

SUBMITTED BY BMC

Pediatrician Lucy Marcil has been selected as a TED Fellow, joining a class of 20 change-makers from around the world who will deliver a talk on the TED stage this April in Vancouver. Marcil is the co-founder of Boston Medical Center's (BMC) StreetCred program, which provides free tax services to families who are eligible to receive the Earned Income Tax and Child Tax Credits – all completed while they are visiting the pediatrician's office.

Marcil has found her passion working with children and creating innovative solutions to help alleviate the adversity and stress of those living in poverty. During her residency at BMC, Marcil and StreetCred co-founder, Michael Hole, MD, MBA, recognized many of their patient families were eligible for the Earned Income Tax Credit (EITC), but they weren't receiving it because they



Lucy Marcil

were not filing taxes, were unaware of their eligibility or were losing money to for-profit tax preparation.

As clinicians, they understood the importance of addressing social determinants of health and created a first of its kind program to help pediatric patient families file their taxes while at BMC for an appointment. In 2016 they launched StreetCred, which identifies families in BMC's outpatient pediatric clinic and helps them file their taxes while they are there for an appointment by trained tax prep volunteers.

Research has shown children

whose families receive the Earned Income Tax Credit have improved infant health, perform better in school, and are on track to lead successful adult lives. StreetCred makes sure families get every dollar they are owed; in the past two years the program has expanded to four sites and returned \$1.6 million to 750 families.

"I am honored to be a part of this incredible group of innovators," said Marcil. "With the visibility of the TED Fellows program, I hope to

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Amy Corcoran

## #ClearCurbCuts

BY SUE O'CONNELL

South End resident Amy Corcoran Hunt headed out into the neighborhood five days after the January 4 blizzard dropped a foot of snow in Boston. Amy is in a wheelchair. Amy was only able to travel 2 blocks. Why? The curb cuts, the ramps cut into street curbs at a corner for wheelchair access, were impassable, filled with snow.

Amy posted on Facebook, "The South End has great curb cuts (installed by the city) except in

winter, when the (city) plows bury them under piles of snow. Made it two blocks."

WalkBoston, a non-profit membership organization dedicated to improving walking conditions in cities and towns across Massachusetts, made a video of Amy's trip. "What I did 5 days after the snow storm" can be seen at [www.mysouthend.com](http://www.mysouthend.com).

You can help by calling 311, Boston's constituent service center to report snow-filled curb cuts, or by shoveling.

## Martin Luther King Day Events and Celebrations

Martin Luther King Jr. Day Of Service 2018

<http://www.bostoncares.org>

Since 2006, Boston Cares has organized A Day ON, Not a Day OFF projects for MLK Day that have collectively engaged 6,250 individuals of all ages from Boston's neighborhoods and surrounding

communities.

On January 15, 2018, Boston Cares will organize 600 volunteers to support Boston families who are immigrants and refugees through the creation of ESOL (English for Speakers of Other Languages) learning tools for community organizations

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Online

## Senior

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(USES), including affordable home repair referrals, various exercise and fitness classes, art, singing and dance, and computer classes that were discontinued on June 30 under USES's Vision 125 strategic plan.

Viarrael, 60, was coordinator for USES's low-cost senior home repair services program and also worked with the senior lunch and wellness programs before being laid off one month short of her 25th work anniversary. She continues her work with TDC's senior lunch and fitness programs while looking for a new job. Boston commissioner of elderly affairs Emily Shea said in a written statement, "There are a couple of organizations stepping in to fill the gap in senior services in the South End. Our office was involved in scouting out new locations for lunch sites, and we are happy that Tenants' Development Corporation will be providing a new lunch site. For senior programming, we are partnering with the South End Community Health Center (SECHC). With these additions, we feel South End seniors will continue to be well-served in their community." Henry Coodrow, director of external relations for SECHC, reports that the center's Silver Wellness program will begin classes on December 14 and will offer strength training with fitness coaches, yoga, dance and periodic wellness workshops tailored to seniors.

The luncheon regulars bring a variety of backgrounds and interesting tales to the table. One woman who is still working at a library outside Boston started over a dozen years ago after a friend who lived in senior housing told her about the lunch in at the Harriet Tubman House, located at the former site of the famed Hi Hat nightclub in the days when the old South End was Boston's "jazz central".

She recalled roller-skating to the Hi Hat in her youth, listening to the bands rehearse in the summertime when the club left the back door open. "My mother and sister would laugh if I told them I had lunch at the old Hi Hat!" she chuckled. Annie, a retired portfolio accountant for a mutual fund who lives in Roxbury, moved away during the early South End gentrification. "I used to live in the South End, but when they started buying property and redoing it, I had to move. I like the South

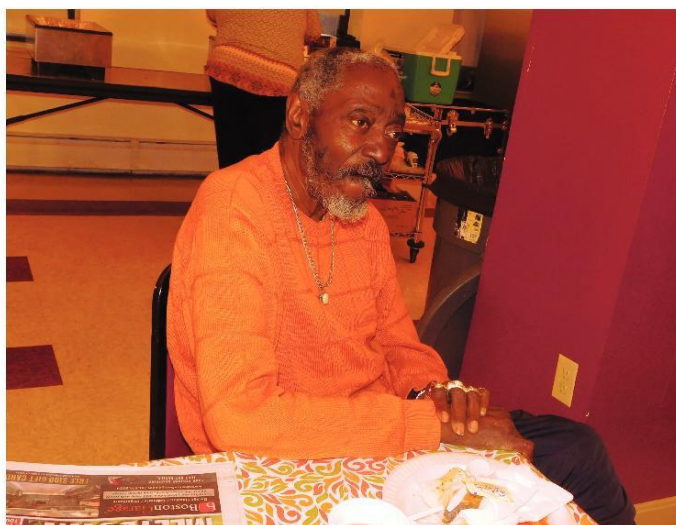
End, though." Annie, who cares for her mother, comes about twice a week when she can get away. "It's for the socialization. A lot of times I don't eat because I don't eat beef or pork. I just talk and socialize."

A gentleman named Rich who comes to the luncheon daily from Everett said, "We've lost some people, but we still get most of the same people." Rich values the structure that the daily luncheon provides in his schedule. "I needed a routine in my life. When I first retired, I found out I couldn't sit and read all the time; I got bored. I heard about the South End lunch from a luncheon I used to go to on Newbury Street and I liked it. I like the atmosphere here." A native of Concord, Rich also likes the slice of city life that his trip to the luncheon affords. "I grew up in the country, but I like the city. I like walking in the city." In the past, Annie participated in USES's tai chi, art and computer programs for seniors. Luther, whose career was in retail, brightened the dreary day with his vibrant orange sweater and gold rings on most of his fingers. As Luther talked about his life, the unnamed library worker interjected, "Luther won't tell you how he is our disc jockey, playing the great old music during lunch."

Transportation is a major concern for seniors, with location of services, proximity to transit and weather all contributing to their ability to participate in activities. The library worker, who wished not to be named, emphasized several times the importance of public transit access, especially to seniors. "It makes all the difference in lifestyle. Even if I am tired, I know I can get home safely. Public transportation is very important to older people," she observed, noting also the importance of accessible stops such as Mass. Ave. station, which has escalators.

Viarrael said that the TDC senior program is working on getting a shuttle to the location. Rich commutes from Everett to the luncheon on the T every day. "I leave my house at 10:00 AM, I take a walk when I get off at State Street station, and I come here."

"Orange Line, very important!" our library worker chimed in. Viarrael normally expects 10 to 15 people at the lunch, and attributed the low attendance on the day of the South End News's visit to the cold, damp weather. She also suggested that some USES senior participants may not be as comfortable with



(Top) Heidy Viarrael. (Bottom) Luther. Photos by Michele Maniscalco

the Wellington Street location because it is on a side street, not as close to buses and the T and the street is paved with uneven brick sidewalks rather than more even cement. Viarrael said, "Most seniors want to come to a place where

they are comfortable, where they can get all the information they need and where they are not going to be turned away. Here is a good place. It's very inviting. They like it and they don't want to see it go away."

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# MLK

Continued from page 1

and schools throughout the city of Boston. Volunteers will create English journals, conversation games, mobile lap desks, and vocabulary and citizenship flashcards for organizations for immigrant and refugee families learning English and preparing for the citizenship exam. Additionally, volunteers will join us in building beds for families who do not have a bed of their own.

Volunteers will select an activity station based on age and interest when they arrive at MLK Day. MLK Day is always kid-friendly and open to youth 5+. No orientation is required.

### Free Admission at Museum of Fine Art on MLK Day

The MLK Day Open House will offer free general admission and special programming to increase access to the Museum. The family-friendly program will include art-making activities for kids of all ages, performances, and special art tours and talks in the galleries.

Monday, January 15, 2018, all day  
Museum of Fine Arts, 465 Huntington Avenue, Boston, MA, 02115  
More info: Visit <http://www.mfa.org/news/martin-luther-king-jr-day-open-house>.

### Free Admission at Franklin Park Zoo and Stone Zoo on MLK Day

In honor of Martin Luther King Jr. Day, Franklin Park Zoo and Stone Zoo will offer free admission! Guests are invited to write messages of hope and peace on a mural located within the Tropical Forest Pavilion.

Monday, January 15, 2018, 10am-4pm  
Franklin Park Zoo, 1 Franklin Park Zoo Road, Boston, MA, 02121; and Stone Zoo, 149 Pond Street, Stoneham, MA, 02180  
More info: Visit <http://www.zoonewengland.org/engage/martin-luther-king-day-at-fpz> and <http://www.zoonewengland.org/engage/martin-luther-king-day-at-sz>

### Free Admission and Day of Service at Isabella Stewart Gardner Museum

Carry on the legacy of Dr. Martin Luther King, Jr.; join in community-building activities and performances with local luminaries committed to social justice and service.

Monday, January 15, 2018, first-come, first-serve starting at 11am  
Isabella Stewart Gardner Museum, 25 Evans Way, Boston, MA, 02115  
More Info: Visit <https://www.gardnermuseum.org/calendar/event/mlk-day-service-20180115>

### Day of Service and Celebration of Rev. Dr. Martin Luther King

What: Each year, the MLK Tribute

Concert celebrates Dr. King, the man, the minister, and the humanitarian. Young BYSO musicians' outstanding performances of classical music, spirituals and freedom songs are complemented by the words of Dr. King as spoken by three distinguished community leaders, and culminated by remarks by a keynote speaker.

When: Monday, January 15, 2018, at 10:30am  
Where: Metcalf Hall at Boston University, 775 Commonwealth Avenue, Boston, MA  
More info: Visit <http://maah.org/events.htm>

### 8th Annual Martin Luther King Jr. Interfaith Day of Service

Cooperative Metropolitan Ministries  
10am - 3:30pm  
Levin Ballroom & Usdan Student Center, Brandeis University  
415 South St., Waltham, MA 02453

### A Celebration of the Life and Legacy of Dr. Martin Luther King, Jr.

Project STEP  
Project STEP in collaboration with Madison Park Development Corporation's Community Action Department Present: A Celebration of the Life and Legacy of Dr. Martin Luther King, Jr.

An evening of music, reflection, and community. Reception to follow. FREE and open to all. Ticket is required.

Project STEP is a music education program dedicated to removing barriers for young classical musicians of color, providing them with intensive and comprehensive string instrument instruction. On this day, our students will share their music, followed by a discussion featuring students, parents, local musicians of color, and youth leaders from MPDC about MLK Jr.'s legacy and the impact his work still has on their lives today.

5pm  
Hibernian Hall | 184 Dudley St. Boston, MA

[www.projectstep.org](http://www.projectstep.org)  
Take My Hand: 15th Annual Martin Luther King Tribute Concert  
Boston Children's Chorus  
7:00pm  
Boston Symphony Hall  
301 Massachusetts Avenue

### "Breakfast for Dinner", Celebrating the Legacy of MLK Jr. with BYSN

Please join the Boston Youth Service Network (BYSN) in celebrating the legacy of Dr. Martin Luther King Jr. during the 2018 BYSN Open House! Keynote Speaker: Conan Harris, Director of My Brothers Keeper (MBK) Boston  
Light breakfast provided.  
Tuesday, January 16, 6:00pm  
Bruce C. Bolling Building

**MLK**

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43<sup>rd</sup> annual

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## Advice on Pets, Life, Love

BY MONICA COLLINS

Dear Dog Lady,

I am 76 and recently adopted a one-year-old dog from a shelter. I love the dog to pieces but recently she has been urinating in my bed. It doesn't happen every day but I have to break her of this habit. We went to visit my nephew and she did the same thing to his bed. I have a big yard and she plays with my son's dog. It's not as if she doesn't get out to do her business. I play ball with her in the yard and I walk her when my knees let me. What would cause her to do this and how can I solve this problem?

— Gladys

Dear Gladys

*Give your dog a bed of her own and ban her from yours. If she doesn't have an incontinence problem (a veterinarian's check will tell), your pet sends you the clear signal she owns your bed — and your nephew's. So keep her away from other people's beds. Her peeing on beds is more about dominance and ownership than about relieving herself, although there could be some of that going on especially if you don't walk her enough. Whenever your knees allow, take her for a real walk away from the yard. Ask your nephew to help out by walking her too. Your dog will thrive with enough exercise and healthy attention.*

Dear Dog Lady,

We have adopted a three-year-old beagle mix. He is well behaved, listens very well.

Our question: Can a beagle mix learn to walk on a lead without pulling? I walk every day, between two to four miles. I am not a slow walker. We would appreciate any advice/help you can give us.

— Betty

Dear Betty,

*Don't take "no" for an answer. If your dog pulls, you must retrain your dog to walk with you.*

*This can be accomplished with the help of a halter leash, training treats and the command to "watch me" instead of allowing your pet to drag you wily-nilly.*

*As a daily walker, you are in the ideal situation to take your boogie-woogie beagle boy out everyday. Your dog could become an eager exercise companion. However, you must be vigilant about training him to follow your lead.*

Dear Dog Lady,

I have a two-year-old GSD (German shepherd) since he was 11 weeks. I struggle to understand his behavior because he is scared out of his mind about cars, bikes, people, balloons, boxes, and all objects in motion. He is especially afraid of people and even shakes. He was a normal puppy when I got him from the breeder.

He is also a severe chewer, and although he is now two years old, he chews up everything (the house, shoes, rugs, cables, and most recently my entire couch, which I had to trash). I hated to do it, but I finally got him a crate. He gets plenty of attention throughout the day even when I'm at class or work for eight hours a day because my roommates care for him in my absence. When I exercised him even more, he became worse in his chewing and hyper-active behavior.

— Megan

Dear Megan,

*Your GSD is still an adolescent and needs care and attention and socializing. Walk him frequently so he becomes accustomed to the noises and surprises in the world. When he is calm, reward him with high-value treats (freeze-dried liver or boiled chicken). Don't expect your roommates to provide your dog the same quality of care or consideration. In all her years, Dog Lady has never heard of a well-exercised dog that chews more and becomes hyperactive. A crate will help if the crate is used well and not as punishment. You have a big dog requiring a big part of your life. Make room for the responsibility.*

Askdoglady.com; write askdoglady@gmail.com.

## South Ender Beth Goldstein elevated to partner

SUBMITTED BY SHERIN AND LODGEN LLP

Boston law firm Sherin and Lodgen LLP announces that Beth A. Goldstein an attorney in the firm's Real Estate Department, was elevated to partner, effective January 1, 2018.

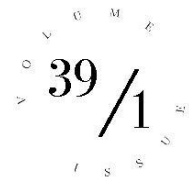
Beth represents buyers, sellers, developers, and lenders in the sale, acquisition, financing, development, and leasing of commercial real estate throughout the country. She has experience representing clients engaged in complex financing transactions including construction and permanent financing of solar facilities, New Markets Tax Credit financing, other community development lending and hotel development. Additionally, Beth's national leasing practice includes landlord and tenant representation in the leasing of industrial, retail, restaurant, and office space.

In 2017, Beth graduated with the inaugural class of the NAIOP Massachusetts Leadership Institute, an eight-month program designed to develop the practical knowledge and leadership skills of commercial real estate professionals. Beth was also named a 2017 Massachusetts Rising Star by New England Super Lawyers, which aims to recognize the most impressive up-and-coming young lawyers in Massachusetts. Beth currently serves as Co-Chair of the Leasing Committee of the Boston Bar Association and she is a Co-Captain of the



Beth A. Goldstein

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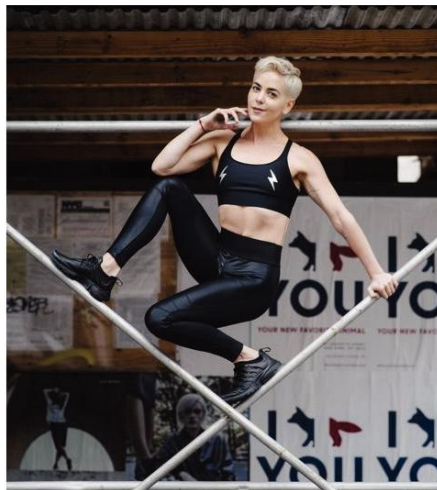
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# Rowing, rebounders, boxing among 2018's top fitness trends

FORT LAUDERDALE, Fla. (AP) — If you skipped most of your workouts to be more “present” during the holiday festivities and aren’t looking forward to getting back on the treadmill, we feel you. We rounded some of the workouts that have fitness fans talking to keep you motivated. Do them at home, in the studio, on a trampoline or a lake (gasp) — whatever it takes to get moving.

## IF YOU LOVE WORKING OUT AT HOME

There are tons of amazing streaming options out there and the new offering from former SLT star Bethany C. Meyers is worth checking out. *be.come* is a music driven mash-up of low-impact yoga, Pilates and strength training. Best of all, it doesn’t require any equipment and the body positive message and focus on becoming the best, strongest you is super motivating. Also worth a look: Anna Kaiser’s streaming service AKT On Demand which offers 55 videos ranging from 10 to 90 minutes and includes everything from her popular dance cardio to signature strength-training moves that have made her popular among celeb clients Kelly Ripa and Shakira.



This Oct. 26, 2017 photo shows Bethany C. Meyers in New York City, where she uses the urban landscape for workouts. There are tons of amazing streaming workout options out there and Meyers has a new streaming workout called *be.come*, which is a music driven mash-up of low impact yoga, pilates and strength training. (Victoria Matthews/Bethany C. Meyers via AP)

## IF YOU HATE THE TREADMILL AND ELLIPTICAL

Stop overlooking one of the most forgotten pieces of gym equipment. 2018 is all about rowing workouts and boutique studios are popping up everywhere. Don’t worry, it’s not like spinning where you’re on the rower for a boring 45 minutes. Many of the classes mix up rowing intervals with strength and ab conditioning for a high-intensity, low-interval punch like cardio and core class.

## IF YOU LIKE BOXING

Supermodel Gigi Hadid is always gushing about her boxing workouts at Gotham Gym in New York. Enough said. Boxing workouts have followed the ebb and flow of most fitness fads and are having a big moment now with studios for everyone. Your local YMCA or fitness club is offering a few sparring classes too.

## IF YOU DREAD CARDIO

It’s easy to see why trampoline or rebounder workouts are all the rage. It’s low impact and gentle on your joints but

offers the heart pumping cardio benefits of a hard run. It’s great for improving balance and most importantly, it’s fun! Mini trampolines are relatively inexpensive (you can buy one from celeb trainer Tracy Anderson for \$70) and there are tons of online workouts to get you started. Anderson’s 50 minute workout (available online or on DVD) is half muscular structure followed by 25 minutes of dance cardio performed on the rebounder.

## IF YOU LIKE YOGA

As the fitness scene has focused more on upping the intensity ante, there’s been a counter movement that’s all about active rest and recovery. Beyond just sitting on the couch watching Netflix, these classes are focused on yin yoga, gentle stretching, dim lights, self-massage, foam rolling and aromatherapy. Namaste.

## Marcil

*Continued from page 1*

replicate this model of bringing free, accessible tax preparation to the doctor’s office across the country and put more money in the pockets of those who need it most.”

Founded in 2009, the TED Fellows program has 453 Fellows from 96 countries, whose talks have collectively been viewed more than 178 million times. In its nine-year history, the TED Fellows program has created a powerful, far-reaching network — made up of scientists, doctors, activists, artists, entrepreneurs, inventors, journalists and beyond — leading to

many meaningful and unexpected collaborations. A full list of the new TED Fellows and Senior Fellows is available at [ted.com/fellows](http://ted.com/fellows).

“We are proud that our 2018 Fellows comprise a truly global, cross-disciplinary group of individuals, each of whom has already had extraordinary impact in their fields. They are boldly using technology, the arts, science, advocacy and beyond to address some of the most pressing topics of our day — including campus sexual assault, refugee health, a free and independent press, and climate change,” said TED Fellows Deputy Director Shoham Arad.

## Partner

*Continued from page 4*

firm’s Walk to the Hill for Civil Legal Aid efforts

Commenting on Beth’s elevation, Sherin and Lodgen Managing Partner Douglas M. Henry said, “Beth’s extensive legal experience is a great asset to our firm and our community.

We applaud her for all of her energy, hard work and dedication. Her elevation to partnership will further strengthen the firm and help to continue to grow our knowledgeable, practical and deep Real Estate Practice.”

Beth received her B.A. from Georgetown University and J.D. from Boston University School of Law. During law school, she completed a voluntary pro bono pledge, signifying 40+ hours of pro bono legal work.

## Williams, Frank M., Sr.

of Boston, December 29, 2017. Husband of the late Vivian C. Williams. Beloved father of Barbara Payne of Toronto, Jennifer Nichols-Dell of Chicago, IL, Frank G. Williams, Jr. of Roxbury and the late Hamilton O’Neal Williams. Step-father of Cecil Brown. Dear grandfather of Frank G. Williams, III, Alicia M. Williams and Kyril J. Williams. He leaves extended family and a host of friends. Funeral service was held Monday, January 8, 2018 at 11 AM Davis Funeral Home, 89 Walnut Ave, Roxbury. Visiting with the family at 10 AM. Burial St. Michael Cemetery, Roslindale.



To post a sympathy message visit [www.DavisofBoston.com](http://www.DavisofBoston.com).

<b>ORDER FOR SERVICE BY PUBLICATION &amp; MAILING</b>	Commonwealth of Massachusetts The Trial Court Probate and Family Court
<b>Amelevi Hounkpoti vs. Bitema Wonbedeba</b>	Docket No. SU17D1653DR
Upon motion of plaintiff for an order directing the defendant to appear, plead, or answer, in accordance with Mass.R.Civ.P./Mass.R.Dom. Rel.P.Rule 4, it appearing to the court that this is an action for <b>Divorce 1B</b>	<b>Suffolk Probate and Family Court</b> 24 New Chardon Street PO Box 9667 Boston, MA 02114 (617) 788-8300
Pursuant to Supplemental Probate Court Rule 411, an Automatic Restraining Order has been entered against the above named parties. Defendant(s) cannot be found within the Commonwealth and defendant(s) present whereabouts are unknown. Personal service on defendant is therefore not practicable, and defendant(s) has, have not voluntarily appeared in this action.	
It is <b>Ordered</b> that the defendant(s) is/are directed to appear, plead, answer, or otherwise move with respect to the complaint/petition herein on or before the return day of <b>January 25, 2018</b> .	
If you fail to do so the Court will proceed to a hearing and adjudication of this matter.	
Date: August 15, 2017	<i>Abbe L. Ross, Register of Probate</i>

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## EDGE MEDIA NETWORK

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## Public Workshop

### PLAN: DUDLEY SQUARE RFP REVIEW OPEN HOUSE

**MONDAY, JANUARY 22**  
5:30 PM - 8:00 PM

**980 HARRISON AVE**  
*Boston Water and Sewer,  
2nd Floor Training Room  
Roxbury, MA 02119*

**PROJECT DESCRIPTION:**

The January PLAN: Dudley Square workshop will begin the conclusion of the public process leading up to the release of Request for Proposals (RFPs) for the city owned parcels. Draft language and guidelines for parcels will be available for comment. As with all previous workshops, feedback provided will be reviewed and taken into consideration for incorporation into final documents. Throughout the evening there will be opportunity for attendees to engage in productive dialogue with City/BPDA team members and each other on elements of the material being shared as part of the workshop.

PLAN: Dudley Square is an initiative to think strategically about the types of uses and the scale of development best suited for the future of Dudley Square and Roxbury. The goals of this study are to provide an inclusive community engagement process, create an updated vision with the community, and establish an implementation plan that will lead to the issuance of RFPs for publicly-owned parcels in Dudley Square.

We look forward to having you join us at the workshop.

For more information please visit: <http://bit.ly/PlanDudley>

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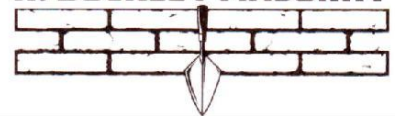
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