

# Bowdoin Manor News

April 3, 2012

Spring Issue

## New and Improved Community Room: A New Social Space in Bowdoin

*New Room Offers Residents More Opportunities to Socialize in Building.*

The Community Room in Bowdoin Manor is new, improved and open for use! After construction the community room was moved to the room right next to Patrick's office. Since the community room has moved it is now equipped with a fridge, coffee maker, books and magazines, art supplies and cable TV. Pamela has even installed curtains and a carpet to give the room a more homey feeling.

The community room is a room for residents to spend time with each other, watching TV or playing board games. **Every Friday from 10:30am to 1:30pm, Eliza, our intern, hosts coffee hour for residents.** Tenants can drop in during this time to chat with each other and Eliza, watch TV, and enjoy the coffee and donuts served every week (Eliza makes great coffee!). Social events at Bowdoin Manor are held in the community room or just outside such as the holiday party that was held in December. Weekly movies will be shown in the room! **In addition this Friday, the Resident Advisory Board (RAB) meeting will be held at 1pm where tenants can voice any complaints or concerns. There will also be a nutrition workshop and a yummy meal served after the RAB. Staff is open to other suggestions for social events to be held in the new room and encourage tenants to make suggestions.**

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## Pest Control and Extermination Issues

*Keeping Bowdoin Safe and Pest Free*

Now that the weather is getting warmer it is important to take precautions to prevent pests from taking up residence in Bowdoin Manor with all the wonderful tenants. Extermination for all buildings occurs on the third Thursday of every month and is available for any tenant in need of pest control services.



*Bed bugs and cockroaches (pictured above) are two common pests*

If you think that you have a pest issue in your unit, please notify Theresa as soon as possible. It is important to promptly notify staff of a potential infestation so that the situation can be quickly assessed and controlled. **Open meetings are currently being set up that will provide tenants with information on pests, and how to prevent them.** There is a lot of conflicting information on rats and bugs, and it is important to learn ways to deal with a serious problem that can be common in SRO housing. Some tips to help prevent and manage infestations are:

- **Do not bring found items into the building from off the street.** Bed bugs and other critters live in wood and cloth and could potentially be living in household items left on the curb.
- **Deposit trash in barrels in the lobby of the buildings when ready to dispose of it.** Leaving any trash in the hallway could attract rats or bugs.
- **Please store food properly in units** and alert maintenance to any messes in the building that could attract pests.

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## Extermination and Pests contd.

- **If you notice any problems or are just not sure, contact Theresa or another staff member on call as soon as possible.**
- If you have bed bugs in your clothes or linens, dry items first on high heat, then wash normally and dry again. The heat of the dryer kills the bugs so it is important to dry on high heat first.

We appreciate everyone's assistance in keeping the building pest free. If you have any questions or concerns feel free to inquire with Theresa or any staff member.

## Resident Advisory Board Meeting

Friday, April 6<sup>th</sup> at 1:00pm  
Community Room



All tenants are invited to attend a Resident Advisory Board Meeting this Friday in the community room, next door to Patrick's office.

These meetings are designed for tenants to voice concerns and make suggestions on how to improve life at Bowdoin. There will also be a fun lesson on nutrition from Eliza!

**Food will be served!**

## Springtime Riddles!

- 💡 If April showers bring May flowers, what do May Flowers Bring?
  - Pilgrims!
- 💡 Can February March?
  - No, but April May!
- 💡 What did the big flower say to the baby flower?
  - "Wow, you're really growing, bud!"

## Community Room cont'd.



*Coffee Hour is just one event held in the community room. Ask staff about other events coming up!*

Although it has been open for a few months, it seems as though few tenants taken advantage of the community room so far. All residents are encouraged to stop by coffee hour every Friday and to other events held in the room. The room is open for general use during the week and tenants may use the room to watch television, read, or chat when the room is not in use. If you would like to use the room during the week, you can ask Patrick or another staff member to open it for you.

When using the room, we request that everyone be respectful of each other and the space. It is a shared space and it's important to try to make sure everyone feels welcome. Almost everyone has done a great job keeping the room neat and clean and staff really appreciates the effort and asks everyone to keep up the good work in maintaining the community room. If you have any questions or are curious about other scheduled events in the building, please feel free to speak with Patrick.

## Laundry Room Up and Running

*After a long wait, on site laundry service is available again at Bowdoin Manor.*

The laundry room has been up and running for the past few months and has been successfully received by tenants in Bowdoin Manor. The laundry machines became available for use in early January and so far the new laundry room seems to be running very smoothly. **The high efficiency washers and dryers used in the Bowdoin laundry room use less energy, soap and water to wash clothes, which can translate into cost savings for residents.**

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## Laundry Room Contd.



The biggest benefit to come with the opening of the laundry room was the convenience of having on site laundry facilities once again. Before the laundry room was reopened, tenants had to take clothes to a local laundromat, which meant less convenience and higher cost. Many residents are relieved at the return of the laundry facilities especially with newer and better machines. So far the laundry room has remained in great shape and has benefited many residents in Bowdoin. There are a few helpful tips that can help make everyone's trip to the laundry room easier:

- ⤴ **The laundry room is open from 9am to 10pm everyday for use**
- ⤴ Both the washers and dryers only take quarters. A wash cycle costs one dollar and a quarter buys twelve minutes of dryer time. **If you need quarters, Teresa has a coin machine in her office** which takes one and five dollar bills.
- ⤴ **Tenants may use a maximum of two machines at a time.** This is important so that more residents may do their laundry at once.
- ⤴ The washing machines are high efficiency which means they require high efficiency detergent. **If you do not have high efficiency detergent pour a half of the amount of regular detergent recommended for the load.**
- ⤴ Please try to note the time at which your loads will be done so clothes do not sit in the machines.

The staff really appreciates all the effort everyone has been making to keep the laundry room clean and running efficiently. Keep up the good work in maintaining the laundry room and feel free to approach staff with any questions or concerns.

## Thank You!

Bowdoin Manor Staff would like give a special thank you to all tenants for making such a big effort for keeping the building safe, clean, and running smoothly!

Everyone has been very patient during construction over the past year and has put in effort to maintain all the new improvements such as the bathrooms and laundry room.

## Supportive Housing Corner



### Theresa Perry's Reminders

Happy Spring Bowdoin Manor! Theresa has a few helpful reminders for everyone in the building useful for the warmer months or any time of year. If you have any questions regarding these announcements feel free to speak with her or another staff person.

#### ▪ **Loitering Outside Building**

Now that the weather is becoming nicer, everyone will be spending more time outside enjoying the sunshine and spring weather. We would like to remind everyone that tenants may not hang out directly in front of the building. People in general have been doing a good job moving directly from the front of the building and those that have been loitering have been respectful and courteous.

**However, it is extremely important that tenants do not stand outside the buildings on the sidewalk.** The Boston Police Department patrols the area and it is best for the security of all tenants that people do not spend time directly outside of the building. If tenants wish to spend time outside close to home, they may walk to The Commons or even down the street a few hundred yards. Unfortunately if residents are found loitering outside of the building staff must issue a written warning. We apologize for the inconvenience

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### ▪ **Annual Recertification**

Every year after moving in, tenant must recertify with Theresa to remain in the building. **If you receive a letter from Theresa regarding your recertification, please make an appointment with her as soon as possible.** We are legally required to recertify all tenants each year after they move in. The process includes filling out paperwork and obtaining certain documentation. All the needed information is provided in the letter, and you do not need to see Theresa for recertification unless you have received a letter. Thank You!

### ▪ **Staff on Call.**

There is a staff person available at Bowdoin Manor at all times to help residents and address potential problems. **If you have an issue regarding your unit, with another tenant, or notice any problem with in the building please call the office phone: (617) 742-4354.** There is always someone available to take your call: the night staff keeps the phone on even if they are not in the office. Please do not hesitate to call with a problem at any time!

### ▪ **Pests**

**Extermination occurs on the third Thursday of every month** and any tenant who suspects a pest problem may have their room inspected and receive extermination services if there is a problem. We strongly encourage tenants to alert staff immediately if they suspect a pest problem in their room. The sooner we are aware of the problem, the sooner it can be fix it.

## Fun Free Things to do in Boston This Spring!



Now that spring has arrived the possibilities for entertainment in the city are endless. Many fun and free activities are happening around the city this season and the warm weather means that the parks will be buzzing with activity once again. Here are some fun ideas for entertainment in the city that don't cost a dime!

- **Boston Public Art Walks:** There are numerous works of art around Boston; not just in

museums, but outside for free as well. The Boston Art Commission has created walking tours of public art around the city with maps of works in different neighborhoods. In Beacon Hill alone there are over fifty public art works! To check out the tours go to

<http://www.publicartboston.com/content/public-art-walk>.

- **Street Performances at Faneuil Hall:**

Experience a festival every day! Faneuil Hall Marketplace features jugglers, clowns, magicians, mimes and musicians. Saturday April 21, from 11:00am-4:00pm watch performers audition for the Faneuil Hall performer program.



*At Faneuil Hall enjoy free entertainment and free food!*

- **Tour the USS. Constitution:** This historical ship saw action in the War of 1812 changing the nature of the American Navy. It now resides in the Charlestown Navy Yard and you can tour Old Ironsides for a free dose of history! Tours are held every thirty minutes daily.
- **Watch a Concert at the Hatch Shell:** The Hatch Shell on the Charles River Esplanade features different free events throughout the late spring and summer, including concerts, fireworks, and movies. Events this season have not been posted yet, but should be available in the near future.
- **Explore the Parks:** Spend time out on the Commons this spring or check out some of Boston's other parks. You can have a picnic in the park, bring a book, people watch or just relax and enjoy the sunshine and lush surroundings.
- **Patriot's Day Parade:** The Patriot's day parade will be held on Monday, April 16 starting at City Hall at 1:00pm. There will be floats and music. The Boston Marathon will also be taking place this day finishing in Copley Square.
- **Eat At Quincy Market:** Wait, Quincy market isn't free! This is usually true, but every Wednesday the market's wide variety of foods is celebrated with weekly international food festivals. Certain vendors give out free samples of their delicious fare. Look for stalls with a sign that says "A Taste of Quincy Market."

