



THURSDAY, JANUARY 25, 2024

THE BOSTON SUN

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SERVING BACK BAY - SOUTH END - FENWAY - KENMORE

Details of project proposed for Star Market site recapped at virtual meeting

By Dan Murphy

The Boston Planning & Development Agency

opment Agency held a joint-Impact Advisory Group (IAG) and public meeting virtually on

Wednesday, Jan. 17, to recap details of the proposed redevelopment of the Star Market site in

the Fenway.

Boston-based commercial real-estate developer Samuels & Associates intends to redevelop just under 2.4 acre, L-shaped acre site at 1380-1420 Boylston St., which is currently occupied by a single-story Star grocery store, a decommissioned gas station, and surface parking lots, into to a mixed-use building comprising four interconnected sections.

The approximately 553,000 gross square foot project will include approximately 498,000 square feet of office/research and development space; approximately 17,000 square feet of retail/restaurant/service and accessory uses and facilities on the ground floor; approximately 33,000 square feet of enclosed

loading and back-of-house space; and 409 underground parking-spaces on three levels to support the building's programming.

The project's promised \$55 million in community benefits includes a \$12 million contribution to build a 5,000 square-foot, free-standing civic building on the project site, which would likely be programmed as a new Fenway neighborhood branch of the Boston Public Library in response to the wishes of the community, said Peter Sougarides, a Samuels & Associates principal.

Fenway CAC (Citizens Advisory Committee) member Ryan

(STAR MARKET Pg. 4)



COURTESY OF THE BOSTON PLANNING & DEVELOPMENT AGENCY

A rendering of the mixed-use project proposed for the Star Market site at 1400 Boylston St. in the Fenway.

BPDA board unanimously approves permanent Northeastern student housing at Sheraton's South Tower

By Dan Murphy

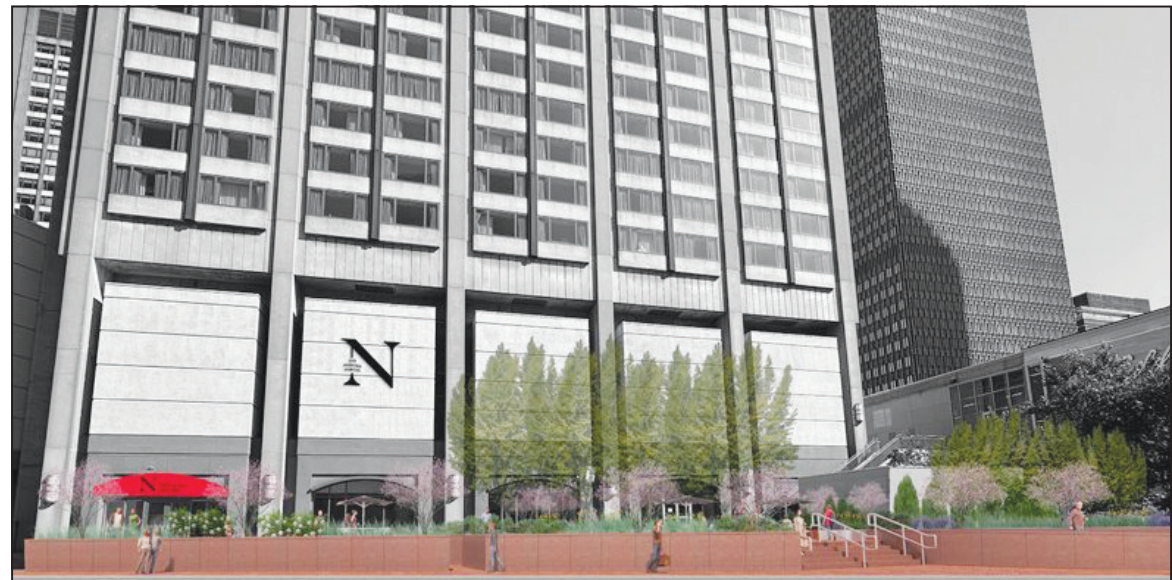
During its Jan. 18 virtual hearing, the Boston Planning & Development Agency board unanimously approved an application that will enable Northeastern University to convert one of the two towers comprising the Sheraton Boston Hotel in the Back Bay from temporary into permanent student housing.

Hawkins Way Capital, a Beverly Hill, Calif.-based private equity firm, together with Värde Partners, an international investment firm, reportedly purchased the hotel at 39 Dalton St. for \$233 million from Host Hotels & Resorts in February of 2022. Its North Tower will continue to operate as a hotel while the South Tower, which has served as temporary dorm space for Northeastern under-

graduates since the summer/fall of 2020, will become permanent student-housing for the university, with 426 sleeping rooms for approximately 856 undergraduate students.

The project includes plans to repurpose the existing hotel's ground-floor retail area (an approximately 6,000-square foot hair/nail salon accessible to both hotel guests and non-guests) and third-floor hotel area to create approximately 18,000 square feet of dedicated student amenities, including uses like a student lounge, café/dining, quiet study area, laundry room, and/or fitness center, according to the BPDA. The project also proposes creating a new main entry to the South Tower for students.

Promised project mitigation will include a \$117,000 contribution to the Boston Transport-



COURTESY OF THE BOSTON PLANNING & DEVELOPMENT AGENCY

A rendering of the entrance to the South Tower of the Sheraton Boston Hotel in the Back Bay, which will go from temporary to permanent dormitory space for Northeastern University.

tation Department in support of the city's bikeshare system, as well as a \$256,000 contribution

for off-site safety and accessibility improvements to Belvidere and Dalton streets.

The site's Planned Development Area (PDA), which is

(NORTHEASTERN DORMS Pg. 2)

EDITORIAL

HOW ARE THOSE NEW YEAR'S RESOLUTIONS GOING?

All of us, consciously or subconsciously, make some sort of New Year's resolution in the hope of improving our lives and those of our loved ones.

Without a doubt, the most common New Year's resolution is weight loss, which is not surprising, considering that 72 percent of all Americans -- an astounding number -- are either overweight or obese. Excess weight has been linked to just about every disease imaginable --- cancer, diabetes, and heart disease being among the most prominent. During the height of the COVID-19 pandemic, excess weight greatly increased the risk of death or serious complications from COVID-19 across all age groups.

We strongly condemn discrimination of any form against those who are overweight. Maintaining a healthy body weight is difficult for just about everyone (almost three-quarters of us, apparently) in our hurry-hurry world where the convenience of fast-food makes it all-too-easy to indulge in an unhealthy diet on a regular basis.

In addition, we are deluged with advertisements from the fast-food industry, who give us those full-screen shots of triple-bacon-cheeseburgers-with-fries-and a soft drink -- a truly deadly combination that hits all of the "bad food" buttons for high calories, saturated fat, salt, and added sugar.

It is not a coincidence that the average American male today weighs 30 pounds more than the average American male did in 1960 and the average American female today weighs the same as that male in 1960 (and no, it's not because we're all taller than our grandparents) when you consider that in 1960, there were 248 locations of a certain fast-food franchise across America, but today there are 13,340 of them. (And that's just one fast-food company!)

However, we do not subscribe to the belief that being overweight is the result of a "disease" that somehow uniquely affects Americans, regardless of race, ethnicity, or gender, compared to the rest of the world. (We rank as the most-overweight people among every industrialized nation.) To be sure, there are some individuals who genetically are pre-disposed to having an unhealthy body weight. But wherever American-style food is imported into countries across the globe, health issues that previously did not exist in those countries become epidemic.

There is no question that bad food can be addicting, whether it's those triple-cheeseburgers, infinite varieties of snack foods, etc., etc., etc. in a society where bad food is cheap, available everywhere, and pushed on us by Madison Avenue -- and where we associate overeating as a form of reward.

Our present overweight society increasingly makes the 2008 Disney sci-fi movie "Wall-E," in which the humans of the future are grossly overweight, look prescient -- except that the distant future already is here. The Johns Hopkins Bloomberg School of Public Health recently estimated that, based upon current trends, by 2030 86 percent of Americans will range from overweight to obese.

With the odds stacked against us to make our weight-loss New Year's resolutions stick -- which is why so few of us are successful -- it would appear that our only hope is for those new weight loss drugs to become readily-available and covered by insurance for all Americans. Societal weight-loss would be the best thing we could do to improve our collective health, both physically and emotionally. The drugs may be expensive, but if that's what it will take for Americans to shed our excess pounds, the upfront costs of those drugs will save us billions of dollars in health-care costs down the road.

Coastal storm team assesses recent storm damage

Special to the Sun

The Massachusetts Rapid Response Coastal Storm Damage Assessment Team (Storm Team) was activated for the January 10 and 13 storms. The Storm Team is a network of 58 state, federal, and local agency personnel—led by the Office of Coastal Zone Management (CZM) within the Executive Office of Energy and Environmental Affairs (EEA)—that covers the Massachusetts coast during and after storms to collect and relay information on storm damage. For the January 10 storm, the team documented widespread coastal erosion and flooding of low-lying areas within all regions, along with road and building damage in Edgartown, Falmouth, Salisbury, and Westport. For January 13, the team also found widespread erosion and flooding, with moderate coastal flooding extending further inland along the South Shore, Boston, and North Shore, along with structural damage.

"Thank you to the Storm Team members who went out in these recent storms to proactively check out the impacts to our coast," said EEA Secretary Rebecca Tepper. "These reports are invaluable for assessing damage in real-time and for evaluating the long-term impacts of climate change and sea level rise on our shoreline."

"CZM has been leading the Storm Team for more than 30 years, working with partners on the ground to quickly and safe-

ly determine the impacts from coastal storms," said CZM Director Lisa Berry Engler. "This information not only helps with emergency response and weather forecasting efforts but also allows us to better understand how to improve coastal resilience and prepare for future storms."

When a storm approaches, CZM closely follows National Weather Service (NWS) forecasts and activates team members in areas where significant coastal flooding and erosion impacts are expected to document damages as quickly as possible. Working directly with the Massachusetts Emergency Management Agency (MEMA), the information can be used to inform emergency management decisions at the

local, state, and federal levels during the storm. CZM also serves an emergency support function role within the State Emergency Operations Center at MEMA headquarters in the event it is activated in response to a storm involving potential coastal impacts. Storm Team reports may be used following a storm during the damage assessment process, which can help determine the state's potential eligibility for federal disaster assistance, and MassDEP uses this information to determine if emergency regulations are needed for storm recovery. Storm Team reports also have important long-term value, allowing

(STORM DAMAGE Pg. 4)



During the recent storms, floodwaters came up to street level from the Harbor. Shown above, Long Wharf roads and sidewalks are submerged.

NORTHEASTERN DORMS (from pg. 1)

defined by the BPDA as "an overlay zoning district that establishes special zoning controls for large or complex projects," will be amended for the project as the developer is seeking a 10-year term for the use of the South Tower as a Northeastern dorm, with the option to renew the contract for another 10-year term at the BPDA's discretion, said Quinn Valcich, BPDA project manager.

The proposal garnered sup-

port from City Councilors Sharon Durkan, Ed Flynn, and Erin Murphy, said Valcich, and former City Councilor Michael Flaherty also sent a letter of support for the project before he left office. The Neighborhood Association of the Back Bay submitted a letter of non-opposition to the BPDA regarding the proposal, too.

During public testimony, Joan Carragher, president of the St. Botolph Neighborhood Associ-

ation board, voiced her strong support for the project, calling Northeastern a "fantastic neighbor." She also applauded the repurposing of the building as a "win-win for us all."

Likewise, Lee Steele, a member of the city's Impact Advisory Group (IAG) for the project and a member of the St. Botolph Neighborhood Association, echoed Carragher's enthusiasm for what he called "an absolutely terrific project."

NEWS IN BRIEF

FENWAY/ KENMORE HEALTHY NEIGHBORHOOD INITIATIVE'S RESOURCE FAIR COMING JAN. 27 TO THE YMCA

The Fenway/Kenmore Healthy Neighborhood Initiative presents its Resource Fair – an afternoon of sharing health and wellness, community, food resources, and more – on Saturday, Jan. 27, from noon to 3 p.m. at the YMCA, located at 316 Huntington Ave.

Learn more about the Fenway Cares initiative at this event, which will also feature snacks and drinks, as well as raffle prizes.

SOWA ARTISTS GUILD TO HOLD FINAL SOWA SUNDAY IN JANUARY

SoWa Artists Guild will hold its SoWa Sunday on Jan. 28 from 11 a.m. to 4 p.m. at 450 Harrison Ave.

Visit <http://sowaartists.com>, <http://facebook.com/SoWaArtistsGuild>, or <https://www.instagram.com/sowaartistsguild/> for more information.

FREE SKATING WITH FRIENDS RETURNS JAN. 28 TO THE COMMON'S FROG POND

Skating with Friends, sponsored by the Friends of the Public Garden, returns on Sunday, Jan. 28, to the Frog Pond in the Boston Common. This free event includes free skate rentals and hot cocoa. Skating sessions begin at 10 a.m.; noon; and 2, 4, and 6 p.m., with space limited to 225 skaters per 90-minute session. Friends and neighbors are encouraged to arrive 30 minutes prior to each session to secure their free tickets.

SECOND BACK STREET NEIGHBORHOOD PROJECT MEETING TO BE HELD VIRTUALLY ON FEB. 1

The Esplanade Association will hold its second Back Street Neighborhood Project Meeting to discuss ongoing safety projects at Esplanade entrances on Back

Street. The meeting will take place via Zoom on Thursday, Feb. 1, at 6 p.m.

During this gathering, EA representatives will review progress made to-date, hear neighborhood feedback, and discuss proposed plans for additional safety improvements. Your presence and insights will greatly contribute to the success of the meeting, and the project.

Register for the meeting via zoom at <https://bit.ly/BackSt-Meeting>.

To learn more about the project, visit esplanade.org/crosswalks; and to learn about other pathway safety initiatives, visit esplanade.org/pathways.

SOWA ARTISTS GUILD TO HOLD FEBRUARY EVENTS

SoWa Artists Guild will hold its SoWa First Friday on Feb. 2 from 5 to 9 p.m., as well as its SoWa Sundays on Feb. 4, 11, 18, and 25 from 11 a.m. to 4 p.m.

All events will be held at 450 Harrison Ave.

Visit <http://sowaartists.com>, <http://facebook.com/SoWaArtistsGuild>, or <https://www.instagram.com/sowaartistsguild/> for more information.

SECOND VIRTUAL MEETING ON PLANS FOR SOUTH END BRANCH LIBRARY SET FOR MONDAY, FEB. 12

The second community meeting to discuss plans for the South End Branch Library will take place virtually on

Monday, Feb 12, from 6:30 to 8 p.m.

The meeting will be jointly hosted by Mayor Michelle Wu; City Chief of Operations, Don Irish; President of the BPL, David Leonard; and Public Facili-

ties Department Director, Kerrie Griffin. Project architects from Utile Inc will also be present.

This virtual Zoom meeting can be accessed online at <https://bit.ly/bplsouthend>.

BOSTON PARKS & RECREATION YOUTH FLAG FOOTBALL LEAGUE KICKS OFF 2024 SEASON

The Boston Parks & Recreation Department has launched the 2024 Youth Flag Football League, a co-ed program that runs from January 27 to March 2 in the Carter Playground Bubble, located at 709 Columbus Avenue in the South End. The league offers an inclusive environment with divisions for 6U, 8U, 10U, and 12U categories and is suitable for young athletes of all skill levels: those new to the game of football and those looking to enhance their football skills.

Days and Times: Saturdays, 8:00 a.m. - 12:00 p.m.

Game Schedule: January 27 - February 24

Playoffs: Saturday, March 2

Early registration is recommended as spots are limited. To register for Flag Football, visit boston.gov/sports. For more information on the program, contact woodley.auguste@boston.gov or call (617) 961-3084.

Sign up for our email list at bit.ly/Get-Parks-Emails and follow us on social media @boston-parksdept to stay up-to-date with Boston Parks and Recreation Department news and events.

TIPS TO PREVENT FROZEN PIPES AS SUSTAINED COLD SPELL SETS IN

With the recent cold weather, and more to come, Boston Water and Sewer Commission (BWSC) is reminding people

that there are proactive steps they can take to prevent interior pipes from freezing.

- Check for open windows, air vents, and wind drafts near water pipes

- Seal leaks in the basement foundation where cold air may enter; fill holes with insulation as a tiny opening can cause an exposed pipe to freeze

- Allow a slow trickle of water to flow through faucets connected to water pipes that run through unheated spaces (the constant drip minimizes any ice buildup in the pipe, which helps to prevent pipes from bursting)

- Keep sink cabinet doors open during cold spells to allow warm air to circulate around the pipes

- Insulate pipes in unheated spaces like garages, basements, and crawl spaces; inexpensive insulation can be bought at hardware and home supply stores

- Locate the water shut off valve and know how to shut off water; if a pipe bursts, shutting off the water promptly can help minimize the damage (shut off valve is usually located by the meter)

- If your pipes freeze, use a hair dryer to thaw the lines safely; thawing will not be fast, but it will be safe: never use an open flame to thaw pipes

If there is no water coming through any of your taps, there may be a problem in your street or yard. If so, call BWSC's 24-hour Emergency Assistance line at 617-989-7900.

BGCB SEEKING MEAL VENDORS

Boys & Girls Clubs of Bos-

ton is soliciting invitations for bid for vended meals to their Child and Adult Care Food Program (CACFP) program site(s). The Vendor would provide meal services according to United States Department of Agriculture (USDA) regulations and guidelines as well as Massachusetts Department of Elementary and Secondary Education, Office for Food and Nutrition Programs policies and guidelines.

Vendors and/or their representatives may submit bids to:

Boys & Girls Clubs of Boston

Attn: Gabrielle Witham
200 High St. Fl. 3,
Boston, MA 02141

A bid packet will be available by email at gwitham@bgcb.org to all potential bidders.

Potential bidders should email questions to Gabrielle Witham at gwitham@bgcb.org by February 2, 2024. The institution will email its response to these questions by February 9, 2024. All questions will be answered in writing only and sent to everyone by February 9, 2024.

All bids must be submitted no later than 5:00pm on February 16, 2024.

All bids are subject to review by the Massachusetts Department of Elementary and Secondary Education, Office for Food and Nutrition Programs, 75 Pleasant Street, Malden, MA 02148.

The public bid opening will be at 11:00am on February 20, 2024 at 200 High St. Fl. 3, 02110.

This institution is an equal opportunity provider.

CALL TO ARTISTS!

CLEAN SLATE

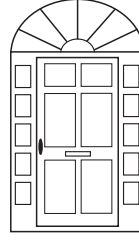
A juried exhibition inspired by the change of season.

StoveFactory Gallery - Charlestown
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Use QR code or visit:
www.artistsgroupofcharlestown.com



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STORM DAMAGE (from pg. 2)

NWS to fine-tune forecasting of future storm impacts and improving coastal floodplain management decision-making at the state and local levels.

The Storm Team reports are made through the StormReporter phone app or web tool, which allow members and volunteers to record observations and upload pictures in near-real time during coastal storm events, enabling the rapid delivery, sharing, and archiving of coastal storm damage data. In addition to official Storm Team members, volunteers can enter reports at any time with photos and observations of storm impacts by going to MyCoast.org/ma, signing up for an account, downloading the app, and entering the information. MyCoast.org/ma also has links to already recorded storm observations and other related online tools for contributing coastal data when observations can be made safely.

Specific documented impacts from these storms include:

- January 10 - The CZM Storm Team members assessed sites in 26 communities on the North Shore, South Shore, Buzzards Bay, Cape Cod, Martha's Vineyard, and Nantucket and submitted more than 180 reports. These reports documented widespread flooding of low-lying coastal roads and beach parking areas, eroded and overwashed beaches and dunes, and overwashed seawalls and other shore protection structures. Pondered flooding was

also documented in low-lying developed areas in Barnstable, Dennis, Edgartown, Falmouth, Hull, Marshfield, Nantucket, Newbury, Newburyport, Salisbury, Saugus, Wareham, and Westport. Damage to roads was found in Edgartown and Falmouth and damage to buildings documented in Edgartown, Falmouth, Salisbury, and Westport.

- January 13 - The CZM Storm Team documented widespread beach, dune, and bank erosion, along with flooding of low-lying roads, parking areas, and neighborhoods in 39 communities along the Massachusetts coast, submitting 333 reports—including reports from 30 Storm Team members and 10 volunteers. Moderate coastal flooding was found to extend farther inland along the South Shore, Boston, and North Shore. Damage was also reported to docks and piers on Cape Cod and Nantucket, homes in Salisbury, and a seawall in Salem. In multiple locations, ponded water flow was documented around vehicles and buildings.

The Massachusetts Office of Coastal Zone Management work includes helping coastal communities address the challenges of storms, sea level rise, and other effects of climate change; working with state, regional, and federal partners to balance current and new uses of ocean waters while protecting ocean habitats and promoting sustainable economic development; and partnering with communities and other organizations to protect and restore coastal water quality and habitats.

Boston Parks Department hosts Winter Soccer Clinic for local youth

Special to the Sun

The Boston Parks and Recreation Department, in partnership with the Anthony Rougier Sports Foundation, is pleased to announce the 2024 Winter Soccer Clinic. This free clinic is designed to help aspiring athletes aged 10 to 18 maintain their skills during the offseason and gear up for spring soccer.

Winter Soccer clinic takes place at Carter Playground Bubble, 709 Columbus Avenue. Professional coaches and trainers will guide participants through specialized drills and exercises tailored to their age groups. This clinic caters to all skill levels, serving both junior players looking to improve their skills and senior athletes seeking advanced training.

Program Dates: Sundays, January 28 to February 18
Session 1: Ages: 10 - 14
Time: 10:00 a.m. - 11:00 a.m.
Session 2: Ages: 15 - 18

Time: 11:00 a.m. - 12:00 p.m.

Early registration is recommended as spots are limited. To register for the Winter Soccer Clinic, visit boston.gov/sports. For more information, contact woodley.auguste@boston.gov or call (617) 961-3084.

Sign up for our email list at bit.ly/Get-Parks-Emails and follow us on social media @boston-parksdept to stay up-to-date with Boston Parks and Recreation Department news and events.

STAR MARKET (from pg. 1)

Hatcher said he would prefer to see a bigger library on the site, considering most BPL neighborhood branches fall somewhere in the range of between 10,000 and 20,000 square feet.

(The Fenway CAC is serving as the IAG for this project, according to Quinn Valcich, BPDA senior project manager.)

In response to the request for a bigger library on the site, Valcich said that the facility proposed there is envisioned as a “satellite branch,” rather than a full-scale neighborhood library branch. He added that the BPL would be undertaking its own programming study, which would inform and shape the facility’s programming.

Of the proposed library, Sougarides said its budget is now capped at \$12 million and added that 5,000 square feet is a “substantial size,” especially when balancing it against the ample open space the project will provide.

Other promised community benefits from the project include an \$18 million contribution to support the creation of Boston-based Transom Real Estate’s 117-unit residential project (of which 48 percent would be affordable homeownership units) at 165 Park Drive in the Fenway; a \$1.3 million contribution to support additional affordable housing in partnership with the Fenway CDC (Community Development Corporation); and \$20 million for the creation of one-half acre of publicly accessible open space along the Emerald Necklace and for public-realm improvements.

An additional \$6.8 million has been allocated for linkage for housing and jobs, and another

\$2.7 million for the design and reconstruction of the Park/Boylston/Brookline Ave intersection and improved connections to the Fenway T station and the Emerald Necklace, said Sougarides, who added that around 45 percent of the overall site would be dedicated to the public realm; this includes three acres of publicly accessible space along Park Drive from the rail station to Peterborough Street, as well as 1,000 linear feet of newly created public-realm frontage along the Emerald Necklace.

Asked why the developer would be seeking an amendment to the PDA (Planned Development Area) for the site instead of relying on current zoning, Sougarides said, “A PDA is allowed in this district and it’s a way to capture all the details of the project.”

Sougarides also made the assurance that the public open space proposed by the project would be preserved, adding that greenspace is “part and parcel” to the PDA and other ancillary agreements, and that it would also be protected under the Parks Ordinance. “So you have a couple of levels of protection here,” he said.

District 8 City Councilor Sharon Durkan said she was “excited” to support this project, especially given the significant new greenspace created and its bountiful mitigation package.

Councilor Durkan asked the developer to consider the accessibility needs of the neighborhood’s aging population when selecting a provider in its promised three-year commitment to provide shuttle-bus services for neighborhood residents to and from the grocery store planned

for 401 Park Drive, following the closure of the existing Star Market as the redevelopment project gets underway.

Likewise, Marie Fukuda, a longtime Fenway resident and neighborhood activist, urged the developer to provide long-term shuttle service for the benefit of older residents.

Fukuda also applauded the “synergy” among the BPDA, the BPL, and the developer in partnering on the proposed library branch.

Regarding sequencing of the project, CAC member Freddie Veikley asked that the intersections be “shortened” during the first step of the construction.

Sougarides responded that once construction gets underway, the first phase of the project would include excavating for the garage before building out the garage and then going vertically up to build a steel frame for the building itself. The infrastructure would then need to be installed, he said, as the front area is built up to a level grade to make way for the library.

Samuels would, however, consider a “short-term fix” before construction of the permanent intersections, said Sougarides.

The BPA’s public-comment period for the PDA for this project is open through Monday, Jan. 29. To submit a public comment or for more information on the project, visit the BPDA’s project page at <https://www.bostonplans.org/projects/development-projects/1400-boylston-street>. Public comments can also be submitted via email to quinn.w.valcich@boston.gov.



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Catholic Schools
United in Faith and Community

Celebrate Catholic Schools Week 2024

January 28 - February 3

#CSW24

The Catholic Schools Week (CSW) 2023 – 2026 theme is “Catholic Schools: United in Faith and Community.” Catholic schools have an irreplaceable role in the Church’s evangelizing mission. Building on the central goal of Catholic schools to form saints, Catholic schools teach and embrace the whole person, body, mind and spirit. The fact that all members of a Catholic school community share the Christian vision of faith that Christ is the foundation of Catholic education is what unites the school as a faith-filled community. While faith is the binding element in Catholic schools, the Church reiterates that parents are the first teachers of their children. Holding this tenet, Catholic school communities expand beyond the walls of school buildings to envelop the family as an integral part of the school community. Together teachers, administrators, staff, students and parents fuel the light of faith by integrating culture with faith and faith with living.

St. Mary's of the Assumption School committed to faith, growth and excellence



Shown above, students engaging in a math lesson. Shown below, a group works on a poster about decimals in mathematics.



Special to the Sun

Rooted in Brookline Village, St. Mary of the Assumption School is a diverse and global community of kindness and conscience that is committed to intellectual and spiritual growth, moral development, and academic excellence.

St. Mary of the Assumption School is Brookline’s only Catholic school for children in grades PreK–8. It was established as a parish elementary school in 1899, and today St. Mary’s balances a personal, values-based curriculum with foundational academic disciplines. Religious instruction, world language classes, art, music, and physical education combine with core subjects to help students actualize a virtuous life and find success in a complex world.

St. Mary’s prides itself on its rich tradition of Catholic edu-



Students enjoying arts and crafts time at St. Mary's.

cation that supports and guides students with intentional academic and moral development. St. Mary’s teachers and staff enliven an engaging, values-centric program that lays the foun-

ditions for a virtuous life.

For more information about Admissions, please email admissions@stmarys-brookline.org or visit our website at stmarys-brookline.org

St. John School nestled in the heart of Boston’s historic North End

St. John School has educated children since 1895. Welcoming PreK-Grade 8 students, we provide a Catholic education committed to educating children in an atmosphere that fosters a spirit of community, faith, and academic excellence. Our dedicated teachers and small class sizes ensure that each student’s unique progress is celebrated.

Students enjoy a rigorous academic curriculum enriched by integrated STEM programming, Italian language instruction, and our own in-house hydroponic garden, Tower Garden Program. The Program teaches students about mindfulness, nutrition, food production, and community service as well as traditional academic subjects. St. John’s partners with the Franciscan Food Center at St. Anthony’s Shrine to donate the produce from the garden to the hungry.

We are proud of our partnership with the Lynch Foundation Early Childhood Initiative, an extraordinary project founded by Carolyn and

Peter Lynch, for our 3 and 4 year olds. The project supports an environment that nurtures the social and emotional well-being of students in order for robust learning to take place before the start of kindergarten.

St. John School offers student drop off starting at 7:30 a.m., after school care until 6 p.m., and an extensive summer adventure camp. (School hours are 8 a.m. to 2:30 p.m.) Boston residents may be eligible for free bus transportation.

Please join us on a Welcome Wednesday from 9-10 a.m. or reach out to Amy Fitzgerald at afitzgerald@sjsne.com or 617-227-3143.



St. Mary of the Assumption School

Brookline, MA

Visit Us!

TOURING TUESDAY

MARCH 12, 2024

DISCOVERY DAY

MAY 10, 2024

Rooted in Brookline Village, St. Mary of the Assumption School is a diverse and global community of kindness and conscience that is committed to intellectual and spiritual growth, moral development, and academic excellence.

Learn more at
stmarys-brookline.org



BOSTON WARD 5 DEMOCRATIC COMMITTEE MEMBERS TRAVEL TO PORTSMOUTH, N.H., FOR A STANDOUT FOR PRESIDENT BIDEN

Courtesy of Rob Whitney

Members of the Boston Ward 5 Democratic Committee traveled on Sunday morning, Jan. 21, up to Portsmouth, N.H., for a standout for President Biden.

Pat Amend, Mary Garippo, and Rob Whitney had a great time representing the ‘Biden Nation’ and holding their new Biden signs and waving their new Biden flag, all in support of the Boston Ward 5 Democratic Committee’s endorsement of President Joe Biden’s reelection bid. Jay Bowie, president of the New Hampshire Young Democrats, as well as by Larry Drake, one of the leaders of the New Hampshire ‘Write In Joe Biden’ campaign, also stopped by the standout.

The Write In Joe Biden cam-

paigned urged voters to vote for President Biden in New Hampshire’s primary election on Tuesday, Jan. 23, by writing in Joe Biden’s name on the Democratic Party primary ballot in New Hampshire.



Mary Garippo and Pat Amend.



Rob Whitney.

CITY PAWS

Companion Animal Timelines

By Penny & Ed Cherubino

Human lives have many timelines. We often refer to a particular one: the timeline of the dogs who have been part of our family and friendships. A memory of a time or place often includes the dog or dogs who were part of that moment.

Recently, we remembered a special time with a particular friend and realized he was one of the people who knew all our dogs. This thought resulted in us listing the people who shared this distinction and naming the companion animals each had in their lives.

May I Pet Your Dog?

Living in an area with so many college students and young adults means we often sense the longing for a canine connection that comes with the question, “May I pet your dog?”

Sometimes, that exchange is followed by a history of their lives with pets. They might tell us, “My family had a Westie when I was young?” Or, “I really miss my dog. He lives with my parents.” We’ve even had offers to walk our dogs from dog-lonely people.

We always suggest volunteer and paid jobs that will bring them in contact with animals. These opportunities range from volunteering at an animal shelter to working for a grooming or pet supply shop or a dog walking service. We understand the need for fur to stroke and an animal to curl next to you on a sofa or a bench. We share that need and are happy to let our pup play surrogate for a few minutes.

We also appreciate and are aware of what it takes to accept the responsibility of a companion animal at a point in your life when you may not be able to meet the financial, time, or housing requirements that would make it possible.

Sharing Companions

We’ve always been advocates of dog-sharing, not only for a quick pat on a walk but also in a much more meaningful way. We chose a West Highland White Terrier for our first dog because we shared a home with a lovely older friend. Our research told us that Westies were seldom one-person dogs. We wanted a dog who would happily spend time with all three of us. Our Sassy fit the bill, and as a former

school teacher, our tenant was a great help with her training.

Recently, we spotted neighbors with a new dog. We knew they had been reluctant to return to full-time dog care after losing their long-time companion. This dog, they told us, was their Grandpup! They had a win-win situation: they could enjoy walking with a dog again and seeing their dog community while helping their daughter have more free time in her busy life.

While dogs are the most accessible animals to share with others, we have known a lovely Ragdoll cat that belonged to a good friend, a guinea pig who lived with a family member, and a stunning parrot who lived on our floor.

Companion animals are more than part of your

PHOTO BY ALISON PANG
Living near so many young adults means we often sense the longing for a canine connection that comes with the question, “May I pet your dog?”

timeline. They can be a lifeline connecting you with people and requiring you to exercise. The National Institutes of Health writes, “Interacting with animals has been shown to decrease levels of cortisol (a stress-related hormone) and lower blood pressure. Other studies have found that animals can reduce loneliness,

increase feelings of social support, and boost your mood.” That makes sharing a pet a kindness to someone else. Having one is a kindness to yourself.

Do you have a question or topic for City Paws? Send an email to Penny@BostonZest.com with your request.



Jennifer Hanlon Wigon of WLP selected by Boston Business Journal as an inaugural Boston Innovators in Healthcare

Special to Sun

Jennifer Hanlon Wigon, executive director of Women's Lunch Place, has been selected as an inaugural Boston Innovators in Healthcare, a recognition from the Boston Business Journal. The award is a reflection of Hanlon Wigon's leadership in providing healthcare to the guests of WLP, as well as the dedication and dignity-infused service of WLP staff and support from the board of directors.

Hanlon Wigon maintains a focus on dismantling systemic inequities in healthcare access, food security, and housing for the guests of WLP. This responsibility came into stark relief just three months into her term with the outbreak of the pandemic. Hanlon Wigon immediately recognized the severity of the impact on vulnerable women and the capacity for WLP to respond with innovative and flexible programming. To meet that challenge, she charted an unprecedented three-year expansion of WLP's service model.

Key to this plan's success were investments in staff recruiting, training, and professional development, intensive engagement with city and state leadership and community leaders, and collaborations with fellow human services agencies. As a spokesperson herself, Hanlon Wigon is deeply committed to elevating the voices of women as experts



COURTESY OF WOMEN'S LUNCH PLACE
Jennifer Hanlon Wigon, executive director of Women's Lunch Place.

on their own gendered trauma and unique needs. As a founding Board member of the National Women's Shelter Network, she is making a national impact on women's health.

Hanlon Wigon's prioritization of the physical and mental health of the guests of Women's Lunch Place has resulted in remarkable investments, collaborations, data collection, and impact reporting. In program development, she emphasized the critical importance of addressing women's lack of access to the Social Determinants of Health, which correlates to inequitable health outcomes and barriers to accessing healthcare.

Key achievements include:

establishing a partnership with Boston Healthcare for the Homeless Program (BHCHP) to provide full medical services on-site; last fiscal year BHCHP served over 1,000 unique women in WLP's medical clinic; and creating addiction recovery programming, including expert and peer-led classes, six days a week; adding three, high-level, part-time clinical roles (two being women of color): a Psychiatric Nurse Practitioner to provide therapy and psychotropic medications, a psychiatrist, and a mental health provider, who leads therapy groups.

In a unique new model with BHCHP, creating the position of Behavioral Health and Stabilization Clinician, a LICSW who provides individual and group therapy and conducts episodic crisis stabilization services. Creating nutrition initiatives within WLP's Healthy Meals program—which served 113,430 meals last year—including collaborations with local farms and programming that ensures optimal benefits and permanent solutions to food insecurity.

Hanlon Wigon has a keen focus on advancing equity in opioid use disorder treatment, as many WLP guests—71 percent of whom are women of color—suffer from substance use disorders and lack access to care and sobriety support. Under her leadership, WLP has expanded its



NANCY SCHIEFFELIN PHOTO

A Boston Health Care Nurse provides care for a guest of Women's Lunch Place.

wraparound addiction recovery services—peer support, mental health services, nutrition, medical care, therapeutic expression, and life skills as catalysts for sobriety.

Just a few years ago, the level of wellness and clinical support

Women's Lunch Place now provides to its guests was unimaginable. Rooted in WLP's strategic plan and their knowledge of the acuity of need of the extremely vulnerable women they serve their collective efforts have transformed – and saved – lives.

CALL TO ARTISTS Clean Slate

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Emerald Necklace Conservancy to start a new seven-year tree pruning cycle across entire park system

Special to the Sun

This month, the Emerald Necklace Conservancy is working with Bartlett Tree Experts to care for over 500 trees throughout Olmsted Park, beginning the second seven-year tree pruning cycle across the entire Emerald Necklace park system. The work will take place through March, while trees are dormant in the winter, and will improve their structure and overall health while also removing dead branches to keep park users safe. Images are attached.

The Emerald Necklace, designed by landscape architect Frederick Law Olmsted, is one of only a few remaining intact linear parks in the U.S., and boasts more than 30,000 mature trees in its seven miles and 1,100 acres. The Emerald Necklace Conservancy's tree care program, the Olmsted Tree Society, was founded in 2013 to preserve and maintain the Necklace's tree canopy. Together with public partners Boston Parks and Recreation, Brookline Parks and Open Space and the Massachusetts Department of Conservation and Recreation, the Society preserves and maintains trees with pruning, soil enhancement, watering and more year-round.

"This seven-year pruning cycle is back to systematically invest back into the trees that provide

so much for our communities all along the Emerald Necklace," shared Jack Schleifer, Field Operations Manager at the Emerald Necklace Conservancy. "Neighborhoods around the Emerald Necklace, such as Roxbury, Mattapan and Dorchester, have some of the poorest air quality and highest childhood asthma rates in the area, and these trees clean our air while also mitigating stormwater, sequestering carbon and reducing urban heat. There are ways that we can help the trees while they continue their unsung work, and this project is designed to do just that!"

"Healthy, beautiful trees are a vital component of thriving communities," said Jack Ingram, Division Manager of Bartlett Tree Experts' Central New England Division. "Trees breathe life into our communities to keep the environment healthy and this philosophy has guided Bartlett Tree Experts for 117 years. Proper species-specific pruning is important to promote individual tree health and growth while protecting the trees from insect pests, disease and long-term damage. I applaud the Emerald Necklace Conservancy and its public partners for their visionary stewardship of the Emerald Necklace system's tree canopy. Amidst Boston's evolving landscape, their dedication to preserving their historic green spaces and enhancing the resilience of the urban forest significantly benefits our entire community. It's a privilege to support their impactful work within our urban environment.

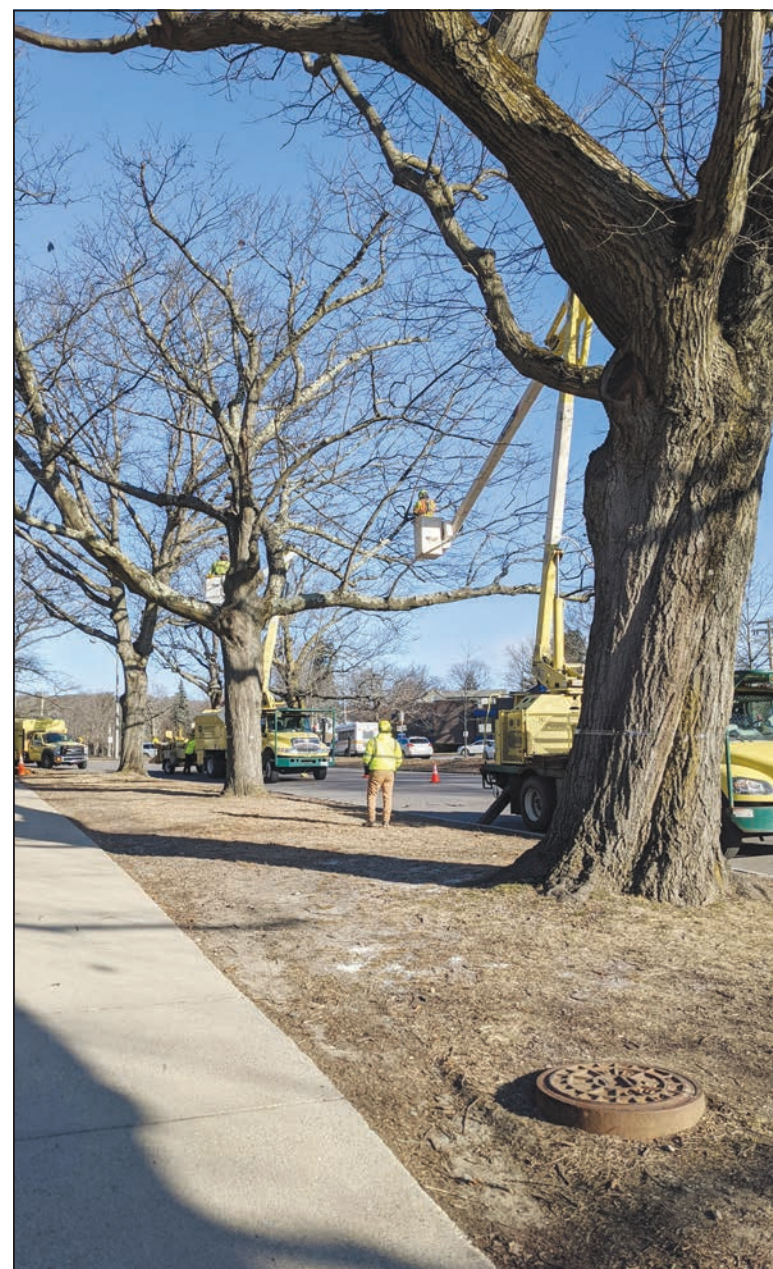
Designated and cherished as a Historic Landmark with the City of Boston, the Emerald Necklace weaves in and out of the city streetscapes to connect more than 15 neighborhoods through shared space and urban nature. The Emerald Necklace Conservancy works with the public agencies to assess, inventory and prune all major trees throughout the 1,100-acre park network. All this work is conducted by certified arborists, and the data is collected in the Conservancy's digital records (an inventory which currently comprises over

10,000 trees) to conduct long-term assessments and follow up on projects.

Pruning trees is an important effort in keeping trees healthy and encouraging their longevity. The process helps them to develop stronger structure and more aesthetic forms while allowing clearances to be maintained for roads, paths and park accessibility. Other benefits of pruning include reducing the occurrence of leaf disease by allowing better airflow through the canopy, preparing trees for winter storms and changing climate conditions and allowing trees to coexist more easily with understory plants.

This tree pruning project at Olmsted Park is made possible by the generous support of Liberty Mutual Insurance. To find out ways to support the Olmsted Tree Society, please visit: www.emeraldnecklace.org/olmsted-tree-society

The Emerald Necklace Conservancy is a non-profit organization founded in 1997 to steward and champion the Emerald Necklace, Boston's largest park system. The Conservancy protects, restores, helps maintain and promotes the Emerald Necklace's seven distinct parks designed by Frederick Law Olmsted, and comprises 1,100 acres of meadows, woodlands and paths. In collaboration with its



Arborway Pruning by Emerald Necklace Conservancy.

public partners, the Conservancy provides maintenance of the parks and capital restoration projects, free cultural events, visitor services and environmental education. The parks serve as a respite from the city, a valuable commuting connector

and a community convener for more than one million residents and tourists each year, and have taken on a special significance over the past year as a safe and socially distanced destination for local residents and regional visitors. www.emeraldnecklace.org

LEGAL NOTICES

LEGAL NOTICE

Notice of Self Storage Sale
Please take notice Prime Storage - Boston South End located at 100 Southampton St., Boston, MA 02118 intends to hold an auction to sell the goods stored by the following tenants at the storage facility. The sale will occur as an online auction via www.storage-treasures.com on 2/13/2024 at 12:00PM. Unless stated otherwise the description

of the contents are household goods and furnishings. Juan Soto unit #1010; Cristina Dossantos unit #3027; Stacey Nee unit #3101; Martin L King unit #3115; Joshua Hernandez unit #3128; Arezu Riahi unit #3172; Regina Hinson unit #4049; Matthew Workman unit #4083; Isaura Price unit #4206; Luis Miguel Cruz Aquino unit #4268; Carol Rodriguez unit #5003; Ollie Mathis unit #5019.

All property is being stored at the above self-storage facility. This sale may be withdrawn at any time without notice. Certain terms and conditions apply. See manager for details.

1/25/24, 2/1/24
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LEGAL NOTICE

Notice of Self Storage Sale
Please take notice Prime

Storage - Boston Traveler St. located at 33 Traveler St., Boston, MA 02118 intends to hold an auction to sell the goods stored by the following tenants at the storage facility. The sale will occur as an online auction via www.storage-treasures.com on 2/13/2024 at 12:00PM. Unless stated otherwise the description of the contents are household goods and furnishings. Lance van Alstyne unit #251;

Sean Beuque unit #318; Kay Sullivan unit #412; Rosalyn Scott unit #635; Jodi Bage unit #725; Zehua Ren unit #835. All property is being stored at the above self-storage facility. This sale may be withdrawn at any time without notice. Certain terms and conditions apply. See manager for details.

1/25/24, 2/1/24
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National Grid encourages heating assistance and bill help programs

Special to the Sun

As winter weather and colder temperatures persist, National Grid is reminding Massachusetts customers to take advantage of energy programs that can help them manage their energy bills.

The Low-Income Home Energy Assistance Program (LIHEAP), commonly referred to as Fuel Assistance, provides eligible households with help in paying a portion of winter heating bills. Enrollment for LIHEAP is free and open through April 30, 2024, and covers energy usage from November 1, 2023, to April 30, 2024.

LIHEAP is open to both homeowners and renters, including households whose cost of heat is included in rent, and eligibility is based on household size and the gross annual income of every household member 18 or older. Household income cannot exceed 60% of estimated state median income. The program provides assistance through a fixed benefit amount for the cost of the primary source of heat, which includes, but is not limited to: electricity, oil, natural gas, propane, kerosene, wood and coal.

"National Grid recognizes that energy bills can be a real challenge for many customers — especially in these colder winter months," said Helen Burt, Chief Customer Officer at National Grid. "The LIHEAP program can provide much needed assistance for customers who are struggling to keep up with their energy costs. We also encourage customers to look at options in our Customer Savings Initiative, to consider a payment program, or see if they are eligible for rate discounts."

To apply for LIHEAP:

- Apply online at <https://www.toapply.org/MassLIHEAP>
- Visit and apply at an agency in your area.

For more information concerning LIHEAP:

- Visit <https://www.mass.gov/service-details/learn-about-low-income-home-energy-assistance-program-liheap>.
- Customers may also call the

Cold Relief Heatline at (800) 632-8175.

National Grid recognizes winter bills can pose challenges for customers. National Grid's Customer Savings Initiative is designed to help customers reduce their energy use and lower energy costs, manage their energy bills and payments, and help them secure available energy assistance.

Along with LIHEAP, National Grid has several programs dedicated to helping income-qualified families and customers needing special assistance meet their energy needs. Programs include but are not limited to:

- Discount Rates where qualifying income-eligible customers may receive a discounted rate on electric and gas service, as well as no-cost energy efficiency upgrades.

- The Massachusetts Good Neighbor Energy Fund is available to any Massachusetts residents who, because of temporary financial difficulty, cannot meet a month's energy expense and is not eligible for state or federal energy assistance.

Several bill help options and payment plans are available for customers in need of assistance. Customers may enroll in programs such as the Budget Billing Plan, which spreads monthly payments out more evenly throughout the year to offset periods of high energy usage.

Customers can visit ngrid.com/heretohelp to learn more.

National Grid (NYSE: NGG) is an electricity, natural gas, and clean energy delivery company serving more than 20 million people through our networks in New York and Massachusetts. National Grid is focused on building a smarter, stronger, cleaner energy future — transforming our networks with more reliable and resilient energy solutions to meet state climate goals and reduce greenhouse gas emissions.

For more information, please visit their website, or follow National Grid on X (formerly Twitter) and YouTube, like them on Facebook and Instagram.

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House unanimously passes bill to prevent abuse and exploitation

Special to the Sun

The Massachusetts House of Representatives last week passed legislation that combines several separate legislative initiatives into one bill that will help to prevent abuse and exploitation, while also enhancing protections for survivors. The legislation addresses teen sexting and image-based sexual assault, commonly referred to as “revenge porn;” expands the definition of abuse to include coercive control for the purposes of obtaining a restraining order; and extends the statute of limitations for certain domestic violence offenses from six years to 15 years.

“This legislation modernizes our criminal laws by ensuring that those who share explicit images of others without their consent face punishment, while also educating minors on the dangers of sharing explicit images of themselves rather than imposing some of the criminal justice system’s most severe consequences,” said House Speaker Ronald J. Mariano (D-Quincy). “I’m also incredibly proud of this legislation’s bolstered protections for survivors, including the added consideration of non-physical forms of abuse for those seeking restraining orders from their abusers. I want to thank Chairman Day and the Judiciary Committee, along with each bill sponsor and all my colleagues in the House for prioritizing this vital legislation.”

“The House has heard the urgent call of survivors to enhance protections and ensure that our

laws keep up with technology. But the House doesn’t just listen, we act,” said Representative Michael S. Day (D-Stoneham), House Chair of the Joint Committee on the Judiciary. “It’s critical that these reforms pass into law quickly so that victims of coercive control, adolescent sexting and revenge porn aren’t left without relief.”

Currently, minors who possess, purchase, or share explicit photos of themselves or other minors are charged with violating Massachusetts child pornography laws and are required to register as sex offenders. The legislation passed today instead authorizes commitment to the Department of Youth Services (DYS), but also allows minors to be diverted to an educational program in lieu of criminal punishment. A district attorney, however, is allowed to petition the court to bring criminal charges in extreme cases.

The educational diversion program, to be created by the Attorney General in consultation with the Department of Elementary and Secondary Education (DESE), DHS, and the District Attorneys Association, would provide teenagers with information about the legal and non-legal consequences of sexting, which would be made available to school districts. DESE should also encourage districts to implement media literacy programs in their schools as a prevention measure.

“This legislation represents a coordinated effort and a holistic approach to address an increas-

ingly prevalent behavior and provides mechanisms to protect individuals victimized by those who threaten, intimidate, and harass the subjects of these images,” said State Representative Jeffrey N. Roy (D-Franklin), a lead sponsor of the bill. “The sexting provisions provide law enforcement officers with a middle ground that will allow them to educate kids about the consequences of their actions without ruining their lives. It will have a tremendous impact on people who have become entangled in the web and transmittal of images that can cause traumatic and lifetime harm through a diversion program that will educate them about the legal and personal consequences of this behavior.”

In addition to teen sexting, the bill addresses the nonconsensual distribution of explicit images by adults by establishing a penalty in the existing criminal harassment statute, including up to two and a half years of prison time and/or a monetary fine of up to \$10,000. The bill increases the upper limit of the fine for criminal harassment from \$1,000 to \$5,000. Under this bill, a victim may also petition the court for a harassment prevention order against a person who has violated this statute.

The bill passed today also adds coercive control to the definition of abuse. Coercive control is a nonphysical form of abuse which includes a pattern of behavior, or a single act intended to threaten, intimidate, harass, isolate, control, coerce or compel compliance

of a family or household member that causes the family or household member to fear physical harm or to have a reduced sense of physical safety or autonomy. Examples of coercive control include threatening to share explicit images, regulating or monitoring a family or household member’s communications and access to services, and isolating a family or household member from friends or relatives.

“Protecting victims is the driving force behind these efforts and I am pleased we are giving prosecutors more tools to deal with these disturbing and dangerous situations. Thank you to Speaker Mariano, Chair Michlewitz, Chair Day, and the advocacy groups who recognize how important it is that we further protect victims by updating our criminal laws,” said Representative Richard M. Haggerty (D-Woburn), a lead sponsor of the bill. “By defining coercive control as abuse and closing revenge porn consent loopholes, this law protects against the severe emotional harm too often inflicted through non-physical tactics, sending a clear message that revenge porn, coercive control, and criminal harassment have no place in Massachusetts.”

“Far too often, our legal system has failed victims of domestic violence who are subjected to the unseen tortures of psychological and emotional abuse,” Representative Meghan Kilcoyne (D-Clinton), a lead sponsor of the bill. “I am so grateful that with this piece of legislation, we will

be giving our law enforcement and judiciary the necessary tools to ensure those subjected to both physical and emotional abuse are protected. I am thankful to the Speaker and Chairman Day for their leadership. “With this bill we can make sure victims of coercive abuse will no longer suffer in silence.”

The legislation passed today also extends the statute of limitations for assault and battery on a family or household member or against someone with an active protective order from six years to 15 years. This change brings the Massachusetts statute of limitations for these domestic violence offenses in line with the statute of limitations for rape, assault with intent to commit rape and sex trafficking.

“Massachusetts can and should be granting restraining orders for coercive control, but we know that for so many survivors, their emotional and psychological trauma is not given the same seriousness as physical violence. And the reality of that barrier can be deadly,” said Representative Natalie M. Higgins (D-Leominster), a lead sponsor of the bill. “I am incredibly grateful to the Speaker and my House colleagues for taking a critical step forward in protecting our neighbors by codifying coercive control in the Mass General Laws and extending the statute of limitations so that survivors of domestic violence can build more safety and supports to come forward and report domestic abuse to law enforcement.”

Protecting individuals with Dementia from wandering during the winter

Special to the Sun

To help families protect their

loved ones with dementia from the potential dangers of wandering in cold winter areas, where

frigid temperatures, snow, and ice create additional safety risks, the Alzheimer’s Foundation of America (AFA) is providing four tips dementia family caregivers can use to reduce the chances of wandering and be prepared to quickly respond to an emergency.

Wandering is a common and potentially dangerous behavior in individuals with dementia. Once the individual shows signs of wandering, they are at high-risk of wandering away or becoming lost. They can become disoriented, unable to remember how to get back home, or know how, or who, to call for help.

They could leave the home without dressing appropriately.

“Wandering or getting lost can occur at any stage of Alzheimer’s disease. So there are serious risk factors that dementia family caregivers need to be mindful of, especially now in cold, windier weather areas,” said Jennifer Reeder, LCSW, AFA’s Director of Educational and Social Services. “The disease can cause disorientation and confusion, which can lead to the person getting when they may be in search of something or someone or attempting to escape excessive stimuli. Taking steps to address the reasons why someone may leave their

environment, while also having an emergency plan ready, are two major ways family caregivers can protect their loved one’s wellbeing during the winter and throughout the year.”

AFA offers these four tips to help families protect their loved ones with dementia:

- Understand the causes of wandering. Walking outdoors can bring a feeling of purposefulness and pleasure to someone living with dementia, especially if they have lived an active lifestyle and enjoyed the outdoors before the onset of dementia. Identify

(WANDERING Pg. 11)

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Qiao, Rengui	Yuan, Ting	74 Tyler St #B	\$378,000

WANDERING (from pg. 10)

consistent and sustainable ways to support these experiences in a safe environment, such as creating walking paths around the home with visual cue; engaging the person in simple tasks; and providing stimulating and enjoyable activities (i.e., exercise, music, crafts).

- Wandering can also be a response to excessive stimuli, triggered by the need to get away from noises and people, or an expression of an unmet need (i.e., hunger, thirst, a need to use the bathroom). Ensuring basic needs are met can reduce the chances of wandering.

- Safeguard the home. Facilitate safe movement by avoiding clutter and eliminating tripping hazards. Be mindful of how objects like car keys, jackets, and purses might motivate the person to leave suddenly. Install electronic chimes or doorbells on

doors so someone is alerted if the individual tries to exit. Consider utilizing a smart doorbell with an app that can notify you when someone is entering or exiting the home.

- Be aware of your loved one's patterns. Know what times of the day may be more activating than others and provide activities during those periods. Encourage healthy sleep habits to reduce the chances the person might leave in the middle of the night. If your loved one does wander, keep a record of their patterns (frequency, duration, time of day, etc.) to help guide you in the future.

- Develop a safety plan. Keep a list of places the person may go (i.e., previous home or place of employment, favorite spots around town), a recent close-up photo, and medical information readily accessible to give to first responders if needed. Maintain

a list of people to contact if the person goes missing and ask neighbors to call you if they see the person out alone. See if your community has a safety program for families affected by dementia, such as Project Lifesaver. These programs allow you to voluntarily enroll your loved one to receive locating technology. First responders can then activate the technology if the person goes missing. When possible, encourage and incorporate input from the person when developing the plan.

AFA's Helpline, staffed entirely by licensed social workers who are specifically trained in dementia care, can provide additional information about wandering prevention tips. The Helpline is available seven days a week by phone (866-232-8484), text message (646-586-5283), and web chat (www.alzfdn.org).

Attention to Detail

PHOTOS AND TEXT BY PENNY CHERUBINO

THIS WEEK'S ANSWER



The bas relief shield in the last clue is on 45-47 Commonwealth Avenue, a matched pair of symmetrical houses built circa 1868. The website www.BackBayHouses.org notes that the land under these homes was once the property of "Henry Cabot Lodge, who later would become a US Senator..." This was at a time when he was still a minor, and his mother was his guardian.

You'll find the next clue in The Fenway. Do you have a favorite building or detail you would like featured? Send an email to Penny@BostonZest.com with your suggestion.

THIS WEEK'S CLUE



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