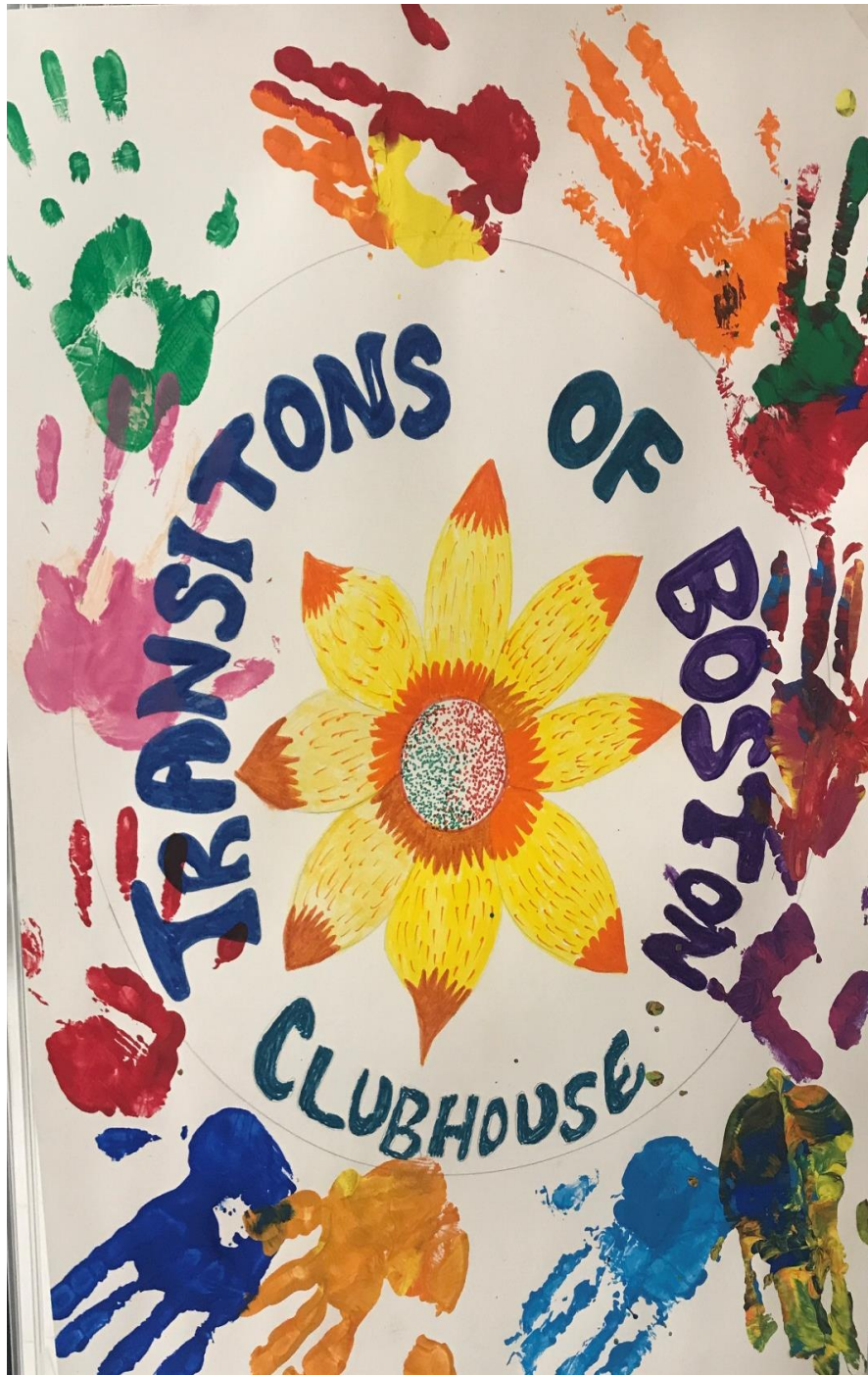


# TOB CHRONICLE

VOLUME #13

JANUARY – JUNE NEWSLETTER



## TRANSITIONS OF BOSTON CLUBHOUSE

1500 Dorchester Ave.

Dorchester, MA 02122

Phone: 617-379-5661

Fax: 617-541-6817

Website: [Transitionsofboston.com](http://Transitionsofboston.com)

Facebook: @TOBClubhouse

### In This Issue:

- Cover  
Page.....I
- Members  
Accomplishments.....
- Birthday  
Celebrations.....
- Members in Units.....
- Members  
Reflections.....
- Social  
Activities.....9-  
I4
- Members Poems &  
Artwork.....I5-I6
- Contact Us.....I7-I8

# TOB CHRONICLE



## JANUARY

Taha H.	01/01
John H.	01/04
Ubah A.	01/10
Harold J.	01/16
Kevin B.	01/20
Rommel J.	01/05
Melvin B.	01/06
William C.	01/07
Gregory G.	01/09
Milton B.	01/30

## FEBRUARY

Dexter H.	03/07
Arthur R.	03/17
Shante E.	03/17
Edward W.	03/18
Gregory C.	03/18
Damien D.	03/19
Erik B.	03/25

## MARCH

Flore O.	04/03
Maureen B.	04/07
David S.	04/11
Navin J.	04/24
Rodney W.	04/25
Renee W.	04/29
Isabel S.	04/30

# TOB CHRONICLE



## APRIL

## MAY

## JUNE

Flore O.	04/03
Maureen B.	04/07
David S.	04/11
Navin J.	04/24
Rodney W.	04/25
Renee W.	04/29
Isabel S.	04/30

Lee M.	05/03
Robert H.	05/05
Amos P.	05/12
Zi C.	05/13
Dominic S.	05/16
Cynthia W.	05/16
Alexis H.	05/17
Salvatore A.	05/19
Ronald W.	05/19
Zachary B.	05/24
Jose G.	05/24
Jean Marie E.	05/26
David G.	05/28

Nadaige C.	06/01
Victoria M.	06/02
Emanuel M.	06/03
Erick Jones	06/08
Worku A.	06/07
Adilson C.	06/08
Desmond S.	06/10
Kevin A.	06/13
Daniel E.	06/16

Nathan K.	06/19
Akeila J.	06/20
Rodney D.	06/22
Carmel T.	06/22
Ralph K.	06/23
Tina S.	06/23
Kathryn J.	06/25
Eddie C.	06/27
Apollo G.	

# TOB CHRONICLE

## Member Spotlight



### NEW EMPLOYMENT:

**Rodney Dixon:** Bay Cove Human Services

**Djesion Barros:** Dollar Tree

**Anievah Alleyne:** Boys & Girls Club

### MEMBERS ENROLLED IN SCHOOL:

**Paul Massop-** University of Massachusetts -- Boston

**Laquia Garris-** Roxbury Community College

**Anievah Alleyne-** Roxbury Community College

### MEMBERS COMPLETED TRAININGS:

**Venise Honore-** ServSafe

**Diamond O'Connell:** Culinary arts with Community Work Services

**Tereese Young** – Culinary arts with Community Work Services



# TOB CHRONICLE

## CONGRATULATIONS!



Transitions of Boston members Diamond and Tina receiving awards and certificates. Diamond recently completed her culinary arts training and is ready to put what she has learned to use. She is excited about what is next to come and to continue working on her goals!

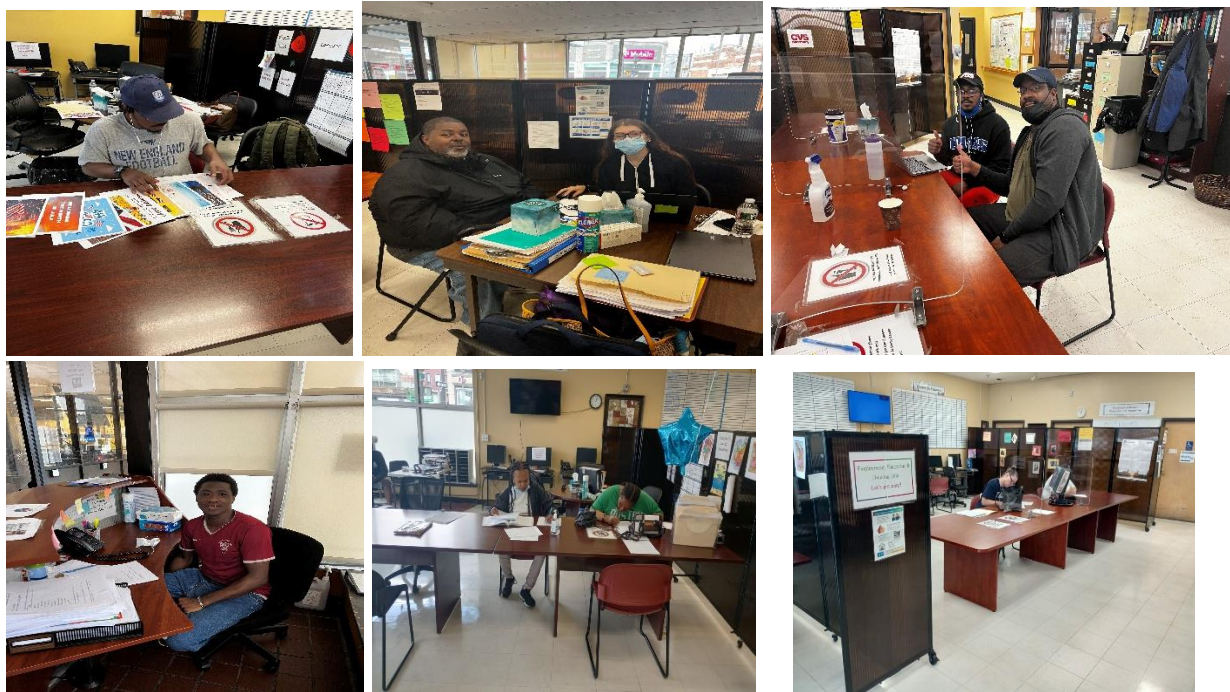


Tina received an award from Bay Cove for the best t-shirt design for the Nami Walk 2023. She drew her design free-hand. Art is one of the ways she expresses herself. We encourage all members to partake in

# TOB CHRONICLE

Members working in units: **Employment & Education, Membership and Food Service**

Members work alongside staff to prepare meals for the day. Members working with staff to accomplish their employment and education goals. Members volunteering to tutor and work the front desk.





# TOB CHRONICLE

## Social Outings 2023

Social outings are important to the clubhouse and many members enjoy going on different outings throughout the year. Staff and members take pride in choosing social outings that everyone will enjoy. This year's social events have included: Museum of Science, AMC Movie Theatres, New England Aquarium and Dave & Busters. We have much more exciting outings planned for the clubhouse!



Museum of Science



New England Aquarium



Dave & Buster's and AMC Movie Theater

# TOB CHRONICLE

TOB first Open House- May 24<sup>th</sup>, 2023

Transitions of Boston hosted their first Open house of 2023. Different sponsors like Community Care Alliance were in attendance. Members got to represent the clubhouse through poems and songs.





# TOB CHRONICLE

## Recipe Box meals + Birthday Celebrations

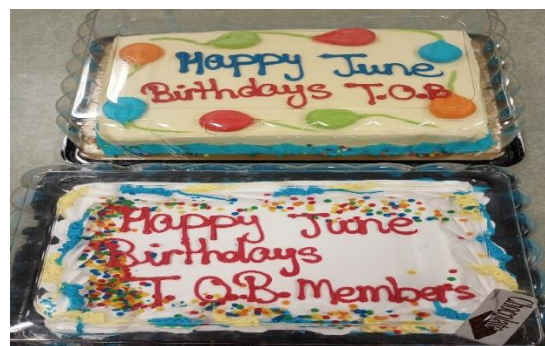
Since Transitions of Boston is a melting pot for diversity, we decided to introduce our recipe box. Through the recipe box, members and staff are able to submit a recipe that they would like the clubhouse to recreate. The recipe could be something seen on TV or a family recipe. It helps us to learn the cultures of members and staff. Once a month, we pick and replicate the meal chosen in the clubhouse. Members have enjoyed eating new meals and learning the history. Along with the recipe box meals, the clubhouse celebrates members birthdays every month.



Member submission: Luis G. Bbq chicken with Spanish rice.



Member Submission: Haitian cuisine



# TOB CHRONICLE

## Technology

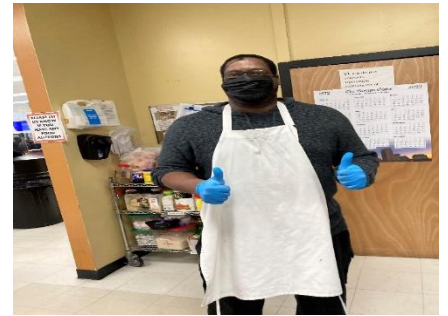
Transitions of Boston offers technology to all members through the ARPA Fund. The clubhouse has helped and encouraged members to have access to technology such as laptops, tablets, phones, and supporting accessories like headsets, charges & more. Members can use their technology to have access and stay in touch with the clubhouse. They can also use the ARPA fund technology to help them achieve their goals.





# TOB CHRONICLE

Clubhouse Celebrations: Black History Month, Valentine's Day, St. Patrick's Day, Juneteenth



# TOB CHRONICLE

## Members & Staff Testimonials

### Kathleen (member):

“I have been here for a year and a half. And I have accomplished a lot here. I have been going to groups here and I have learned a lot over the months. It has made me stronger and wiser. They make you feel good about yourself and when they give you a task, the staff will work with you. They have the patience with you and staff and members have respect for each other, and that’s what counts.”

### Tereese (member):

“Hi, my name is Tereese Young. I enjoy coming to Transitions of Boston day program. If you need it, they will help you get into school or a training. Oh, and they help you find a job. Also, the staff will help you one on one if you need a tutor. I love this program. I am a volunteer and I answer the phones. Jean D. and Sandra O. helped me get into a training and now I have a certificate of completion. I am so proud of myself. Again, my name is Tereese Young and these are the reasons why I continue to attend and volunteer at the program.”

Elizabeth (staff): “I am currently a per-diem staff at Transitions of Boston. I enjoy working with members and staff to help members reach their full potential.”



# TOB CHRONICLE

## Workshops + Groups

### Personal Care Workshop:

The personal care workshop focuses on teaching members how to properly care for themselves internally and externally. Members are able to participate in the workshop to earn a certificate. Some topics include: personal hygiene, laundry, food shopping and more.

### Financial Literacy Workshop:

The financial literacy workshop focuses on teaching members how to be financially literate. Members are able to participate in the workshop to earn a certificate. It is important to the clubhouse to teach members how to make decisions regarding their money. Topics include: debit vs. credit cards, importance of having a savings and emergency fund, life insurance and much more.

### Computer Training:

The computer training group operates on Mondays. Members are able to discuss and learn new information regarding the use of technology. Members are able to get help with their personal devices like laptops, tablets and cell-phones. Members are taught how to use the computers and practice typing skills.

### Dual Recovery Anonymous (DRA):

Dual recovery anonymous focuses on men and women who experience a dual illness. Members are able to meet twice a week to discuss their recovery to hear others perspectives.

# TOB CHRONICLE

## Members & Poems

### **"We Got the News"**

We got that News

I got that news

It's gonna take more than money for you to make it through another hour

I wonder

What I'm trying to be with myself when I wonder

When I don't got the money

To do things that makes me feel better in liking me

Ain't too worried on who's liking me

If I can somewhat improve on how I'm liking me

Anyway, we got the news

Sometimes it's sad

Sometimes we gather up and go on outings that makes us feel not so bad

But, we got that news. That makes you wanna do

What you felt like you couldn't really do

Dead broke

Filthy rich

Or a little money here and there

Who you? Just another human-being

That's blessed enough to make it to the bathroom

Get a good nights sleep

And eat some food

The latest news

By: Ishmael S.



# TOB CHRONICLE

## Member's Poems

“O hatred how long we have known each other and you still can't forgive. Does it burn inside you like a thousand suns, the heavens open up and say release my son from your furnace O heated light and let my people free. O hatred why so blue it a big world, life is greener on the other side of the garden. My plate is full but still empty the liquid in the cup is bitter and full of stains.

The dishwasher is broken to see the cup like this so no one can wash and be clean and be whitened than snow. O wicked Pharisee why not take your teapot off the stove? The soft song of the whistle from it may not calm the devil. Saul why so much hatred didn't David do much good on the land? David slayed 10,000s while Saul slayed 1000s. Why do you kick against the pricks, o hatred? “But time is of the essence”. While the heated sun and the furnace are angry the water speaks and said, who I sent free is free indeed.”

By: Paul M.

"I am not a Slave."

*Ve Master Hardly the Helot – Serf*

*I am not a Slave;*

*I have been living the lifestyle of being blessed having my own, from the upbringing of being with my parents to my present home;*

*By appreciating life through the love of God, I excelled at education, with the love of my hereditary bloodline , I never took for granted the fight and the struggle through the generations of our nation;*

*I have been privileged to have a home, that I call home as my mother and father have always had a home;*

*They worked hard and moiled through their blood sweat and tears as their parents before them and so on, and this is known;*

*I am not a slave;*

*I work by hard , clean , honest jobs , as I was instructed to do so by my parents , As , their parents did so, and my parents were instructed to do so by their parents , With the work and the toil that wasn't heaven sent;*

*There were moments where , they needed to relax , and lounge from their hard work, So, they would sip their drinks and inhale and exhale at their favorite recreation, This was the personal time that was a vacation or staycation;*

*As they did , I go to and from my destinations by car , bus , train , or plane , and sometimes , have to walk , In the power of the good God we were able to be social , with our brothers and sisters and have a good talk, The good God loves us, and he is real, and this is why we can be normal citizens and don't have to be bought;*

*I am not a Slave;*

*By Mr. Daniel D. McAfee Also Known As Mr. Dino D. Trudog*



Find us on  
**Facebook**

Contact Us

Give us a call for more information  
about our services.

1500 Dorchester Ave.

Dorchester, MA 02122

Phone: 617-379-5661

[transitionsclub@baycove.org](mailto:transitionsclub@baycove.org)

Check out our new page on webpage!  
We will be posting upcoming clubhouse events.  
Find us by searching “Transitions of Boston  
Clubhouse” or [transitionsofboston.org](http://transitionsofboston.org)  
All clubhouse news, information, outings, lunches,  
and so much more will be updated on a daily basis.

NONPROFIT ORG  
U.S. POSTAGE PAID  
BOSTON, MA  
PERMIT NO. 55903

Bay Cove Human Services  
Transitions of Boston Clubhouse  
66 Canal St  
Boston, MA 02114