



*Breathe easy*  
at home program



## Spotlight: New Staff and Promotions

### Indira C. Alvarez

*Chief of Staff: City of Boston Inspectional Services Department*



**C**ongratulations to Indira on her promotion to Chief of Staff for Boston's Inspectional Services Department. Prior to her appointment she served as Assistant Commissioner of ISD & Director of the Housing Division as well as Housing Manager in charge of the proactive inspection program for over 12 years. Indira has worked for the city for more than 15 years, a majority of which as the Assistant Housing Director. Indira holds a Masters in Urban Affairs from BU and a Bachelors in Management of Human Services from UMASS Boston. BEAH would like to warmly praise Indira for her involvement to the program as well as in the Steering Committee. What a well deserved promotion, Congratulations!

*"With all the hard work that has gone into making BEAH a success it is only appropriate to continue to increase our involvement as a strong partner to attain a healthier living environment in Boston. From the creation of this program our collaboration has been committed to setting an example nationwide." -Indira, (on her continued dedication and support of the program)*

### William Onuoha

*Assistant Commissioner of Inspectional Services*



**W**elcome, Will, who comes to us from Northeastern University where he was the Community Liaison for the Office of City and Community Affairs for the past three years. Prior to his outstanding work at NEU, Will served as the City's Neighborhood Coordinator as the District Representative for the Back Bay, Beacon Hill, Fenway & Mission Hill neighborhoods for six years, where he worked closely with Beacon Hill Civic Assoc. as well as a few other residential and civic organizations. Will holds a J.D. from New England Law and a Bachelors in Political Science and Government from UMASS Amherst. He has hit the ground running as the new Assistant Commissioner and is enthusiastic in the work he will be tackling in ISD, BEAH and for the great citizens of Boston. Welcome aboard Will!

### Theresa Teixeira

*Breathe Easy at Home Program Coordinator*



**L**ets all welcome Breathe Easy's new Program Coordinator, Theresa. As a Boston native, Theresa has always been passionate about working with the city's underserved population for most of her life, starting out at Dudley Street Neighborhood Initiative (DSNI) and Vine Street Community Center as a youth. Witnessing firsthand the effects of poor health on her community, she obtained her Bachelors in Public Health and Sociology from Simmons College in hopes of becoming a community health worker at the Commission. Theresa comes to us from Big Brothers Big Sisters of MA Bay where she was the Operations Assistant for a year and a half after graduating. Benvindu, Theresa!

## 2015 National ASTHMA & ALLERGY Awareness Month



May is National Asthma & Allergy Awareness Month! The 5th of May is World Asthma Day. Follow @HealthyBoston on Twitter for related tweets and the Boston Public Health Commission on Facebook.

### Asthma Awareness Events & Activities:

#### April 30th, 2015

Join the CDC, EPA, & others for a TwitterChat on air quality, physical activity & health. Just use the hashtag #AirQualityChat to participate of search #AirQualityChat to follow, no twitter account necessary to follow

#### May 9th-July 11th

The BCYF Perkins Center Asthma Swim Program begins May 9th and runs for 10 weeks. Classes are from 9:30-12:30. Email [Raymond.heath@boston.gov](mailto:Raymond.heath@boston.gov) or call 617-635-5146 for more information

#### May 12th, 2015

Boston Children's Hospital is holding it's annual World Asthma Day Community Health Fair from 10-2pm

#### June 5th, 2015

Brigham & Women's Hospital will be hosting a webinar on Gender Differences in Asthma & COPD from 12-1pm.

### Seasonal Asthma & Allergy Prevention Tips:

- Close windows and use air conditioners to control air temperatures and humidity to keep outdoor allergens and irritants from entering the home or car
- Seasonal cleaning of bathroom vents and fans prevents dust particles from circulating back into the air
- Use allergy mattress and pillow covers to protect against dust mites, pet dander, mold, allergens and bed bugs
- Pollen levels are at their highest between 5-10am so avoid outside activities during this time, if possible & be sure to keep the grass around your home cut short

# Breathe Easy 2.0

**B**reathe Easy 2.0 is almost here! Boston will see an expansion in the coming months of the award-winning, intergovernmental collaboration Breathe Easy, With it's launch we will see:

- **Technology Upgrades**-to improve communication & coordination with health care workers, tenants and landlords. The new website will have upgrades making it more user friendly for physicians; the ability to register patients for e-reminders of their

scheduled inspections; and will include seasonal and other announcements. It will also include informative videos and increase awareness through social media and other media outlets.

- **An Expansion of Partnerships**-including other city agencies such as the Boston Dept. of Neighborhood Development, Boston's Elderly Commission and the Office of Energy & Environment as well as non-governmental agencies like Section 8 administrators. A link to HelpSteps, a web-based tool which provides access to

additional local resources, will also be available on the new site.

- **Improved Outreach**-BEAH 2.0 will conduct outreach to property management & landlords, immigrant community organizations, healthcare facilities and advocacy organizations to increase awareness of the program. There will also be city-wide outreach and information sessions retraining providers and healthcare facilities on the new system.

Keep an eye out for the new website!