



NATIONAL FEDERATION OF THE BLIND

MASSACHUSETTS

Live the life you want.

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National Federation of the Blind of Massachusetts, Inc.

**Welcome to the Seventieth Annual Convention of The
National Federation of the Blind of Massachusetts**

March 2 through March 5, 2023

We will have both a Virtual component on Zoom or Telephone and
in-person activities!

FAB, FIT, Fight!!!!

**How to be your most Fabulous, BE fit in mind and body, and
fight for your right to live life in the way that you want as a
blind person**

The National Federation of the Blind knows that blindness is not the characteristic that defines you or your future. Every day we raise the expectations of blind people because low expectations create obstacles between blind people and our dreams. You can live the life you want; blindness is not what holds you back. Together with love, hope, and determination, we transform dreams into reality.

NFBMA 2023 State Convention

Convention Hosts

President, Shara Winton

First Vice-President, Mika Pyyhkala

Second Vice-President, Cullen Gallagher

Secretary, Leena Solusar

Treasurer, Kobena Bonney

Board Members: Sandra Burges, Shirley Dorris, Karen Dupuis, Margaret O'Donnell, Mark Paquette, and Masha Sten-Clanton

Additional Convention Planning Committee Members:

Amalia Alexandre, Jennifer Bose, Cullen Gallagher, Sengil Inkiala, Allen Larkin, Debbie Malone, Kyra Sweeney, Stephanie Valdez and Theodora Williams

We want to sincerely thank the people who have been priceless with their sound and audio resources and abilities, Mark Paquette, Kevin Kovacs and Andrew Johnson!

Convention Overview

Thursday includes: Twelve breakout Sessions via Zoom with a variety of topics that concern blind citizens followed by a general information and chat session, then last but not least, a Students Division Business meeting.

Friday includes the exhibit hall, A welcome party, fun team building activities, dance lessons, karaoke and Music provided by DJ Andrew Johnson.;

Saturday includes: Student breakfast, opening of general sessions, lunch, students meeting, at-Large chapter meeting, afternoon general sessions, parents' division meeting, and the banquet; and

Sunday morning includes the NFB shattering low expectation discussion, business meeting, chapter and group reports, and elections.

NFB PLEDGE:

I pledge to participate actively in the efforts of the National Federation of the Blind, to achieve Equality, Opportunity, and Security for the blind, to support the policies and programs of the Federation and to abide by its constitution.

Important Notes

Convention Registration:

Registration Deadline: for in person events (if you want us to provide your food) is February 20, 2023

Registration is free for our virtual convention this year. You can register by going to <https://www.nfbma.org/state-convention/registration>.

We will be voting for All board officers and three board members this year. Only due-paying members are eligible to vote.

Our hotel is The Embassy Suites by Hilton
207 Porter St.

Boston, MA 02128

Telephone: 617-567-5000

Door Prizes:

Margaret O'Donnell is our door prize chair for 2023. Please send her information about door prizes you plan to donate by February 27, 2023 by email at kaitlynsgramma@yahoo.com or call her at 413-330-3271. You must be in the room when your name is called to claim your door prize.

Convention Updates:

On Thursday there will be four consecutive sessions from 3:30 PM through 7:30 PM. We will call them Zoom Room 1, 2,3, & 4. We will use Zoom Room 1 for the rest of the convention. So please pay careful attention to which room you want to be in for Thursday's events and hold on to Zoom Room 1's information.

ZOOM Information:

Zoom Room 1 Information:

Join Zoom Room 1

<https://zoom.us/j/93976475347?pwd=Qy9KQWNmTWWhjSklnbmNrsYtQSnl3dz09>

One tap mobile: +16465588656,,93976475347#,,,,*2022#

Dial by your location: +1 1646 558 8656

Meeting ID: 9 3 9 7 6 4 7 5 3 4 7

Passcode: 2022

Zoom Room 2 Information:

Join Zoom Room 2

<https://us02web.zoom.us/j/84044077671?pwd=QXRxOG1ISVBoMzR6akpUNzZ6NVZvQT09>

One tap mobile: +16465588656,,84044077671#

Dial by your location: +1 646 558 8656

Meeting ID: 8 4 0 4 4 0 7 7 6 7 1

Passcode: 1234

Zoom Room 3 Information:

Join Zoom Room 3

<https://us06web.zoom.us/j/82548361762?pwd=M2JpV29aRTdoY2tMMVhOT0FSMjQ4Zz09>

One tap mobile: +16465588656,,82548361762#

Dial by your location: +1 646 558 8656

Meeting ID: 8 2 5 4 8 3 6 1 7 6 2

Passcode: 632

Zoom Room 4 Information:

Join Zoom Room 4

<https://us02web.zoom.us/j/84426186698?pwd=Q2M2ck44cVd2SWZsVWEvQ1huUFdldz09>

One tap mobile: +16465588656,,84426186698#,,,,*9314#

Dial by your location: +1 646 558 8656

Meeting ID: 8 4 4 2 6 1 8 6 6 9 8

Passcode: 9314

Auction:

Auction will benefit scholarship fund and our legislative actions.

Numerous items including electronics, gift certificates, food gifts, and more! Our auction chair is Shirley Dorris she can be reached at 615-598-5020 or ladyshirl519@gmail.com. The auction Will be held Friday night and Saturday during general sessions and the banquet.

Auction items can be viewed on Saturday at the auction table, located near registration, and bids will be accepted. The opening bid for each item will be the highest bid registered at the auction table when items are auctioned off. If you are donating an auction item, please send a description of this item to Shirley Dorris by February 27, 2023.

Interested in serving on the board:

If interested, contact Shara Winton at SharaWinton@gmail.com or call 617-600-8130.

Helpful Way Around App:

Way Around is providing accessible information at this year's Massachusetts Convention. If you use WayAround to label your things, the very same technology will be used to give accessible menus and an agenda. Pick up a WayTag with your badge when you check in for the conference. Then, scan the WayTag with your iPhone or Android device to get all sorts of valuable information. Be sure to download the free WayAround app for iOS or Android before you arrive at the convention. If you have questions, contact WayAround at connect@WayAround.com Note: This is a trial use, not an official endorsement of this product by the National Federation of the Blind of Massachusetts.

On-Site Registration:

All registration will be held near the conference rooms.

The convention registration package, including Friday night dinner, Saturday lunch, and banquet tickets is \$100.00. for Saturday only including lunch is \$30.00. Registration for Friday with dinner or for Saturday registration with lunch is \$30.00. Registration for a day pass without meals on Friday or Saturday is \$20.00.

To register online, go to <http://nfbma.org/state-convention>. You can find out more and register at <http://nfbma.org/state-convention>.

In-Person Registration will be open Friday from 3:00 P.M. - 8:00 P.M. On Saturday registration will be open from 8:00 A.M. to 9:00 A.M. Please ask for an NFB of Massachusetts representative if you arrive after these posted times. Everyone must register in order to be

eligible for our convention room rates, to ensure you receive your membership benefits, and to vote during affiliate elections. Also, registration will ensure that your name will be in the running for our door prizes awarded at the convention. You must be IN THE ROOM when your name is called to be eligible for door prizes. You must wear your attendee badge to gain entrance to meals and events (no exceptions). Please wear your badges, particularly during banquet to receive the meal you requested. Please turn in your badges on Sunday morning at the registration table.

Guide Dog Users:

Please inquire at the registration table for information on the location of outdoor parking areas.

We welcome all attendees to our convention and embrace diversity, inclusion, and mutual respect. To that end, please keep the following expectations in mind when you join us in Boston.

The National Federation of the Blind provides support to members and advocates for our rights to live the lives we want through advocacy, public awareness, and mentoring. As a member or guest at our convention, you not only represent yourself but also represent our organization. We want you to enjoy your time with us and to make new friends and renew old acquaintances. Although we encourage members to socialize and have fun, the convention also provides an important opportunity to come together to continue the work of our organization, to learn about the important initiatives that we are involved with on a local and national level, and to plan our work for the future.

Please Remember These Guidelines:

1. Welcome new attendees. Although you will undoubtedly enjoy time with your friends, please reach out to those who have never

joined us before and help them to be comfortable. We welcome people from all walks of life and with diverse needs and experiences.

2. Attend and participate in sessions. NFBMA subsidizes your attendance at our convention. All of us work hard to raise the money that allows us to come together each year. It is expected that when you commit yourself to come to convention that you are also agreeing to attend sessions.

3. Sexual harassment will not be tolerated under any circumstances. If your behavior could possibly make anyone uncomfortable, even if you would not be upset by it yourself, do not do or say anything that could be considered inappropriate by anyone.

4. We understand that, for some, enjoying an adult beverage is part of the fun at the convention. However, public drunkenness and the associated behaviors that often accompany it not only reflect badly on you but also do not enhance our standing as an organization.

5. Please do not wear heavy colognes or perfumes, as some of our guests have chemical sensitivities.

SCHEDULE OF EVENTS

THURSDAY, March 2, 2023

(All Thursday Sessions are virtual only)

3:30 PM

SESSION 1: Educate and Advocate for your autonomy

Join Zoom Room 1

<https://zoom.us/j/93976475347?pwd=Qy9KQWNmTWWhjSklnbmNrsYtQSnI3dz09>

One tap mobile: +16465588656,,93976475347#,,,,*2022#

Dial by your location: +1 1646 558 8656

Meeting ID: 9 3 9 7 6 4 7 5 3 4 7

Passcode: 2022

SESSION 2: Nutrition for a Healthy Life

Join Zoom Room 2

<https://us02web.zoom.us/j/84044077671?pwd=QXRxOG1ISVBoMzR6akpUNzZ6NVZvQT09>

One tap mobile: +16465588656,,84044077671#

Dial by your location: +1 646 558 8656

Meeting ID: 8 4 0 4 4 0 7 7 6 7 1

Passcode: 1234

Dr. Ezra Mutai – Dr. Ezra is an Assistant Professor of Food and Nutrition at Purdue University Northwest in Indiana. He is originally from Kenya. He moved to the U.S to pursue higher education after completing high school in Kenya. He obtained his undergraduate degree in Biology, a Master's degree in food science, and a Ph.D. in Nutrition. Before starting his current position at Purdue University Northwest, Ezra spent two years at Cornell University in Ithaca, New

York working as a Postdoctoral Teaching and Research Fellow in the Division of Nutritional Sciences. His research focuses on the use of naturally occurring bioactive food compounds for prevention and/or treatment of chronic diseases. Ezra is married to Judith, and together they have an 8-months old daughter, Annabelle.

SESSION 3: Zen Flow

Join Zoom Room 3

<https://us06web.zoom.us/j/82548361762?pwd=M2JpV29aRTdoY2tMMVhOT0FSMjQ4Zz09>

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Dial by your location: +1 646 558 8656

Meeting ID: 8 2 5 4 8 3 6 1 7 6 2

Passcode: 632

Jessica Beecham, President of the NFB of Colorado

Jessica will Guide us through Deep Relaxation Techniques. Take a break from life's stresses, put on some comfy clothes, and join us for some relaxing deep stretches, mindfulness, and meditation. Bring a couple folded towels or blankets that can be used as props (optional but not required).

Session 4: 3:30-4:30 Camp exsighting Adventures

Join Zoom Room 4

<https://us02web.zoom.us/j/84426186698?pwd=Q2M2ck44cVd2SWZsVWEvQ1huUFdldz09>

One tap mobile: +16465588656,,84426186698#,,,,*9314#

Dial by your location: +1 646 558 8656

Meeting ID: 8 4 4 2 6 1 8 6 6 9 8

Passcode: 9314

This is New England based Camp. We hear how they passionately believe camp is a valuable opportunity to have fun, foster independence, build skills, confidence, and lifelong friendships. Children are involved hiking, learning braille, goalball, O&M Skills and most of the exciting children with sight do at camp. They also include some of the BELL Academy principals.

4:30PM

SESSION 1: Call Who? How? How To advocate for yourself and others.

Join Zoom Room 1

<https://zoom.us/j/93976475347?pwd=Qy9KQWNmTWWhjSklnbmNrSytQSnl3dz09>

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Passcode: 2022

TBA – This will be a panel of a couple of surprise Presenters. They will discuss how to discern between your local, state and U.S. legislators. You will find helpful hints on how to find them and how to engage them, along with other influential leaders in your communities.

SESSION 2: Fabulous Hair, Nails and Skin

Join Zoom Room 2

<https://us02web.zoom.us/j/84044077671?pwd=QXRxOG1ISVBoMzR6akpUNzZ6NVZvQT09>

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Passcode: 1234

Shannon Sankey-Shannon is a Licensed Esthetician. Holistic plant-based skincare lover and all-around beauty advocate! In this Session you will learn all about “what’s in” and how to best take care of your hair, nails and skin. For Everyone! Males are invited, too!

SESSION 3: Accessible Connected Health Care

Join Zoom Room 3

<https://us06web.zoom.us/j/82548361762?pwd=M2JpV29aRTdoY2tMMVhOT0FSMjQ4Zz09>

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Passcode: 632

Mika Pyyhkala, 1st Vice President NFBMA

In this interactive discussion, learn about specific connected health care solutions you can already use to monitor and improve your health in 2023.

We’ll cover anything from connected accessible blood pressure readers to scales to Covid19 testing, to reading your chart notes and test results in systems like Epic and Patient gateway, to learning about Boston area research projects where you can among other things obtain your genetic data or get paid to exercise. We can also discuss fully automated self-service systems to book doctors’ appointments and places where you can actually book a same day or next day appointment or get a prescription delivered in 2 hours right from your iPhone.

Session 4: IEP and how to make it work for your Blind Child

Join Zoom Room 4

<https://us02web.zoom.us/j/84426186698?pwd=Q2M2ck44cVd2SWZsVWEvQ1huUFdldz09>

One tap mobile: +16465588656,,84426186698#,,,,*9314#

Dial by your location: +1 646 558 8656

Meeting ID: 8 4 4 2 6 1 8 6 6 9 8

Passcode: 9314

Join the Massachusetts Organization Of Parents Of Blind Children in collaboration with the Massachusetts Association of Blind Students for an IEP discussion. Learn about the IEP process, its importance in the lives of our blind children. Get tips on how a good IEP Team can lead to great advocacy skills, and an amazing future in both higher education and professional life! Hear from TVI Michell Gip, former student, Andrew Johnson, and a MCB Child's Social worker, Kyle Stremel.

5:30PM

SESSION 1: What exactly is Washington Seminar?

Join Zoom Room 1

<https://zoom.us/j/93976475347?pwd=Qy9KQWNmTWWhjSklnbmNRSytQSnl3dz09>

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Passcode: 2022

Dr. Justin Young_– Dr. Young is one of the Government Affairs Specialists for the National Federation of the Blind. He has lived for most of his life in the suburbs of Rochester, New York, until he moved to Baltimore. He earned his Doctorate of Education (E.D.) in Higher Education Administration from the University of Rochester. Some of the legislative topics he covers for the Federation are items related to healthcare, eliminating the payment of subminimum

wages, education, social security, parental rights, and transportation.

SESSION 2: Hottest Trends in Fashion for All

Join Zoom Room 2

<https://us02web.zoom.us/j/84044077671?pwd=QXRxOG1ISVBoMzR6akpUNzZ6NVZvQT09>

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Passcode: 1234

Samantha Bessudo – Drucker-Samantha is an image consultant, journalist, host, actress, and author. Her book, 90 Days to Husband No. 2: 10 Rules to Find Him, is a how-to dating system, based on a proven technique. This lifestyle “genie” with a wealth of talent is co-host of "Love & Design Project," a home makeover series; and "Sexy is Timeless Talks," a female-empowered talk show. Samantha is also a host and journalist for DivaGalsDaily.com, a multicultural lifestyle, travel, and entertainment site.

She will share with us everything we need to know about “what’s in” and “what not” for the upcoming spring/summer seasons.

SESSION 3: I CAN join a group exercise class!

Join Zoom Room 3

<https://us06web.zoom.us/j/82548361762?pwd=M2JpV29aRTdoY2tMMVhOT0FSMjQ4Zz09>

One tap mobile: +16465588656,,82548361762#

Dial by your location: +1 646 558 8656

Meeting ID: 8 2 5 4 8 3 6 1 7 6 2

Passcode: 632

Ann Ramos-Ann is a blind teacher of group exercise. Join us for an informal chat about how to best join and benefit from group exercise. Ann has been practicing Pilates since 2016. But this past spring, she decided to take on the teacher training challenge after thinking about it for 3 or 4+ years. Ann was taking a class and in the middle of it, she just took the leap of faith and put things in motion. Now 8 months later, she is almost there. Let's chat with Ann and join the next group exercise class that we want!!

6:30 PM – Chat, network and Tips for the convention

Join Zoom Room 2

<https://us02web.zoom.us/j/84044077671?pwd=QXRxOG1ISVBoMzR6akpUNzZ6NVZvQT09>

One tap mobile: +16465588656,,84044077671#

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Passcode: 1234

Here will meet, share tips, and discuss our thoughts and concerns about the upcoming convention. We will also chat about what we have accomplished in the past year and what we would like to see in the upcoming year, from our NFB affiliate. Everyone is welcome!

7:45 PM – Student Division Business Meeting

Join Zoom Room 1

<https://zoom.us/j/93976475347?pwd=Qy9KQWNmTWWhjSklnbmNrSytQSnl3dz09>

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FRIDAY, March 3, 2022

3:30 - 6:30 PM – Exhibit Hall

Suffolk Ball Rooms 2 and 3

6:00 PM – Nominating Committee Meeting

Only appointed delegates may attend.

7:00 - 8:00 PM – Dinner and a Fun-Filled Team Building Activity

Mystic Ball Room

Join with friends old and new to enjoy sliders, fries, and fellowship! Tables at this event will be assigned to make sure that we have the chance to welcome new people and get to know our NFBMA family better!

8:00 - 10:00 PM – Mixer

Mystic Ball Room

Please bring your dance shoes, your dance moves, singing voice and a pleasant attitude. If you would like to be accompanied by music during your karaoke performance, you should contact Andrew Johnson by February 27, otherwise you might be simply singing without music. . .

SATURDAY, March 4, 2023

7:30 AM – Scholarship class and Committee Breakfast

(by invitation only) Suffolk room 3.

MORNING GENERAL SESSION:

Mystic Ball Room

Join Zoom Room 1

<https://zoom.us/j/93976475347?pwd=Qy9KQWNmTWWhjSklnbmNrSytQSnI3dz09>

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9:00 AM – Musical Selection

9:05 AM – Opening Ceremonies

Invocation by Juan Figueroa Springfield Chapter,
Pledge of Allegiance Led by Shirley Dorris, Cambridge Chapter,
NFB pledge led by Debbi Malone, At-Large Chapter

9:15 AM – National Report

Donald Porterfield, NFB of Arizona President and National Board Member

10:00 AM – Nominating Committee Report

Basil Maurice, NFBMA Springfield Chapter

10:10 AM – Getting Activated with the Federation

Robert Parsons, President NFB of Michigan.

New activities, goals and projects can be intimidating. The National Federation of the blind's membership is full of diverse people with a variety of ways that they have learned to live the ways they want. You can too! Learn How to turn your dreams in to reality!!

10:30 AM – Perkins Library Update

Perkins Braille and Talking Book Library. Kim Charlson Director

11:00 AM – NFB Blind Centers

Ever Lee Hairston from Louisiana Center for the Blind, Michelle Gip from BLIND Inc., and Jessica Beecham from Colorado Center for the

Blind will discuss the ways that all three centers teach blind people to live independently and how to do it well with structured Learning methods.

11:30 AM – Leadership Roundtable: Serving the Blind in the 21st Century

Representatives from Ma. Commission for The Blind, Mass. Association for The Blind and Visually Impaired, Carroll Center, National Braille Press, and Perkins School for The Blind

11:55 AM – Announcements

12:00 PM – Adjournment for lunch

12:00 PM – Lunch and Break

12:00 PM – Student Luncheon-Mystic Ballroom

12:00 PM – At-Large Chapter Luncheon-Suffolk 3

AFTERNOON GENERAL SESSION

Mystic Ball Room

Join Zoom Room 1

<https://zoom.us/j/93976475347?pwd=Qy9KQWNmTWWhjSklnbmNrSytQSnl3dz09>

One tap mobile: +16465588656,,93976475347#,,,,*2022#

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Passcode: 2022

1:30 PM – Musical Selection

1:35 PM – Al Elia, Justin Salisbury and Katherine Webster: How to become more involved with local agencies and legislators. Who are

they. How to advocate for yourself and others at the grass roots level.

2:00PM – Challenge Accepted

Liz Lesperance

Liz is a founding member of the At-Large Chapter and has been the chapter's Secretary since its inception in 2020. She is also both the Secretary and Treasurer of the newly formed parents' division. She lives in Fitchburg with her husband, her energetic 9-year-old son, and her guide dog Sylvia. She works full-time as a CRM Analyst for Safety Insurance in Boston but still finds time to prioritize health and wellness.

2:30 PM – Legislative Report

Mika Pyyhkala, NFBMA First Vice-president,
Theodora Williams Springfield Chapter President, NFBMA

2:50 PM – Presidential Report:

Shara Winton, President NFB of Massachusetts

3:15 PM – Dive Right in

Courtney Brown, Community Outreach Manager
Partners for Youth with Disabilities

Does this sound familiar: you're a young person transitioning into adulthood but finding an inclusive community or meaningful guidance feels like an impossible task. Who can you turn to or, if you're past this stage in life, how do you let youth with disabilities know, "Hey! I've been there before, and I want you to know I'm here for you"?

In this session, explore these questions by diving into the benefits of mentorship for both mentors and mentees. Participants will learn

about the power of supportive and meaningful mentor relationships and actionable ways to build these connections.

3:45 PM – TBA—A surprise Ending before our afternoon adjournment!

4:15PM – Parents Organizational Meeting
Suffolk Ball Room 3

SATURDAY EVENING BANQUET

Mystic Ball Room

7:00 PM – NFBMA Banquet

Our Master of Ceremonies: John Oliveira, Cambridge Chapter

7:05 PM – 50/50 Raffle

Final sales to benefit NFBMA Scholarship Fund

7:10 PM – Annual auction by John Oliveira

Banquet Address:

National Representative, Donald Porterfield, President of the National Federation of the Blind of Arizona and National Board Member

Scholarship Awards

NFBMA Scholarship Committee:
Jennifer Bose, Cambridge Chapter,
Kyra Sweeney, At-Large Chapter and
Hai Nguyen Ly, NAPBC of MA.

Federationists of the Year

Announced by Shara Winton, President NFB of Massachusetts
Auction will Continue by John Oliveira

SUNDAY, March 5, 2023

Mystic Ball Room

Join Zoom Room 1

<https://zoom.us/j/93976475347?pwd=Qy9KQWNmTWWhjSklnbmNrSytQSnl3dz09>

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9:30 AM – Shattering Low Expectations Discussion

Debate Kyra Sweeney, AT-Large Chapter and Donald Porterfield, NFBAZ President and National Board member

10:30 AM – NFB Business and Board Meeting

Treasurer Report: Kobena Bonney

PAC update:

Chapter Reports:

Justin Heard, Cambridge Chapter,

Theadora Williams, Grater Springfield Chapter,

Debbie Malone, At-Large Chapter Justin Heard, MABS and

Stephanie Valdez, NAPBC

Elections

12:00 PM – Adjourn

OUR THANKS

Thanks to our board, chapters, members and exhibitors for generously donating door prizes and auction items.

Thanks to Everyone who appeared on the agenda or served on committees or helped in any way.

Thanks to Margaret O'Donnell for her great job with the door prizes.

A big thanks to Shirley Dorris and John Oliveira for taking care of all auction logistics.

We wish to thank Donald Porterfield, for his contributions as National Representative. The national perspective you bring to us and your leadership is so important to our achievement of equality, security, and opportunity.

Embassy Suites by Hilton Hotel Information:

The Embassy Suites Logan Airport consists of 10 floors. The first floor contains the front desk, Porter Bar and Grill, Espresso Bar, gift shop, meeting rooms, and an accessible ATM. Sleeping rooms are located on floors 2 through 10.

When entering the hotel, the front desk, gift shop, and ATM are to your right. The elevators are to your left. A large part of the first level contains the Porter Bar and Grill which serves breakfast, lunch, dinner, and late-night bar service. The espresso Bar is on your right, just before you enter the elevator bank.

Mystic Ballrooms are located on this level, as is a smaller hallway leading to the Suffolk Ball Rooms.

Restrooms are located adjacent to the meeting room hallway.

Two elevators on one single side of a hallway serve sleeping room floors 2 through 10. When exiting on these floors, turn left to access sleeping rooms. Rooms 00-18 are to your right and rooms above 18 are to your left. Each side of the hallway has even and odd numbered rooms respectively.

When exiting the elevator on the first level, turn left to access the pool and fitness area and turn right to go to the front desk, restaurant, and meeting rooms.

Each room is a suite. The thermostat is located in the bedroom. It has 3 buttons from left to right which are power, fan, and display. There are also 3 arrow keys. From bottom to top, they are lower temperature, a small button that toggles the display between Fahrenheit and Celsius, and raise temperature.

Coffeemakers in the rooms have 2 switches, one cup or two cups. One cup is located on the left and two cups is on the right. Add water in back for number of cups required and coffee pods in pull-out tray in the front. Regular coffee, decaf coffee, and tea will be at the top (highest) position in a nearby box containing coffee and tea. Cream and sugar are located in the middle level of the box, and lids for coffee cups in the bottom level.

The Embassy Suites by Hilton provides shampoo, conditioner, and body wash they are on the wall of your shower. They are from Left to right Bodywash, conditioner and then shampoo.

A telephone on the desk in the living room has 2 rows of 5 buttons each which connect guests to various hotel departments and services. The telephone in the bedroom has fewer options and controls.

Ground Transportation:

The Embassy Suites offers complimentary shuttle service to and from Logan Airport, the Logan Express bus, and the Airport MBTA station.

Hotel Restaurant Schedule:

Complimentary Breakfast: 6:30 AM – 10:30 AM

Lunch: 11:00 AM – 2:00 PM

Dinner: 5:00 PM – 11:00 PM

ATM:

There is an accessible ATM across from the hotel front desk.

Gift Shop:

There is a gift shop operated by the hotel which is open 24 hours a day.