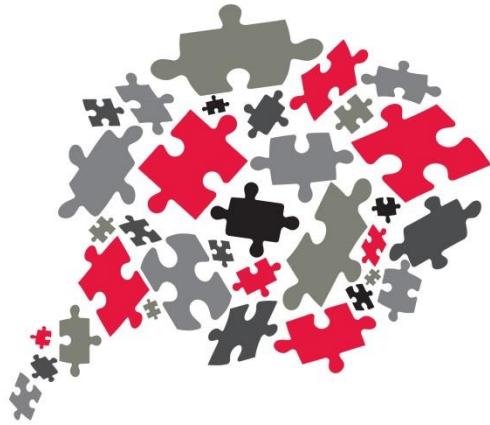


# ACE Study: Intervention Study



**CARE** center  
for  
Autism Research  
Excellence

## Family Information Guide



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CARE center  
for  
Autism Research  
Excellence



Center for Autism Research Excellence  
100 Cummington Mall  
Boston, Massachusetts 02215

Welcome!

Thank you so much for your interest in our research. We are so pleased to have your family as part of our study taking place at Boston University's CARE center.

Our primary mission is to advance scientific knowledge about language and communication in children and adults with autism spectrum disorder. Our goal is to understand the range of abilities in ASD and the brain systems that may explain why some people with ASD have difficulty communicating with spoken language.

Our Center is part of a network of Autism Centers of Excellence (ACE), funded by the National Institutes of Health, all working to contribute to the scientific understanding of ASD. With your help and involvement, our team will investigate the central and perplexing question of why some individuals with ASD do not acquire spoken language. We will do this using a variety of approaches, including behavioral testing and brain imaging. Our comprehensive team of developmental psychologists, speech-language clinicians, special educators and behavior specialists will individualize your visit to ensure that being in our study is a fun, positive, and successful experience! We look forward to learning more about your child as our project progresses.

Your time and involvement will greatly contribute to education and science of ASD and will contribute to future developments in treatment and intervention. We are excited to learn from your child and your family. We appreciate your willingness to get involved in research and look forward to meeting you when you visit our Center at BU!

Best wishes,

Helen Tager-Flusberg, Ph.D.  
Professor, Psychology, Boston University  
Professor, Anatomy & Neurobiology and Pediatrics, Boston University School of Medicine  
617-358-5910 (v) 617-358-5911 (f)  
[htagerf@bu.edu](mailto:htagerf@bu.edu)  
[www.bu.edu/autism](http://www.bu.edu/autism)

## **Contact Info**

CARE Center at Boston University

100 Cummington Mall

Boston, MA 02215

Email: [care@bu.edu](mailto:care@bu.edu)

Phone: 617-358-5910

## **CARE Center Administrator**

Sara Tucker

## **Clinical Coordinator**

Jessica Decker

## **Scheduling**

Briana Brukilacchio

## **MGH**

Trang Nguyen

## **BIDMC**

Andrea Norton

# ACE: Who's who at BU?



**Helen Tager-Flusberg, PhD:  
Director of CARE, ACE PI**

I oversee the lab staff and the study.



**Robert Joseph, PhD: ACE PI**

I oversee staff training and the study.



**Daniela Plesa-Skwerer, PhD:  
Family Coordinator**

I will complete interviews with parents and caregivers, and analyze and process data.



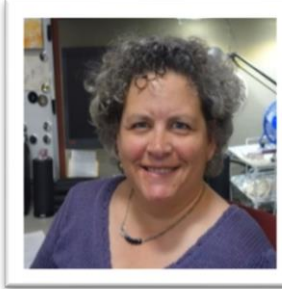
**Jessica Decker, M.Ed.  
BCBA: Clinical Coordinator**

I communicate with families, complete child testing, and analyze and process data.



**Briana Brukilacchio, B.S.:  
Research Assistant**

I help with scheduling, child testing, and accompany families to MGH. I also help with data.



**Karen Chenausky, M.S.,  
CCC-SLP, PhD Candidate:  
Research Assistant**

I help with child testing, parent interviews, and accompany families to MGH. I also help with data.



**Brady Eggleston, BA:  
Research Assistant**

I help with family visits, data processing, and lab resources.



**Steven Meyer, BA:  
Research Assistant**

I help with EEG experiments and help facilitate family visits.

## ACE: Who's who at BU?



**Le Wang, PhD: BU Auditory Neuroscience Lab**

I run EEG experiments, do EEG programming, and process data.



**Sara Tucker, Center Administrator**

I coordinate and manage the lab. You might see me walking around CARE.



**Abby Lefebvre:  
Undergraduate Work Study**

You might see me at the front desk or waiting area! I help organize the lab.



**Angelica Colletti:  
Undergraduate Work Study**

You might see me at the front desk or waiting area! I help organize the lab.

## Who's who at the Martinos Imaging Center?



**Dara Monoach, PhD: ACE PI**

I oversee the MGH lab staff and MRI portion of the study.



**Trang Nguyen, BA: MGH Research Assistant**

I help with mock scans and the MRI scan, as well as help with MRI data.

# Who's who at BIDMC?



**Gottfried Schlaug, MD, PhD:**  
**ACE PI, BIDMC**  
I oversee the lab staff, speech assessments, study interventions, and data analysis at BIDMC. I might visit you in a therapy session!



**Andrea Norton, BM:**  
**BIDMC Research Associate**  
I work with children in study assessments and therapy sessions. You will see me when you come to BIDMC!



**Jasmine Wang, BA:**  
**BIDMC Research Assistant**  
I work with families who visit the lab, help with assessments and therapy, and analyze data. You will see me when you come to BIDMC!



**Rita Monahan-Earley BA, CIP:**  
**Clinical Research Specialist**  
I help families with the details of getting started in therapy sessions at BIDMC. You might see me on your first visit!

# Preparing for Research Visits

*If you think it will help prepare your child for their visit please share any photos, images, or information from this booklet with them! If you would like more specific materials to familiarize yourselves with the study please contact us at [care@bu.edu](mailto:care@bu.edu).*

## **Before you leave home:**

During visits to Boston University (BU), Massachusetts General Hospital (MGH), and Beth Israel Deaconess Medical Center (BIDMC), we want everyone to be comfortable and prepared. Make sure to carry out daily routines and have your child take any prescribed medications. Please also have a large breakfast and hydrate to help your child stay energized!

## **Activities at Boston University:**

Parents and children complete a variety of activities at CARE before and after intervention sessions at BIDMC. Children will complete structured and unstructured assessments and activities involving play, puzzles and imitation. We may also have your child play computer games on a touch screen. Parents will be asked to complete questionnaires and structured interviews related to children's development, interests and skills. Completing all of these activities will take more than one visit, but they'll help us understand everyone's strengths and challenges.

During your visit, we may ask your child to wear an Affectiva Q Sensor bracelet. The Q Sensor is a wireless biosensor, much like a watch, that measures motion and arousal via skin conductance, a form of electrodermal activity that often changes during states such as excitement, attention or anxiety, boredom or relaxation. During



the study procedures we will collect data to examine the role of arousal in autism.

## **EEG at Boston University:**

The EEG portion of the study helps us learn how the brain processes sounds that are important for understanding speech. For these activities please bring your child's favorite movie or TV show on DVD to the CARE center. We also have some DVD's to choose from here at the lab. While they watch the movie they will wear an EEG cap, similar to a swim cap. During the EEG, they'll watch the DVD with the sound muted while other noises play through the speakers.

Participants are not required to do anything but wear the cap, sit back and watch the movie screen.

## **MRI at MGH's Martinos Imaging Center:**

Your child will practice for the MRI scan at CARE, so they can get used to the MRI environment before the real MRI scan. We will play a CD with recorded sounds from the scanner, practice lying still in different settings, and prepare for your visit to MGH to see the scanner and practice in a mock scanner. The mock scanner at Massachusetts General Hospital looks just like the real scanner but there is no magnet and it is only used for practice.

During your visit to pre intervention visit to MGH, you and your child will learn how the scan works, get answers to any questions you have, and complete the informed consent/assent process. When children are ready, we will schedule a date for the real pre-intervention scan. A post intervention scan will also be scheduled. Each visit to MGH will take about two hours.

## **Pre-therapy Testing and Intervention at BIDMC:**

After your child has completed the initial testing and EEG sessions at BU's CARE center, the pre-MRI sessions at MGH, and has been randomized to one of the two treatment groups, your family will be invited to participate in a pre-therapy visit at BIDMC. During that visit, you will meet with members of the research team to confirm your child's eligibility, review study procedures, ask any questions that you may have, and complete the informed consent process. Your child will meet the research team and have the opportunity to explore the treatment rooms and lab environment before testing sessions begin.

Once the consent form has been signed, you will be asked to complete an intake questionnaire while your child participates in a series of play-based, interactive tasks. These measures will help us ascertain your child's level of development and/or skill in a number of areas, and the time spent engaged in testing will allow the researchers to develop a rapport with your child so s/he will be as comfortable as possible when therapy begins. The initial testing session will last approximately 45-60 minutes. Baseline tests will be repeated on 3-5 consecutive days to ensure that results are stable prior to treatment.

Because attention spans and ability to tolerate new situations will differ from child to child, it is difficult to predict how many visits will be required to complete pre-therapy testing, but we anticipate that it may be possible to do this within a week (five, 45-60 min. sessions).

Treatment will begin as soon as baseline testing is complete, and will consist of 25 therapy sessions administered 5 days/week (Mon.-Fri.), 45 min./session. There will be 3 mid-treatment assessments, as well as 3 post-treatment assessments that will take place immediately following the 25 therapy sessions, and at 4 and 8 weeks after treatment ends. We estimate that the total time commitment for this portion of the study will be 5 days/week for 7-8 weeks.

# BIDMC Intervention Timeline



An important note: In order to maintain the integrity of the research, we ask that: (1) you inform us about the kinds of speech and music activities your child engages in at school, and (2) your child not be enrolled in any speech or music activities outside of school for the duration of this study.

# Getting to Boston University

*These directions are also online at: [ww.bu.edu/autism](http://ww.bu.edu/autism)*

## Driving Directions

**From the West** Traveling East on the Massachusetts Turnpike, take the exit marked “Allston/Cambridge.” After paying the toll, follow signs to Cambridge (not Allston) until you come to the Charles River (do not cross river). There will be a light before the river and a hotel on your right. At light, turn right onto Storrow Drive, following signs to Boston. You will encounter a sign that reads “Boston University – Next 2 Exits.” Take the first of these exits (looks rather like a driveway) right after you go through an overpass. After exiting to the right, proceed up the short hill; turn right at stop sign onto Commonwealth Ave., then merge into the left lane. At the third light, make a U-turn, crossing over the trolley tracks (this will be your first legal opportunity to U-turn on Comm. Ave.). Travel on Commonwealth Ave. in the opposite direction, past the BU Bridge, several stores, and three tall high-rise dormitories (Warren Towers) with a City Convenience, Subway, and Starbucks on the ground floor. Turn right immediately after the Starbucks onto Hinsdale Mall then turn right onto Cummington Mall. There is a reserved parking spot in front of our center at 100 Cummington Mall before the ramp. The sign marking where to park looks like all the other no parking signs but says “Reserved for Center for Autism Research Excellence.”

**From the South** Travel north on I-93 (the Southeast Expressway), exit right, and follow signs to Storrow Drive. Remain in middle lane, following signs to stay on Storrow Drive. From Storrow Drive, exit left at the Kenmore Square exit. Take the right-hand ramp, and at the first light, turn right onto Beacon Street. In Kenmore Square, stay on the right-hand side of Beacon and merge right onto Commonwealth Avenue. Once on Comm. Ave., stay left. Make a U-turn at Mountfort St. Turn right immediately after the Starbucks onto Hinsdale Mall then turn right onto Cummington Mall. There is a reserved parking spot in front of our center at 100 Cummington Mall

before the ramp. The sign marking where to park looks like all the other no parking signs but says “Reserved for Center for Autism Research Excellence.”

**From the North** Take I-93 South toward Boston. Just after crossing the river, take the exit marked Storrow Drive, following signs to remain on Storrow. Follow directions from Storrow Drive, above, for coming from the south.

## **Parking Information**

We have a reserved street parking space on Cummington Mall directly outside our center. The space is right next to the ramp leading to our door. The sign marking where to park looks like all the other no parking signs but says “Reserved for Center for Autism Research Excellence.”

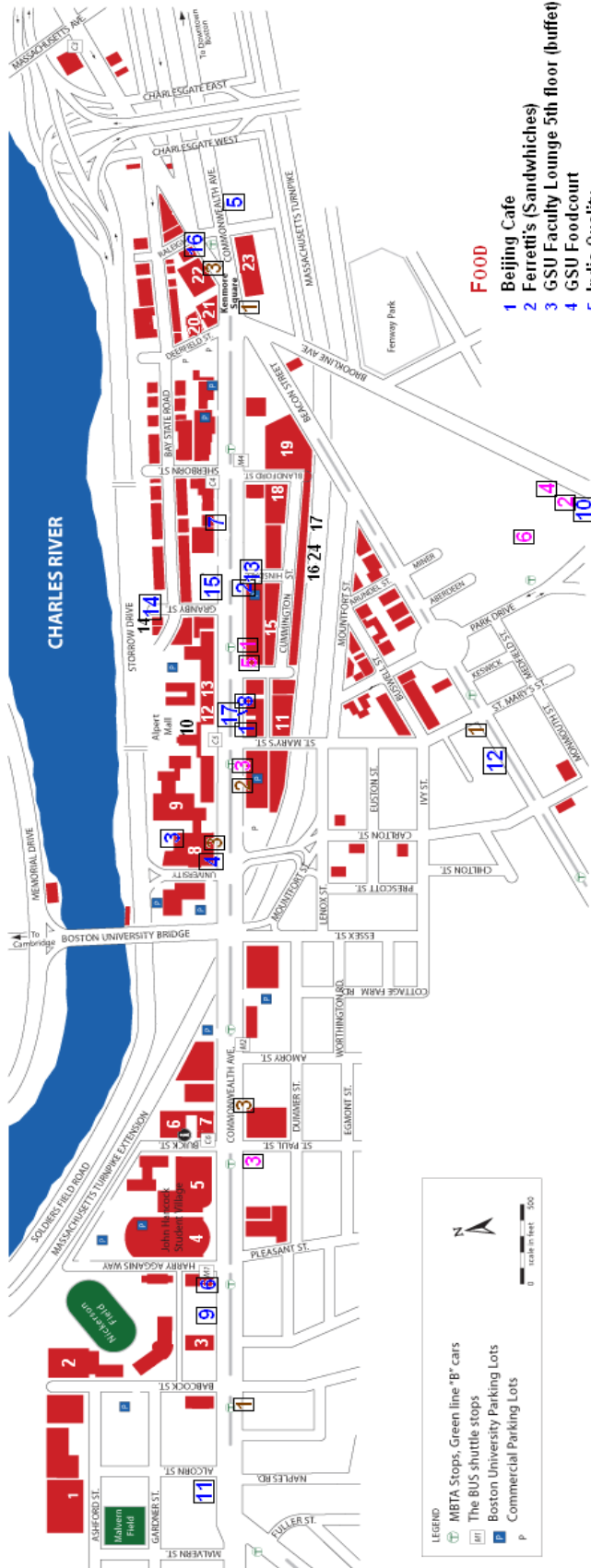
## **Additional Parking information at Boston University**

<http://www.bu.edu/parking/general-information/lots>

## **Public Transportation**

By T, take a Green Line “B” train to the Boston University East stop. Upon exiting the trolley, cross over the trolley tracks and Commonwealth Avenue, and walk down Cummington Mall (the small, one-way street emptying onto Commonwealth at that intersection). After one block the road turns 90° to the left. Stay on the right-hand sidewalk. Enter the second set of glass doors (with the CARE logo). We are a 1-minute walk from the T stop.

By bus, take any of the following bus routes to Kenmore Square: 8, 57, 60, 65, 8A. At Kenmore Square, board a westbound/outbound Green Line “B” train to Boston University East stop. Follow T directions above.



**FOOD**

- 1 Beijing Cafe
- 2 Ferretti's (Sandwiches)
- 3 GSU Faculty Lounge 5th floor (buffet)
- 4 GSU Foodcourt
- 5 India Quality
- 6 Mc Donalds
- 7 Noodle St (Thai)
- 8 Nud Pub (Thai)
- 9 Odoba (Mexican)
- 10 Quizno's (Sandwiches)
- 11 Super 88 Foodcourt (Chinese)
- 12 Sushi Express
- 13 Taco Bell ("Mexican")
- 14 The Castle (Sandwiches)
- 15 Trolley Car (Greek/Middle-Eastern)
- 16 U Burger
- 17 University Grill (Pizza)

**COFFEE**

- 1 Dunkin Donuts
- 2 Espresso Royale
- 3 Starbucks

**MISCELLANEOUS**

- 1 Campus Convenience
- 2 Coldstone Icecream
- 3 CVS
- 4 Fenway Theatres
- 5 Kinkos
- 6 Staples

**SCHOOLS AND COLLEGES**

- College of Arts and Sciences, 725 Comm. Ave. **12**
- College of Engineering, 44 Cummington St. **16**
- Graduate School of Arts and Sciences, 705 Comm. Ave. **13**
- Agganis Arena, 925 Comm. Ave. **4**
- Barnes & Noble at Boston University, 660 Beacon St. **22**
- Biological and Physics Research Buildings, 3-5 Cummington St. **18**
- Campus Information and Visitor Relations, 25 Buick St. **6**
- Case Athletic Center, 285 Babcock St. **2**

**UNIVERSITY FACILITIES**

- The Castle, 255 Bay State Rd. **14**
- Comptroller, 881 Comm. Ave. **7**
- Financial Assistance, 881 Comm. Ave. **7**
- Fitness & Recreation Center, 915 Comm. Ave. **5**
- George Sherman Union, 775 Comm. Ave. **8**
- Hotel Commonwealth, 500 Comm. Ave. **23**
- Housing Office, 985 Comm. Ave. **3**
- Information Technology, 111 Cummington St. **15**
- International Students and Scholars Office, 19 Deerfield St. **20**
- Life Science & Engineering Building, 24 Cummington St. **17**
- Marsh Chapel, 735 Comm. Ave. **10**
- Metcalf Science Center, 590 Comm. Ave. **19**
- Mugar Memorial Library, 771 Comm. Ave. **9**
- Photonics Center, 8 St. Mary's St. **11**
- Registrar, 881 Comm. Ave. **7**
- Science and Engineering Library, 38 Cummington St. **24**
- Student Health Services, 881 Comm. Ave. **7**
- Track and Tennis Center, 100 Ashford St. **1**
- University Computers, 533 Comm. Ave. **21**

# **Getting to Massachusetts General Hospital (MGH) Martinus Imaging Center**

*You can also find these at:*

*<http://www.nmr.mgh.harvard.edu/about/directions>*

## **Driving to the Martinus Center from Interstate 93 Southbound**

Take Interstate 93 South to Exit 28 (Sullivan Square, Charlestown). Once off the highway, follow signs for City Square, Charlestown, which puts you on to Rutherford Ave. Follow Rutherford Ave to City Square. Turn Left at the light onto Chelsea St., as indicated by the small brown National Park Service sign to the USS Constitution/Navy Yard. On Chelsea St., turn right at the fourth light onto 13th St. Take your first left onto 5th Ave. for the Shipyard Parking Garage. From the garage take elevator to first floor (or second floor bridge) and walk down to security desk.

## **Driving to the Martinus Center from Interstate 93 Northbound**

Enter the new Central Artery Tunnel on I93 Northbound, and take Exit 26 (Storrow Drive).

Once on the exit ramp inside the tunnel stay in the left lane and exit the tunnel, always remaining in the left lane. You will be forced to turn left once on the streets. Then, make a left as you pass under the elevated Green Line at the rear of the Fleet Center. Turn left again to avoid entering the Fleet Center parking garage. Continue to follow the road around to the left until you see the Charles River on your right. As you pass under the Green Line again (this time it's a concrete bridge) turn right onto the Museum of Science/O'Brien Highway bridge and cross the river. You have just passed through Leverett Circle from the east.

Continue with "Driving to the Martinus Center from Storrow Drive", below, second paragraph.

## **Driving to the Martinos Center from Storrow Drive East**

At the end of Storrow Drive, bear right at the fork and then take a left onto the Museum of Science bridge and O'Brien Highway.

Enter the right hand lane. You will pass the Museum of Science on your left. Turn right onto Austin Street at the second traffic light at the sign to Charlestown. Cross the bridge over the railroad tracks, and turn right at the end of the bridge onto Rutherford Avenue.

Continue with "Driving from Rutherford Ave. Southbound."

## **Driving from Rutherford Ave. Southbound**

Once on Rutherford Ave, turn left onto Chelsea St. as indicated by the small brown National Park Service sign to the USS Constitution/Navy Yard. On Chelsea St. turn right at the fourth light onto 13th St. Take your first left onto 5th Ave. for the Shipyard Parking Garage. From the garage take elevator to first floor (or second floor bridge) and walk down to security desk.

## **Driving to the Martinos Center from Water Street**

For all approaches, follow the small brown National Park Service signs to the USS Constitution/Navy Yard until you have either passed this sailing ship or entered through the Navy Yard gate.

Continue along Constitution Road/Water Street/Chelsea Street as it curves. You will pass the USS Constitution on your right.

At 13th Street/Navy Yard Gate 5/MGH East MRI Unit sign, turn right into the Navy Yard.

You will see Building 149 (MGH Biomedical Research Laboratories) on the right, and a parking garage on the left.

Turn left, then right into the garage. From the garage take elevator to first floor (or second floor bridge) and walk down to security desk.



## **Free Shuttle Bus between MGH-East (Charlestown Navy Yard) and MGH Main Campus via North Station**

### Weekdays

- Leaves every 15 minutes, (6:45am - 6:00pm) (MGH-East, Bldg. 149, Main Entrance to Jackson Building on Blossom Street)  
Leaves every 30 minutes, (6:15pm - 11:00pm) (MGH-East, Bldg. 149, Main Entrance to Gray Building entrance on Blossom Street). (Arrives/Departs Main Campus on the hour and half hour; Arrives/Departs MGH-East fifteen minutes before and after the hour.)

### Weekends

- Every 30 minutes, (9:00am - 6:00pm), (MGH-East, Bldg. 149, Main Entrance to Jackson Building on Blossom Street)  
(Arrives/Departs MGH East on the hour and half hour;  
Arrives/Departs Main Campus fifteen minutes before and after the hour.)

More up-to-date information on shuttle schedules is at [http://www.partners.org/shuttle\\_schedules.aspx](http://www.partners.org/shuttle_schedules.aspx).

## **Public Transportation**

Take the Green Line to North Station. Take free MGH Shuttle Bus to the last stop, which is Building 149 in the Navy Yard. The bus stops every 15 minutes (weekdays) across from North Station when heading toward the Navy Yard and just outside North Station when returning to the main campus.

See <http://www.massgeneral.org/visit/default.aspx> for additional information about the shuttle schedules.

Take the Red Line to MGH-Charles Street stop. Take free MGH Shuttle Bus from the Blossom Street stop (see above).

## Getting to Beth Israel Deaconess Medical Center's WEST CAMPUS

Boston's Beth Israel Deaconess Medical Center (BIDMC) is divided into 2 main campuses -- *East* and *West*. **Study visits will take place in the Neurology Dept.'s Language Recovery Lab, (Palmer Basement 11) which can be accessed through the Farr Building (185 Pilgrim Road, Boston) on BIDMC's West Campus.** In addition to the directions below, you may want to look at the detailed map of Beth Israel Deaconess Medical Center (pg. 26) that shows the Study Location, places to park, public transportation sites, and local eateries.

On your first visit, one of the members of the BIDMC team will meet you in the Farr Lobby (by the Gift Shop) and show you the way to the Language Recovery Lab.

### Public Transportation:

#### **Subway:**

Traveling by "T", take the **Green Line "D"- Riverside** train to the **Longwood** T-stop. Upon exiting the train, turn left on Chapel St., walk up a short hill, and turn left at the intersection of Chapel St. and Longwood Ave.. Proceed to the intersection of Longwood Ave. and Riverway. Cross The Riverway at the light and continue up a small hill on Longwood Ave. Take the second right onto Pilgrim Rd. (new construction on the left; parking garage on the right) and stay on the sidewalk on the right side of the street. Up ahead you will see a glass walkway that spans the street and connects the West Clinical Center with the Farr Building. Pass underneath that walkway and the Farr Entrance will be on your right. The walk from the train takes approximately 5 to 7 minutes.

**Bus:**

There are a variety of bus stops close to Beth Israel. The stop closest to the Main Entrance of both the East & West campus of Beth Israel is at the intersection of Brookline Ave. and Short Street. Buses #47, 60, 65, 8, and CT2 all stop there on a regular basis. For further directions & schedules please visit <http://www.mbta.com>.

**Driving:****From the North (I-95/Route 1):**

Travel southbound on Route 1, cross the Tobin Bridge and follow signs for *Storrow Drive*. Take *Storrow Dr.* westbound and exit (left) at the *Kenmore/Fenway* exit (Route 1 South). On the exit, stay LEFT to head toward *Fenway*. As you drive up the exit, merge to the RIGHT, then flow through the first light onto *Boylston St.* - *Outbound* past *Fenway Park*. At the fourth light, all traffic must bear RIGHT onto *Park Drive*. As you are bearing right, move into the 3<sup>rd</sup> lane from the left. At the next traffic light, drive STRAIGHT through the intersection onto *The Riverway* and stay in the left lane. Continue STRAIGHT through the light at *Longwood Ave.* (*no left turn*), take the first LEFT onto *Autumn St.*, then turn RIGHT onto *Crossover St.* The entrance to the *Pilgrim Garage* will be on your LEFT. *Take your ticket with you when you leave the garage!* Exiting the garage, turn LEFT onto *Crossover St.*, RIGHT onto *Pilgrim Rd.*, and pass underneath the glass walkway. The *Farr Entrance* will be on your RIGHT.

**From the North (I-93):**

Travel southbound on I-93 to Boston, and follow signs for *Storrow Drive*. Take *Storrow Dr.* westbound and exit (left) at the *Kenmore/Fenway* exit (Route 1 South). On the exit, stay LEFT to head toward *Fenway*. As you drive up the exit, merge to the RIGHT, then flow through the first light onto *Boylston St.* - *Outbound* past *Fenway Park*. At the fourth light, all traffic must bear RIGHT onto *Park Drive*. As you are bearing right, move into the 3<sup>rd</sup> lane from the left. At the

next traffic light, drive STRAIGHT through the intersection onto The Riverway and stay in the left lane. Continue STRAIGHT through the light at Longwood Ave. (*no left turn*), take the first LEFT onto Autumn St., then turn RIGHT onto Crossover St. The entrance to the Pilgrim Garage will be on your LEFT. *Take your ticket with you when you leave the garage!* Exiting the garage, turn LEFT onto Crossover St., RIGHT onto Pilgrim Rd., and pass underneath the glass walkway. The Farr Entrance will be on your RIGHT.

**From the Northwest (Route 2):**

Follow Route 2 East toward Boston to Fresh Pond Parkway. Cross the Charles River onto Soldier's Field Road, which becomes *Storrow Drive-Eastbound*. Take Storrow Dr. – East to the Fenway exit (Route 1 South). Bear right and flow through the first light onto Boylston St. - *Outbound* past Fenway Park. At the fourth light, all traffic must bear RIGHT onto Park Drive. As you are bearing right, move into the 3<sup>rd</sup> lane from the left. At the next traffic light, drive STRAIGHT through the intersection onto The Riverway and stay in the left lane. Continue STRAIGHT through the light at Longwood Ave. (*no left turn*), take the first LEFT onto Autumn St., then turn RIGHT onto Crossover St. The entrance to the Pilgrim Garage will be on your LEFT. *Take your ticket with you when you leave the garage!* Exiting the garage, turn LEFT onto Crossover St., RIGHT onto Pilgrim Rd., and pass underneath the glass walkway. The Farr Entrance will be on your RIGHT.

**From the West (Route 9):**

Heading east (toward Boston) on the Massachusetts Turnpike, take Route 128 South (exit 14) to Route 9-East (exit 20A). Follow Route 9 to the intersection of Brookline Avenue in Brookline Village (Brook House will be on right). Turn left onto Brookline Ave., proceed to the second traffic light (where Brookline Ave. intersects with The Riverway/Jamaicaway), and move into the left lane. Turn left onto The

Riverway. Take the second right onto Autumn St. then turn right onto Crossover Street. The entrance to the Pilgrim Garage will be on your left. *Take your ticket with you when you leave the garage!* Exiting the garage, turn left onto Crossover St., right onto Pilgrim Rd., and pass underneath the glass walkway. The Farr Entrance will be on your right.

**From the South Shore (Route 3):**

Travel northbound on the Southeast Expressway and follow signs for *Storrow Drive*. Take Storrow Dr. westbound and exit (left) at the *Kenmore/Fenway* exit (Route 1 South). On the exit, stay LEFT to head toward *Fenway*. As you drive up the exit, merge to the RIGHT, then flow through the first light onto *Boylston St. - Outbound* past *Fenway Park*. At the fourth light, all traffic must bear RIGHT onto *Park Drive*. As you are bearing right, move into the 3<sup>rd</sup> lane from the left. At the next traffic light, drive STRAIGHT through the intersection onto *The Riverway* and stay in the left lane. Continue STRAIGHT through the light at *Longwood Ave. (no left turn)*, take the first LEFT onto *Autumn St.*, then turn RIGHT onto *Crossover St.* The entrance to the Pilgrim Garage will be on your LEFT. *Take your ticket with you when you leave the garage!* Exiting the garage, turn LEFT onto *Crossover St.*, RIGHT onto *Pilgrim Rd.*, and pass underneath the glass walkway. The Farr Entrance will be on your RIGHT.

**From the South Shore (Route 24 and I-95):**

Travel south on Route 128 to the Route 3 exit for the Southeast Expressway-North. Follow signs for *Storrow Drive*. Take Storrow Dr. westbound and exit (left) at the *Kenmore/Fenway* exit (Route 1 South). On the exit, stay LEFT to head toward *Fenway*. As you drive up the exit, merge to the RIGHT, then flow through the first light onto *Boylston St. - Outbound* past *Fenway Park*. At the fourth light, all traffic must bear RIGHT onto *Park Drive*. As you are bearing right, move into the 3<sup>rd</sup> lane from the left. At the next traffic light, drive

STRAIGHT through the intersection onto The Riverway and stay in the left lane. Continue STRAIGHT through the light at Longwood Ave. *(no left turn)*, take the first LEFT onto Autumn St., then turn RIGHT onto Crossover St. The entrance to the Pilgrim Garage will be on your LEFT. *Take your ticket with you when you leave the garage!* Exiting the garage, turn LEFT onto Crossover St., RIGHT onto Pilgrim Rd., and pass underneath the glass walkway. The Farr Entrance will be on your RIGHT.

***If you need further help with directions, please call 617-632-8926 or 617-632-8924.***

## Local eats near BU!

There are lots of places to take a break or eat at near CARE. This is just a quick selection of places along Commonwealth Avenue between the BU Bridge and Kenmore Square. If you're feeling adventurous, take a trip up Comm. Ave past the BU Bridge – there are a lot more places to check out on West Campus!

### Starting to the left of 100 Cummington Mall, on Comm. Ave.:

University Grill	712 Comm. Ave	An inexpensive pizza place. Salads, subs, and a daily Greek special.
Beijing Café	728 Comm. Ave	Chinese food.
CVS	730 Comm. Ave	Snacks and drinks.
Pavement Coffeehouse	736 Comm. Ave	Exotic coffees, hot and cold teas. Sandwiches & pastry, too.
Nud Pob Thai	738 Comm. Ave	Thai and Indonesian food.

### Across Comm. Ave. to the Westbound side:

George Sherman Union	775 Comm. Ave	A variety of healthy, cafeteria-style food joints: Sandwiches, pizza, soup, turkey dinner, Chinese food. Fruit, sandwiches, and sushi in prepared boxes.
Campus Trolley	665 Comm. Ave	A tiny Middle Eastern food truck.
Noodle St.	627 Comm. Ave	Pan-Asian food, mostly Thai.
Starbucks, Breadwinners	School of Management, 595 Comm. Ave, 2 <sup>nd</sup> Floor	Breadwinners has a variety of sandwiches, snacks, and drinks, and some booths and tables.
City Convenience	543 Comm. Ave	Convenience store, several of which are located on campus. Snacks, sandwiches, drinks, and toiletries.
Bertucci's	533 Comm. Ave	Artisan pizzas, hot from the brick oven!
Cornwall's Pub	654 Beacon St.	Burgers and salads. Pub food.
Bruegger's Bagels	644 Beacon St.	Coffee, bagels, lunch sandwiches and salads.
Fin's	636 Beacon St.	Sushi in the heart of Kenmore.
UBurger	636 Beacon St.	Fast food burgers.

**Across Comm. Ave., back to the Eastbound side:**

Island Creek Oyster Bar	500 Comm. Ave	More formal. Seafood and other entrees.
The Hawthorne	500A Comm. Ave	A cozy bar; has a variety of small plates for dinner or lunch.
Eastern Standard	528 Comm. Ave	Very popular formal dining spot.
McDonald's	540 Comm. Ave	Fast food.
Qdoba	540 Comm. Ave	Fast food Tex-Mex food, fast service.
Uno Chicago Grill	1 Brookline Ave.	Deep-dish pizza, plus the usual salads and other offerings.
MeiMei Street Kitchen	Food truck near 602 Comm. Ave	Food Truck- Only there one day a week, but when it is, it's popular. Takes credit, debit, and cash.

**In the Warren Towers plaza, in front of Cummington Mall:**

Starbucks	700 Comm. Ave	Conveniently located.
Subway	700 Comm. Ave	Fast food subs and salads.
Jamba Juice	700 Comm. Ave	Smoothies.
City Convenience	700 Comm. Ave	General convenience store.



## Local Eats near MGH in Charlestown!

### Near the Martinos Imaging Center

MGH Food Court	1 <sup>st</sup> Floor of Martinos Center	
Ironside Grill	25 Park St.	American, Sports Bar
Sorelle Bakery and Cafe	100 City Sq.	Bakery, Coffee, Subs
Family Kitchen	198 Bunker Hill St.	Italian, Sandwiches, Subs

## Local Eats in and around BIDMC's West Campus:

Lank Dining Room	185 Pilgrim Road	BIDMC's West Campus Cafeteria (Farr Basement): hot entrees, soup, sandwiches, salad bar, sushi, pizza, burgers, yogurt, fruit, and more.
The West Café	1 Deaconess Road	In BIDMC's West Clinical Center Lobby: Starbucks Coffee, bagels, pastry, yogurt, fruit, "grab-and-go" sandwiches, soup, and more.
Dunkin' Donuts	457 Brookline Avenue	(around the corner from the West Clinical Center) Open 5:00am – 7:00pm
Bruegger's	375 Longwood Avenue	Bagels, sandwiches, soup, coffee, juice, and snacks. 6:00am – 6:00pm
Souper Salad	BIDMC's Shapiro Center Lobby	Salads, soups, sandwiches, etc. 6:30am – 6:00pm
Starbucks Café	BIDMC's Shapiro Center Lobby	Starbucks coffees, teas, and Bakery Café. 5:30am – 8:00pm
Bertucci's	Blackfan Circle	Wood-fired pizza, salads, sandwiches and Italian specialties.

### ... In the Longwood Galleria: (350 Brookline Avenue, Boston)

Beantown Burrito	Food Court	Tacos, burritos, salsa, etc.
Burbon Street Café	Food Court	Chinese cuisine with a Cajun twist.

Chutney's	Food Court	Indian "fusion".
Dunkin' Donuts	Food Court	Located at the entrance to the Food Court.
McDonald's	Food Court	Classic fast food.
Sepal	Food Court	Authentic Middle-Eastern food including meat, vegetarian, and vegan dishes.
Subway	Food Court	Classic subs.
Dragon Bowl	Food Court	Classic Chinese.
Red Barn Coffee Roasters	Food Court	Organic Coffees & Teas; baked goods.
Sakura Japan	Food Court	Classic Japanese teriyaki +.
T. Sushi	Food Court	Fresh sushi, wraps, and noodles.
Longwood Grille	Behind the Food Court	Relaxed, reasonably priced, upscale dining with quick service: Appetizers, soup, salad, sandwiches, burgers, pizza, entrees, and desserts.

