



Relatively Speaking

NEWBRIDGE
ON THE CHARLES

 Hebrew SeniorLife

NewBridge on the Charles
5000 Great Meadow Road, Dedham, MA 02026

 Hebrew
SeniorLife



HARVARD MEDICAL SCHOOL
AFFILIATE

We're introducing a new look for these emails and once a month, in addition to the Zoom recording, we'll be including some other resources that might be helpful to you and your family. If there's a topic you'd like more information about, please let us know by sending your suggestions to ILRelativelySpeaking@hsl.harvard.edu.



What is Respite Care?

Many caregivers try their best to provide care to a loved one or an aging parent. But the physical and emotional toll can be overwhelming on a caregiver without some support or relief. Respite care is one option, and you might want to have a plan in place before you need it.

[Read more](#)

Know anyone staying in New England this winter?

If you know an older adult who is skipping their usual winter in Florida this year because of COVID-19, we may be able to offer them the simplicity and socialization they appreciate



about life in a warmer climate. At NewBridge on the Charles (and our sister community, Orchard Cove in Canton), we are offering short-term stays to those who are interested in “wintering” with us this season. It’s a great opportunity for someone who is thinking about a permanent move to a community like NewBridge to see what life is really like here.

Anyone interested can contact Sheila Waxman at SheilaWaxman@hsl.harvard.edu or 781-234-9031.

In Case You Missed It: Friday’s Educational Zoom Session - Trial Stays in Assisted Living

A recording is now available of Friday’s educational session for NewBridge IL families, featuring Amanda Phillips, Assisted Living Marketing and Sales and Bonnie Lundquist, Program Specialist, Community Life.

[View the recording](#)

If you have a family member who should also be receiving these emails please send their name and email address to ILRelativelySpeaking@hsl.harvard.edu.

www.newbridgeonthecharles.org

