



Relatively Speaking

NEWBRIDGE ON THE CHARLES

 Hebrew SeniorLife

Winter Updates

Welcome to our "Winter Wellness" edition of "Relatively Speaking," a quarterly newsletter designed just for you, the families of NewBridge on the Charles residents. Thank you for reading. We are happy that you are part of the community your family members call home.

~ Tara Fleming Caruso, Collaborative Care Advisor, MA, LMHC

How to Decrease Isolation and Loneliness

As the days get shorter and colder, it's no surprise that many of us can feel isolated or lonely. What may be surprising is that social isolation and loneliness can have negative health consequences, especially for older adults. National Institute on Aging research has linked social isolation and loneliness to higher risks for a variety of diseases and conditions, including heart disease, depression, cognitive decline, and Alzheimer's disease. In fact, some research suggests that chronic loneliness may shorten life expectancy just as much as smoking.



The staff at NewBridge on the Charles is committed to helping residents feel a part of the NewBridge community, knowing that defeating loneliness can contribute to a person's health. We talked with Shana Sklar, community care advisor at NewBridge on the Charles, about this important issue. [Read more.](#)



Dr. Rachael Falk

Staff Spotlight: Rachael Falk, Psychologist, Hebrew SeniorLife

Rachael Falk, PsyD, recently joined Hebrew SeniorLife's department of medicine. Dr. Falk is providing assessment and psychotherapy services for independent living patients in the NewBridge outpatient clinic and for Hebrew Rehabilitation Center long-term chronic care and post-acute patients. Her specialty is geropsychology, which focuses on the mental health concerns of older adults around depression and aging, anxiety, and age-related illnesses. We talked to Dr. Falk about how seniors can cope with feelings of isolation and loneliness, especially in the winter.

How Exercise Improves Mood

Christina Rice has been the fitness director at NewBridge on the Charles for 10 years. Just returning from maternity leave, Christina was happy to share her thoughts on how exercise can help squelch the winter blues.

[Read Christina's advice.](#)



Marcus Institute Receives \$53 Million Grant to Fund Alzheimer's Research

Hebrew SeniorLife has been awarded a five-year grant worth up to \$53.4 million to find ways to improve care for those suffering with Alzheimer's and related dementias. Dr. Susan Mitchell, a senior scientist at the Hinda and Arthur Marcus Institute for Aging Research, is co-leading a new collaborative research incubator that will develop trials aimed at evaluating interventions for the disease.

[Learn more about how this could improve care for people living with dementia.](#)

Educational Opportunities: Weekend Office Hours

I'm thrilled that many of you are stopping by the informational table that's set up monthly in the lobby to pick up educational materials, ask questions, and learn about the supportive services across our continuum of care.

The next weekend "office hours" will take place on **Saturday, December 21, from 11 a.m. to 1 p.m.** If you would like to book a specific time in advance, please reach out to me directly at TFlemingCaruso@hsl.harvard.edu.

— Tara



They
were there
for you.

We can help **you**
be there for them.

**LISTEN TO OUR
NEW PODCAST**

 Hebrew SeniorLife
HARVARD MEDICAL SCHOOL
AFFILIATE



Tune in to "There for Them," a podcast from Hebrew SeniorLife designed to help you find the information and resources you need to support your aging parents.

Find us on iTunes or click below.

LISTEN NOW

Programming Highlights

Did you know that families are welcome to join NewBridge residents for any of our

community life programs? Come join us on:

Thursday, December 12, 7:30 p.m., Great Meadow Hall: 2018 MacArthur Fellow composer/conductor/pianist/poet **Matthew Aucoin** is back at NewBridge! Here's a note from Matthew on the program:



I am thrilled to be returning to NewBridge with my ensemble, AMOC, a super group of spectacularly talented young artists. As some of you know, I honed my craft as a musician through countless performances at NewBridge while I was in college, so this feels like a homecoming!

Our program features music both old and new which is united through its focus on intimate collaboration. The musical husband and wife duo György and Marta Kurtág make for one of my favorite love stories in classical music: though György technically composed the music, his pianist wife Marta was always deeply involved in his creative process, and they often gave four-hand piano recitals together throughout their life. Marta Kurtág passed away recently, so we've programmed some of Kurtág's four-hand piano arrangements of Bach in her honor. It is some of the most intimate, beautiful music I know.

AMOC's artists include many creative spirits, and our program will include duos written by two AMOC composers: bassist Doug Balliett and myself. Doug's piece Peleus at Trachin and my rumbling Dual form the central section of our program.

We will round the evening out with the great 20th-century composer Alfred Schnittke's Hymnus II, and Beethoven's indestructible Cello Sonata, Op. 69. We hope you enjoy!

—Matthew Aucoin

Wednesday, December 18, 7:30 p.m., Great Meadow Hall: Join us for a "Mind Reading Show," featuring mentalists **Antonina & David**. Boston mentalist duo Antonina & David perform an extraordinary show of telepathy. Their show has been described as "extremely interactive and mind blowing!"

These are just some of the many program offerings on the NewBridge campus. Stay in the know about them all by signing up for our weekly and monthly programming newsletters. To subscribe, send an email to DavidRaider@hsl.harvard.edu.

News You Can Use

Did you know that there is a guest house available to NewBridge on the Charles friends and families for overnight visits? The guest house has three separate rooms as well as a common sitting area and kitchenette for all to share. You can now reserve your stay online! [Learn more and make a reservation.](#)

In the Spirit of Giving

As we approach the end of the year and many of us are thinking about charitable giving, please keep Hebrew SeniorLife in mind. Your support is critical to our staying relevant and innovative, to our growth, and to our ability to go above and beyond for seniors every day. If you would like to discuss different giving opportunities, contact Teresa Lisek at 617-971-5788 or

teresavlisek@hsl.harvard.edu. Or use the link below to give online. Thank you!



Your donations improve the quality of life for our patients and residents, regardless of their health, religion, or financial status.

[Make a Gift](#)

Numbers to Know

Campus Supports and Education

Tara Fleming Caruso, MA, LMHC
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Social Work

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Spiritual Needs

Rabbi Judi Ehrlich
Certified Interfaith Chaplain
781-234-9213

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HSL Home Health

Lynda Giovaniello, RN, BS
Director of Clinical Liaisons
781-234-9705

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Maintenance and IT Requests (One Stop Shop)

781-234-9500

Security

Emergency Only: 781-234-9911
Non Emergency: 781-234-9260

Restaurant Reservations

Nosh: 781-234-9102
Centro: 781-234-9100

Special Events Catering

Elisa Calkins
Food & Beverage Manager
781-234-9131

ElisaCalkins@hsl.harvard.edu

Guest House Reservation

[Reserve Online](#)

Ways to Give

[Donate Online](#)

Hebrew SeniorLife offers a complete continuum of care:

**Assisted Living • Memory Assisted Living • Post-Acute Rehabilitative Care
Long-Term Chronic Care • Center for Memory Health
Outpatient Primary and Specialty Care
Adult Day Health • In-Home Care • Hospice Care**

[Explore health care services](#)

[Explore senior living](#)

Is there a topic you'd like to see in a future edition? Email your suggestions to TFlemingCaruso@hsl.harvard.edu. Know another family member who might like to get this newsletter? Send along their email address to LisaRelich@hsl.harvard.edu.

STAY CONNECTED

