



# Relatively Speaking

## NEWBRIDGE ON THE CHARLES



*a Newsletter for Family and Friends of NewBridge Residents*

**Welcome to the first edition of "Relatively Speaking,"** a quarterly newsletter designed just for you, the family members of NewBridge on the Charles residents.

Our goal is to educate, inspire, and engage. Each edition will span many different topics: campus resources, aging research and education, staff highlights, and information about special events and programs.

Thank you for joining us. We are happy that you are part of the community your parents call home.

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

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- ***Campus Spotlight: Assisted Living***
- ***Conversations about Driving***
- ***Staff Member Spotlight***
- ***Institute for Aging Research News***
- ***Upcoming Programs***
- ***Numbers to Know***

**Upcoming Events Just for You:**

- 3/15: *Monthly Support Group*
  - 4/2: *Bagels, Coffee & Conversation*
  - 5/7: *Supporting the Aging Couple*
- [Get more info >](#)



### Campus Spotlight: Assisted Living

The NewBridge campus is considered a continuing care retirement community (CCRC). Assisted living is one of the options within our continuum.

Assisted Living is a relatively new concept. The first assisted living communities opened their doors in the early 80's. **In**

**general, assisted living communities offer support with activities of daily living (ADL's), care coordination, medication assistance, all meals and recreational programming in a home-like environment.** Assisted living communities define themselves as "social" models as they do not offer medical care.

Assisted living communities have staff 24 hours per day. Licensed nurses are in the building during the day and are reachable off hours for staff and resident support. Certified Nursing Assistants (CNA's) provide the daily assistance to residents.

Residents in assisted living communities vary in their needs. Some are comfortable in a "traditional" assisted living environment and others benefit from a program designed for people with memory loss. Memory care assisted living communities have higher staffing ratios and programming specifically designed for residents with memory loss.

Because assisted living communities are subject to state regulation rather than federal, they vary dramatically from state-to-state in what they provide. And even within each state, individual assisted living communities have some latitude on the services that they offer.

[Learn more about all that NewBridge provides in our unique assisted living and memory support communities >](#)

## Having Conversations: Your Parents and Driving

*Janet Gottler, LICSW  
Independent Living Social Worker*



As a member of the NewBridge Community Life Team, I hear from seniors who worry about their own driving abilities as they age, and voice the apprehension they experience when they must give up driving. Recently an instructor from the AARP Defensive Driving seminar said that if you are lucky enough to live to an old age, you will likely outlive your driving career by eight or more years. When I talk with residents, I share this information to help normalize and anticipate this transition as part of living into ripe old age.

In their conversation guides for families on this topic, The Hartford Center for Mature Market Excellence and the MIT Aging Lab note statistics that indicate most older adults are safe drivers and the actual number of accidents involving older drivers decreases as age increases. This is likely due to driving fewer miles, avoiding driving at night in bad weather, and steering clear of rush-hour traffic. However, after age 70 older drivers have a higher risk of accidents per mile driven than middle-aged drivers. The rate of fatalities rises significantly after age 75 due to the increased inability to withstand physical trauma that occurs with age.

When families see changes in flexibility, strength, coordination, observe the side-

effects of medications, or have a loved one has a recent diagnosis of dementia, they wonder how to initiate conversations about driving with their parents, aunts or uncles. For older drivers, limiting driving brings up practical issues to surmount, as well as sadness and sometimes anger in losing the independence that driving represents. Research by Hartford and the MIT Age Lab showed that most older adults preferred to have these conversations with people they trust: their family members or a family physician.

If your parent disagrees with your observations and concerns about their driving, you can propose an objective evaluation to assess their strengths and weaknesses behind the wheel. The Outpatient Rehabilitation Practice at NewBridge (781-234-9630) provides comprehensive driving evaluations by a certified Occupational Therapist with expertise in this area and, if required, a driving evaluation by an Adaptive Driving instructor. Medicare or supplementary insurance covers a physician referral for this occupational therapy evaluation.

At NewBridge Independent Living and Assisted Living, residents receive transportation for shopping trips and medical/dental appointments which meets a majority of their needs. I am available to assist our residents with approvals for the MBTA's RIDE, provide resources for private agencies and drivers, and to support them through any distress due to limiting or relinquishing their driving. NewBridge's Community Life team partners with residents and their families to provide support and guidance around these dilemmas. We are here to support your family in these decisions and help our residents successfully transition to safe alternative transportation that accommodates their needs in the future.

*"Family Conversations with Older Drivers" from The Hartford Center is a useful guide that can be [downloaded here](#).*



### Staff Spotlight: **Matt Hollingshead**

Matthew Hollingshead joined NewBridge on the Charles as the executive director of our [Assisted Living](#) and [Memory Care](#) communities last spring. His energetic, resident-centric approach and skill in leading large teams is already making a difference in the lives of our residents. The Hebrew Senior Life blog featured an

interview with Matt that sheds light on his background and commitment to this work.

#### **Q: So, what drew you to a career in senior living?**

A: In some ways, I fell into it. But I'm so glad I did. I had just finished my master's degree in business and I was taking some time off to do some traveling abroad. A friend of mine offered me...

[Read more >](#)



## Hebrew SeniorLife's Institute for Aging Research wins NIH Grant

A team of [delirium](#) experts led by [Sharon K. Inouye](#), M.D., M.P.H., Professor of Medicine at Harvard Medical School and Director of Hebrew SeniorLife's own Aging Brain Center at the [Institute for Aging Research \(IFAR\)](#), has been awarded a

projected \$3.7 million grant over five years. This award is the first of its kind from the National Institute on Aging / National Institutes of Health to build an interdisciplinary collaborative network of delirium researchers nationally and internationally. "We are delighted to support the launch of this team effort to build a research infrastructure advancing our understanding of how delirium impacts the aging brain," said NIA program officer Molly Wagster, Ph.D. "This highly collaborative and innovative effort promises to inform delirium research and clinical care for years to come."

[Read more>](#)



## Upcoming Campus Programs

Did you know that families are welcome to join NewBridge residents for any of our robust cultural and intellectually stimulating community life programs?

One upcoming calendar highlight is a unique program presented in collaboration with the Jewish Arts Collaborative. On Sunday, March 5 at 2pm in Great Meadow

Hall, we'll host a live musical performance/film screening called ***The Art in Heaven Project***, combining a film by filmmaker Z.S. Rosenfeld that captures sacred architectural icons of Europe's lost Jewish communities, with a live musical accompaniment by Gibraltar-born guitarist and singer Elie Massias. Relying on several instruments and a looping recorder, the music brings these disappearing, sacred structures back to life. The musicians and filmmaker will be present for a discussion and reception to follow.

Although this is a ticketed event for the public through the Jewish Arts Collaborative, **complimentary seats have been set aside for NewBridge residents and their family members!** Please contact member service coordinator Rhetta Johnson at [RhettaJohnson@hsl.harvard.edu](mailto:RhettaJohnson@hsl.harvard.edu) to reserve your spot.

*This is just one of countless 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](mailto:DavidRaider@hsl.harvard.edu).*



## Events Just for You

### Monthly Adult Child Support Group

Wednesday, March 15, 7-8:15pm

A new support group will be launched in March for the children of independent and assisted living members. The group will be designed to provide both emotional support as well as education related to aging parent issues. The group will be facilitated by Janet Gottler, LICSW, and Tara Fleming Caruso, LMHC and will meet on the third Wednesday of each month from 7-8:15pm in the Community Center. Refreshments will be served. [RSVP>](#)

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### Bagels, Coffee & Conversation

Sunday, April 2, 10-11:30am

Do you know enough about the continuum at NewBridge? Join other adult children and caregivers in an informal setting to learn more about the variety of care options on the NewBridge campus -- and how we help elders live their best lives. Get answers to your specific questions and meet other family members. [RSVP>](#)

### Workshop: Supporting a Couple in the Aging Process

Sunday, May 7, 10-11:30pm

Supporting two parents in the aging process can be rewarding as well as challenging. Join the independent living Social Worker and the Collaborative Care Advisor in a discussion around common challenges that can arise when a couple is aging together and how these issues can be addressed within the NewBridge on the Charles community. Refreshments will be served. [RSVP>](#)

Do have questions about these programs? Contact Tara Fleming Caruso at [TFlemingCaruso@hsl.harvard.edu](mailto:TFlemingCaruso@hsl.harvard.edu) or 781-234-9404 to learn more.

## Numbers to Know

*Campus Supports and Education* **Tara Fleming Caruso, MA, LMHC**  
Collaborative Care Advisor  
781-234-9404 / [TFlemingCaruso@hsl.harvard.edu](mailto:TFlemingCaruso@hsl.harvard.edu)

*Social Work* **Janet Gottler, LICSW**  
Community Care Advisor  
781-234-9214 / [JanetGottler@hsl.harvard.edu](mailto:JanetGottler@hsl.harvard.edu)

*Spiritual Needs* **Rabbi Judi Ehrlich**  
Chaplain  
781-234-9213 / [JudiEhrlich@hsl.harvard.edu](mailto:JudiEhrlich@hsl.harvard.edu)

*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*      **Joan Grant Mann**  
Catering Manager  
781-234-9131 / [JoanGrantMann@hsl.harvard.edu](mailto:JoanGrantMann@hsl.harvard.edu)

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

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