



Relatively Speaking

NEWBRIDGE ON THE CHARLES



A Newsletter for Family and Friends of NewBridge Residents

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

Thank you for reading. 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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Upcoming Events Just for You:

- 3/21: Monthly Support Group
 - 4/8: Bagels, Coffee & Conversation
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Campus Spotlight: Outpatient Care

Through Hebrew Rehabilitation Center Dedham, NewBridge on the Charles independent living and assisted living residents can access on-campus [outpatient therapies](#) in our Health Care Center. In addition to our Harvard Medical School affiliated medical practice, we offer a caring and experienced team of physical

therapists, occupational therapists, speech therapists, audiologists, and exercise physiologists who utilize the most up-to-date treatment techniques to maximize function and independence in older adults.

Our **physical and occupational therapists** specialize in areas such as:

- Balance and falls assessment and prevention
- Treatment for Parkinson's disease (including [LSVT-BIG](#))
- Vestibular rehabilitation
- Orthopedic manual therapy
- Cranio-sacral therapy
- Post-surgical and conservative hand therapy
- Wheel chair seating and positioning
- Administering evidenced-based off-road safe driving consultations
- Lymphedema management for upper and lower extremities and wound care

Our **speech-language pathologists** provide:

- Dysphagia evaluation and treatment and cutting edge treatment options such as neuromuscular electrical stimulation
- A range of assessments and treatment services for communication and cognitive disorders, including aphasia, dysarthria, voice disorders, and mild cognitive impairment

Finally, our **audiologists** work to find the best solution for your patient's hearing difficulties. We carry a complete line of hearing aids and our services include audiometric testing, fittings and repairs.

Learn more about outpatient care at NewBridge by contacting Collaborative Care Advisor Tara Fleming Caruso at 781-234-9404 tflemingcaruso@hsl.harvard.edu.



Staff Spotlight: **Sarah Charest, OTR/L-CLT**

Sarah Charest serves as the Rehabilitation Manager of Long Term Chronic Care and Outpatient Therapies. We recently spoke with Sarah about her role and what is happening in the field of outpatient therapies.

What made you pursue a career in outpatient therapies?

I was in high school and my mom had really bad carpal tunnel syndrome. I accompanied her to some of her appointments and ended up volunteering in her clinic. I was in the process of applying for schools and decided to volunteer in a clinic based on how much my mom improved. It was challenging and I loved the variety of options.

What can people do to lower the chances of coming to you in the first place?

There are so many reasons why people come to us. We're actually starting to think about how we can help people before they get injured. This is called "Prehab," and is a new and upcoming discipline in this field. Take knees for example. If a person is starting to have issues they can come to us before it gets too bad. And if they need replacement surgery we can let them know what to expect. We don't do this yet, but

we're looking at it for the future.

What are some of the other changes on the horizon for your area of expertise?

A lot of it is around keeping people at home and safe in their homes. We offer home safety evaluations through our Therapy Housecalls Program. For example, let's say somebody is having a hard time getting out of bed. We can have the evaluation in the office but then go to a resident's apartment so we can make specific recommendations. Most physicians will write a prescription for a home safety evaluation. It does not need to be precipitated by a fall or injury.

What do you enjoy most about the work you do?

I like to see our patients' progress. We have had some come in a wheelchair, and after a couple weeks of therapy, leave walking out the door. When the residents tell me how much they love our therapists, that is also very rewarding. Seeing people improve is just awesome.

What do you want people to know about the services your team provides?

We have world-class clinicians working with our residents right on the NewBridge campus. We have several specialists who can help our residents in so many different areas. For example we have a hand specialist and a Parkinson's expert. Tapping into the HSL team we can really handle anything. Also, people with connections to NewBridge--like family members and staff--are able to take advantage of what we offer.

Do you have interns on the team?

We do. We love having students. We have a year-long internship with Mass General as part of their College for Allied Health. We also have a PT intern who spends a year with us, working in both our outpatient clinic as well as our rehab area. Many of these interns have gone on to become full-time employees. We have PT, OT and speech students from all over. It keeps our therapists on their toes and current with the latest trends. Everything is now evidenced based, so it is nice to have these real-time conversations with students.

Interview: The Wittes Family

The great scope and depth of services across a full continuum of care is one reason older adults choose to live at NewBridge; there are a multiple options for support, across many disciplines. When additional services are needed, some Members choose to transition to a new residence within the continuum. The "best" solution is individual to each person and it takes education, time and thought.



There are a few targeted questions that we ask when counseling members and their families who are in this evaluative process. What matters most to you and your family? Is your current situation supporting this vision and allowing you to live your best life? If the answer is no, what services might be added to improve the quality of your life? Alternatively, is there a better community on the NewBridge campus for your needs?

Julie Wittes Schlack and her mom, Independent Living Member "Glo" Glorianne Wittes, offered to share their experience in this process and how it led them both to the conclusion that Glo could lead a better life in a more supportive setting.

Your mom was living in Independent Living with private help before you both began to educate yourselves about other options on campus. What prompted the process?

***Julie:** We did have private help. But we were paying for four consecutive hours (which we didn't need), while still not having coverage for other times of the day, which we did need. Assisted living provided the care Mom needed in shorter doses throughout the day. Also, we realized that the compactness of the assisted living campus allowed Mom to benefit from so much more social interaction. She didn't have to expend as much energy planning for, and traveling to, programs far away from her apartment.*

***Glo:** From my perspective, I was going through a period of change in my life. It felt like the time was right to look at alternatives. I saw assisted living as a new opportunity.*

Tell us about the process you went through as you evaluated your options here across the NBOC continuum.

***Glo:** The "learning activities" were helpful--speaking with staff and touring the community. I was also able to attend meals in the assisted living dining room, as well join some programs. It helped me get a sense of the culture and of the people that lived here. I think the entire process, from beginning to learn about assisted living to deciding to make a move, was about three months.*

***Julie:** These activities were helpful to me as well. I felt that I needed a lot of guidance and education on the services that were offered in Assisted Living. I had a lot of questions and needed a lot of reassurance. What was most helpful was seeing my mother in the environment, interacting with staff and residents. The staff was phenomenal.*

Were there any surprises along the way?

***Glo:** The community was more attractive than I had anticipated and the apartment (and closet!) was larger than I had expected. Also the fact that the community was more compact and manageable. It was easier to get around. The social continuity was also a surprise. I could go back and forth from assisted living to independent living for programs and meals so that I could socialize with old friends. This was important to me. And more and more of my friends, over time, were choosing to move to assisted*

living so there were more familiar faces. In terms of programming, I knew I would enjoy the trips to the museum. But I was surprised by how much I started to enjoy the weekly lunch outings.

How long did it take before you knew you had made a good decision?

Glo: *At first I thought I had made a mistake. It took a few months for me to really settle. Once I started developing relationships with the staff, I began to realize that I had made the right decision. It was a great comfort to know that there was always staff around. I began to really like the atmosphere; the convenience of programming; the amenities. I know I am better off here than if I had stayed in my independent living residence.*

Julie: *I had the same experience. Panic at first, and then after several months, I felt that we had absolutely made the right decision. For me it is mostly peace of mind. And the feeling of community. There are lovely, supportive people that care about each other. Staff and residents. The pivotal moment was when Mom returned to her assisted living apartment from a stay in rehab and said, "It's good to be home. This feels like home."*



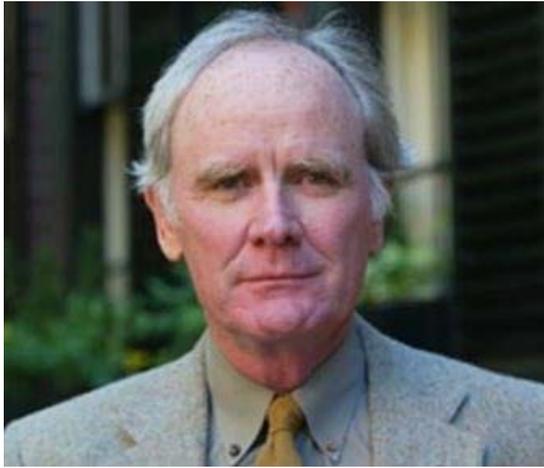
From the Hebrew SeniorLife Blog: Arthritis Advice for Seniors *by Sarah Charest, OTR/L-CLT*

Arthritis is an inflammation of one or more joints caused by the breakdown of cartilage, the spongy tissue that covers the ends of bones. There are different types of arthritis, but the most common is osteoarthritis, or "wear and tear" arthritis--it

occurs most often in the knees, hips, lower back, neck, or joints of the fingers, thumb and big toe.

Typical osteoarthritis symptoms include pain, stiffness, swelling and difficulty moving the joint. There are a variety of ways to manage arthritis discomfort, and most people tend to use a combination to help alleviate their symptoms. [Read more>](#)

Upcoming Campus Programs



Author and historian James P. Carroll speaks at NewBridge on Thursday, April 5.

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

Two upcoming highlights are Matt Aucoin's environmental opera "**Second Nature**" performed by Opera Del West on Thursday March 22 and renowned author and historian **James P. Carroll's presentation of "Jesus Was a Jew: A Catholic's Journey Through Antisemitism"** on Thursday, April 5.

Both programs begin at 7:30pm in Great Meadow Hall.

These are just some of the 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.



Events Just for You

Monthly Adult Child Support Group

Wednesday, March 21, 7-8:15pm

This group, for the children of independent and assisted living members, is designed to provide both emotional support as well as education related to aging parent issues. The group is facilitated by Janet Gottler, LICSW, and Tara Fleming Caruso, LMHC. Refreshments are served. [RSVP>](#)

Bagels, Coffee & Conversation

Sunday, April 8, 10-11:30am

Do you know about the continuum of care 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>](#)

Prefer a weekday option? Join a similar informational session designed for members, called NBOC 101, on Thursday, March 15 at 2pm. [RSVP>](#)

Do you have questions about these programs? Contact Tara Fleming Caruso at TFlemingCaruso@hsl.harvard.edu or 781-234-9404 to learn more.

Numbers to Know

<i>Campus Supports and Education</i>	Tara Fleming Caruso, MA, LMHC Collaborative Care Advisor 781-234-9404 / TFlemingCaruso@hsl.harvard.edu
<i>Social Work</i>	Janet Gottler, LICSW Community Care Advisor 781-234-9214 / JanetGottler@hsl.harvard.edu
<i>Spiritual Needs</i>	Rabbi Judi Ehrlich Chaplain 781-234-9213 / JudiEhrlich@hsl.harvard.edu
<i>Maintenance and IT Requests (One Stop Shop)</i>	781-234-9500
<i>Security</i>	Emergency Only: 781-234-9911 Non Emergency: 781-234-9260
<i>Restaurant Reservations</i>	Nosh: 781-234-9102 Centro: 781-234-9100
<i>Special Events Catering</i>	Joan Grant Mann Catering Manager 781-234-9131 / 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. Know another family member who might like to get this newsletter? Send along their email address to DanaGitell@hsl.harvard.edu.

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