



Relatively Speaking

NEWBRIDGE ON THE CHARLES



A Newsletter for Family and Friends of NewBridge Residents

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

The sunny weather is bittersweet for us, as we bid farewell this month to **Janet Gottler**, our community care advisor, who retires at the end of June. Family members are invited to join an all-community reception in Janet's honor on Tuesday, June 26 in the Community Center across from Nosh.

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

In this issue, read on for:

- **Campus Spotlight: HSL Home Care**
- **Feature: Palliative Care at Home**
- **Staff Spotlight: Dr. David Tsai**
- **Institute for Aging Research News**
- **Upcoming Programs**
- **Tips from Our Readers**
- **Numbers to Know**

Upcoming Events Just for You:

- 6/10: Bagels, Coffee & Conversation
 - 6/20: Monthly Support Group
- [Get more info >](#)

Campus Spotlight: Hebrew SeniorLife Home Care

[Hebrew SeniorLife Home Care](#), our visiting nurses association (VNA), offers services that help older adults live their best lives right in their own homes. We serve seniors throughout the Boston area and MetroWest



suburbs, as well as right here at NewBridge on the Charles.

HSL Home Care is an award-winning program through Home Care Elite, placing us in the top 25% of home health agencies nationally for quality of care. HSL Home Care is a preferred provider of Beth Israel Hospital and we collaborate with all the local Boston and suburban hospitals and physicians. All of our services are accessible with a physician's order. While a hospitalization is not a requirement for accessing services, many of our clients engage us after being discharged from a hospital or rehabilitation center.

HSL Home Care offers a wide range of health services, many of which are covered by insurance, including:

- Skilled nursing assessments and care coordination
- Medication management assessments
- Therapy assessments to determine safety and personal care needs, as well as the identification of speech and swallowing complications
- Home health aide services based on assessment

HSL Home Care also offers many unique, specialized programs, including:

- A **cardiac disease care** program to monitor blood pressure and pulse daily through telehealth tools
- A **nursing-certified wound consultation** including an in home assessment and coordination of wound care treatment with doctors and wound clinics
- A specialized **rehabilitation** program including certified geriatric specialists in physical therapy as well as an occupational therapy certified low vision program
- **Palliative care** expertise by an MD and Nurse Practitioner for chronic illness symptom management

HSL Home Care also offers the support of a social worker and chaplain as appropriate.

To learn more, read our [FAQ's about HSL Home Care](#) or call (781) 234-9900.

Feature: Palliative Care as an HSL Home Care service

Over the past two years, HSL has expanded palliative care services through [Hebrew Senior Life Home Care](#). Many people are confused by palliative care and wonder how it differs from [hospice care](#).

Palliative care is delivered by a multi-disciplinary team and treats the "whole" patient by providing medical, psychological and spiritual care for people with chronic and/or serious illness. Its focus is on providing relief from the symptoms and stress of serious medical conditions while still treating the illness. Unlike hospice care, which is meant specifically for those in the final stages of life, palliative care is appropriate for any stage of illness.



The HSL palliative care team includes a specially-trained physician, nurse, social worker and chaplain who work closely with a patient's primary care physician to provide:

- Expert treatment of pain and other challenging symptoms
- Guidance with difficult treatment choices
- Clarification of goals for treatment
- Pastoral counseling for patients of all faiths and cultures
- Expertise in serving the diverse needs of Jewish patients

The Palliative Care Program at HSL is a compassionate and innovative response to the challenges of living with chronic illness. To learn more, please call 781-234-9900.

Staff Spotlight:

David Tsai, M.D., Director of HSL Palliative Care Program

David Tsai, M.D., has been on staff in the Department of Medicine at Hebrew SeniorLife since 2006. He is an attending geriatrician, director of Hebrew SeniorLife's Palliative Care Program and medical director of Hebrew SeniorLife Hospice Care.



Watch Dr. Tsai discuss palliative care [here](#).

What made you pursue a career in geriatrics?

I became a geriatrician for selfish reasons. I didn't get to grow up with grandparents because I emigrated from Taiwan, which is where I was born. People tell me I'm an old soul. The most interesting part of my work is hearing people's life stories. It's important to listen and take it all in.

What would you say is your proudest accomplishment?

Professionally, I'm still peaking. I'm not there yet. I would say, nonetheless, my proudest accomplishment is the cultivation and deepening of the relationships I have with my patients. On a personal level, I'm proud of my children. I have two daughters, aged 17 and 10. I love watching them grow up.

What are the biggest misconceptions people have about palliative care?

That it means "giving up." It actually just means a different focus, away from conditions and more towards priorities--and what is really meaningful and important to the patient. I am lucky to be able to see people self-reflect and grow under these circumstances.

How should adult children think about palliative care?

They should think of it as part of "whole person" care. In addition to treatment for

whatever serious conditions their parent may be receiving, palliative care also helps to address emotional and psycho-spiritual distress as well. The way I explain it to families is as follows: if you show me your goals, I will act as your navigator to help guide you through the medical system to get to where you and your family want to be.

What concerns do you have about our aging population?

When it comes to end of life, people are more likely to have planned for their financial wishes than their medical wishes. This means they have addressed only one piece of thinking about what matters most to them as they age.

[Watch Dr. Tsai discuss palliative care >](#)

Institute for Aging Research News: **Osteoporosis Awareness**

May was National Osteoporosis Awareness Month, a time when Hebrew SeniorLife, our [Institute for Aging Research](#), and health care providers all over the country worked to promote good bone health through prevention, detection and treatment of osteoporosis, and to educate vulnerable populations on risk factors.



Watch Dr. Kiel discuss osteoporosis [here](#).

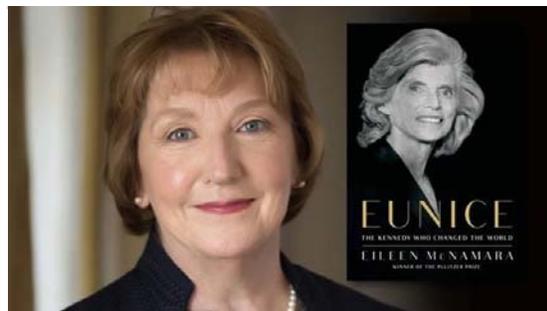
The goal of the [Musculoskeletal Research Center](#) at Hebrew SeniorLife's Institute for Aging Research is to conduct research, test interventions, and disseminate findings on common musculoskeletal conditions associated with aging, including osteoporosis.

[Watch Douglas Kiel, M.D., M.P.H., Director of the Musculoskeletal Research Center, share what he wishes everyone knew about osteoporosis >](#)

Upcoming Campus Programs

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

On June 19 at 7:30pm, we'll host **Pulitzer Prize winning journalist Eileen McNamara** for a discussion of her new book, *"Eunice: The Kennedy Who Changed the World."*



Pulitzer Prize winner Eileen McNamara comes to NewBridge on June 19.

On July 4 at 6pm, we'll celebrate America's independence with a concert by the **Black Eagles Jazz Band**. And on August 18 at 7:30pm, we'll host the **Juanito Pascqual New Flamenco Trio**, called a "flamenco phenom" by the *Boston Globe*. All three programs will take place 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

Bagels, Coffee & Conversation

Sunday, June 10, 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, June 21 at 2pm. [RSVP>](#)

Monthly Adult Child Support Group

Wednesday, June 20, 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 about aging. The group is facilitated by Janet Gottler, LICSW, and Tara Fleming Caruso, LMHC. Refreshments are served. [RSVP>](#)

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

Tips from Our Readers

A family member recently shared information with us about an amplifier made by Sennheiser that her mom found helpful when watching TV. The device allows her to adjust the volume to meet her hearing needs without impacting others around her. If you look at the Sennheiser website, you will see many models each offering a variety of different features and capabilities. There is even one set that connects directly to a person's hearing aides. Thanks for sharing!



If you have found a product or if you have a suggestion about something that has helped an elder that you know, please let us know by emailing tflemingcaruso@hsl.harvard.edu.

Numbers to Know

Campus Supports and Education **Tara Fleming Caruso, MA, LMHC**

Social Work

Janet Gottler, LICSW

Community Care Advisor

Is there a topic you'd like to see in the next edition? Enter your suggestions to TFlemingCaruso@hsl.harvard.edu. Know another family member who

Spiritual Needs

Rabbi Judi Ehrlich

Chaplain

might like to get this newsletter? Send along their email address to DanaGitell@hsl.harvard.edu.

781-234-9213 / JudiEhrlich@hsl.harvard.edu

Maintenance and IT Requests
(One Stop Shop)

NewBridge on the Charles | 5000 Great Meadow Road, Dedham MA 02026 | 781-234-9500 | <http://www.hebrewseniorlife.org>

Security
Forward this email

Emergency Only: 781-234-9911

Non Emergency: 781-234-9260

☒ **SafeUnsubscribe** Observations

Nosh: 781-234-9102

This email was sent to ristaino@hsl.harvard.edu by tflemingcaruso@hsl.harvard.edu.
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Special Events Catering

Joan Grant Mann

Hebrew SeniorLife | 1200 Centre Street | Boston, MA | 02131 | www.hebrewseniorlife.org

Catering Manager