



Relatively Speaking

NEWBRIDGE ON THE CHARLES

 Hebrew SeniorLife

Fall Updates

Welcome to the fall 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

Campus Spotlight: *Vitalize 360*

Vitalize 360 is a wellness coaching platform developed by Hebrew SeniorLife. The Vitalize 360 program at New Bridge helps seniors make lifestyle changes that lead not only to improved health, but to a richer quality of life. Vitalize 360 looks at the entire well-being of a person and encourages residents to consider all aspects of their lives, including health, nutrition, physical and mental fitness, community links, lifelong learning and spirituality.

[> LEARN MORE \(PDF\)](#)

"Vitalize 360 is the kind of thing you'd like to see go population-wide."

Dr. Atul Gawande
author, Being Mortal

Staff Spotlight: *Brendan Kearney*

We sat down with Brendan Kearney, our Vitalize 360 coach, to learn more about how he helps New Bridge residents with the program.

Q: How do you describe the Vitalize 360 program to new residents?

I tell them that it is a one-on-one coaching program and that it's a two-way street. I introduce them to the concept of having goals even at this age.

[> READ MORE](#)



Hebrew SeniorLife Resource for Adult Children

As a family member of a New Bridge resident, you may have many questions on how best to help your parent or loved one with the challenges of aging. Hebrew SeniorLife recently re-released a publication entitled "***You and Your Aging Parents: A Family Approach to Lifelong Health, Wellness & Care.***" We invite you to download your own copy here.

[> DOWNLOAD PDF E-BOOK](#)



Upcoming Campus Programs

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

For example, on Wednesday, September 26 at 2pm, join us for **Do Not Forget Me: Music and Stories from Terezin**, presented by Holocaust survivor Dr. Anna Ornstein and Holocaust scholar Mark Ludwig. Then on Wednesday, October 3 at 7:30pm, come for **Sharing Chagall**, a first-hand account of working with famed artist Marc Chagall from Vivian Jacobson, a personal friend and frequent lecturer on his art. Both programs will be held in Great Meadow Hall.



These are just some of the countless program offerings on the New Bridge 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.

Tara's Tips From You

During lunch in the assisted living dining room recently, a family member introduced me to the idea of voice-activated remote TV controls. The model that he uses is from Xfinity and is called the X1 Voice Remote. It allows you to change channels, search for shows, get recommendations, and more--all through voice commands. The remotes can be purchased either through an Xfinity store or Comcast Service Center as well as through mail order. It sounded like a wonderful product, particularly for residents that have compromised vision. Do you have a helpful tip to share? Let me know! ~ Tara



[> EMAIL TARA](#)

Education and Support

Monthly Adult Child Support Group, Wednesday, September 26, 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 Tara Fleming Caruso, LMHC and Shana Sklar, LICSW. Refreshments are served. [>RSVP](#)

NewBridge 101, Thursday, September 27, 2-3pm

Questions about our continuum of care? Join us for an informational session designed for residents and family members. Lead by Tara Fleming Caruso, LMHC. [>RSVP](#)

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

EngAGE 2018: You're Invited

On November 8, Hebrew SeniorLife will welcome award-winning actor, director, screenwriter, and author **Alan Alda** as the keynote speaker for EngAGE 2018 at the Revere Hotel, Boston. EngAGE, Hebrew SeniorLife's annual signature event, features a mixed media program with dynamic guest speakers and influencers, followed that same night by intimate dinner parties. Last year's event raised \$1.25 million to fund HSL's health care, communities, research, and teaching. For information, visit www.hsleage.org or call Stacey Weinbaum



at 617-971-5790.

[> LEARN MORE](#)

Numbers to Know

Continuum of Care and Education

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Social Work

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Spiritual Needs

Rabbi Judi Ehrlich
Chaplain
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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

Joan Grant Mann
Catering Manager
781-234-9131
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Ways to Give

<http://www.hebrewseniorlife.org/ways-to-give>

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.

www.newbridgeonthecharles.org

STAY CONNECTED

