



Relatively Speaking

NEWBRIDGE ON THE CHARLES

 Hebrew SeniorLife

Spring Updates

Welcome to the Spring 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

What to Do When Your Loved One is Hospitalized



Whether it's a scheduled surgery or an emergency room visit, there are often a myriad of details and questions to face when your parent is hospitalized. Who do you notify at NewBridge on the Charles? What services are available when mom returns? Will Dad need home care? Or a stay at a rehab? And then what?

We want you to be reassured that the staff at Hebrew SeniorLife will

help your parent/s get the services they need. *Relatively Speaking* sat down with Lynda Giovaniello, of [Hebrew SeniorLife Home Care](#), to discuss the services that Hebrew SeniorLife can provide after a hospitalization.

Lynda, can you describe your role at Hebrew SeniorLife?

My team works under the umbrella of HSL Home Care and is responsible for working with the discharge staff at hospitals and rehabilitation centers to ensure our NewBridge residents have a comprehensive discharge plan upon their return home.

What's the first thing I should do if my parent is admitted to a hospital?

Let the hospital social worker or case manager know that your parent lives at Hebrew SeniorLife's NewBridge on the Charles, and that you would like them to be referred to either Hebrew Rehabilitation Center at NewBridge or to HSL Home Care for visiting nurses and rehab therapists in the home – whichever is appropriate based on the recommendations of the discharge planners.

It is common for older adult patients to be discharged from a hospital to a post-acute health care provider. If the case managers don't know your parent is a NewBridge resident, your mom or dad may get sent to a different rehab or home health agency. For continuity of care, it is best to keep you parent in the Hebrew SeniorLife system.

Who at NBOC should I contact if my parent has been hospitalized?

If your parent lives in independent living you can notify Shana Sklar, social worker, at 781-234-9214. If your parent lives in Assisted Living, you should ask to speak with Jessica Coleman, Director of Nursing at 781-234-9405.

What are the differences between an inpatient rehabilitation center, outpatient rehabilitation, and in-home rehabilitation?

Hebrew SeniorLife can provide all of these services, and the discharge team at the hospital or rehabilitation center will determine which services are most appropriate for your parents.

At [Hebrew Rehabilitation Center, Dedham](#), inpatient care will be delivered by Harvard Medical School-affiliated physicians and highly skilled nurses, nursing assistants, and rehabilitation therapists, including physical, occupational, and speech therapists. The Rehabilitation Services Unit provides a specialized care team skilled in the care of older patients. Hebrew Rehabilitation Center provides rehabilitative services to patients following an illness and/or surgery. The average inpatient rehabilitation stay is two weeks and covered by Medicare and most commercial health insurances. To qualify for your Medicare benefit you will need to stay three consecutive nights in an acute care hospital.

For patients who do not require inpatient rehabilitation they may receive similar outpatient therapies at the rehabilitation centers either in [Roslindale](#) or [Dedham](#) or may receive outpatient rehabilitation in their home. Both of these services may be covered by Medicare.

Are there additional support services at NBOC that my parent can use as they continue to recover after a hospitalization?

Yes, there are two services that are often used. [HSL Home Care](#) is medically certified care provided in the home by HSL experts. This can include nursing, physical therapy, occupational therapy, speech therapy, medication management, home health aides, social work, palliative care, and wound care and may be covered by Medicare.

[HSL Private Care](#) can be purchased to provide additional support and may include personal care, laundry, meal preparation, companionship, medical assistance, incidental transportation, and home modification. This is a private-pay, non-medical service.

Who do I talk to if a different level of permanent care is required after hospitalization?

When a different level of ongoing care is required after a hospitalization you will want to speak with Tara Fleming-Caruso, Collaborative Care Advisor, at 781-234-9404. Tara proactively educates residents and families about the entire continuum of care at NewBridge, and she helps to plan and coordinate the transition to the most appropriate place on campus.

Any last words of wisdom to share?

Hebrew SeniorLife offers the full continuum of services. As NewBridge residents, your parents are a part of our community, and by using all of the services they need under the HSL umbrella, they take advantage of all of the benefits of coordinated care within one system.

Zoom Q & A on March 19 at 12:30 p.m. with Lynda Giovaniello, HSL Home Care

Meet Lynda through a Zoom question-and-answer session March 19, at 12:30 p.m. Lynda will review the information that she shared with you through this article and will respond to your individual questions and concerns in real time.

This Q and A session with Lynda is a pilot Zoom event. For those of you new to this platform, Zoom is a video conferencing tool that's easy to use either through your phone or laptop. You will receive an email invitation prior to the event to participate in the

conversation. Accepting the invitation will automatically download the Zoom application; this process takes less than a minute!

If you would like to submit questions in advance, please send them to tflemingcaruso@hsl.harvard.edu.



Lynda Giovaniello, R.N., B.S., is Director of Clinical Liaisons for Hebrew SeniorLife Home Care.

Lynda has worked as an R.N. in various roles in the Boston area for the past 17 years across health care settings, including acute care, long-term care, rehabilitation, and home health care.

If you would like to speak with Lynda directly, she can be reached at 781-234-9705 or LyndaGiovaniello@hsl.harvard.edu.

Educational Opportunities

Weekend Office Hours

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. It's a good opportunity to meet you and to learn more about what is important to you in respect to your parents' well-being. The next weekend "office hours" will take place on **Sunday, March 31, from 10 a.m. to noon**. If you would like to book a specific time in advance, please reach out to me directly: tflemingcaruso@hsl.harvard.edu. Otherwise, just drop by for a cup of coffee and an opportunity to speak about all that NewBridge has to offer.



New Bridge 101: Thursday, April 18 and Thursday, May 16, 2-3 p.m.
in the IL Board Room

Questions about our continuum of care? Join us for an informational session designed for residents and family members. Led 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.



Please enjoy this complimentary resource from Hebrew SeniorLife:
"You and Your Aging Parents: A Family Approach to Lifelong Health, Wellness and Care"

[Download PDF here](#)

How Home Care Can Help Seniors Avoid

Rehospitalization

Hebrew SeniorLife's Maureen Bannan, Executive Director for Hebrew SeniorLife Home Care, shares her expertise on how to avoid a rehospitalization.

[>LEARN MORE](#)



Programming Highlights

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

Thursday, March 14, 7:30 PM: "Exploring (and Protecting) Nature's Wonders - Both Abroad and At Home" presented by Dan Perlman, professor of biology & environmental studies, Brandeis University, Great Meadow Hall

Thursday, March 28, 7:30 PM: The JSK String Trio plays Mozart featuring John Lindsey (violin), Scott Woolweaver (viola) and Karen Kaderavek (cello), Great Meadow Hall

Wednesday, April 17, 7:30 PM: One Woman Play: From Baghdad to Brooklyn featuring Michelle Azar, Great Meadow Hall

[>LEARN MORE](#)



Scott Woolweaver

Tuesday, May 7, 7:30 PM: Pulitzer Prize Journalist and Author, Ron Suskind, 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.

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

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Numbers to Know

Campus Supports and Education

Tara Fleming Caruso, MA, LMHC
Collaborative Care Advisor
781-234-9404

TFlemingCaruso@hsl.harvard.edu

Social Work

Shana Sklar, LICSW
Community Care Advisor
781-234-9214

ShanaSklar@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

Spiritual Needs

Rabbi Judi Ehrlich

Chaplain

781-234-9213

JudiEhrlich@hsl.harvard.edu**HSL Home Care**

Lynda Giovaniello, RN, BS

Director of Clinical Liaisons

781-234-9705

LyndaGiovaniello@hsl.harvard.edu

Joan Grant Mann

Catering Manager

781-234-9131

JoanGrantMann@hsl.harvard.edu**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

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