



Relatively Speaking

NEWBRIDGE
ON THE CHARLES

 Hebrew SeniorLife

Summer Updates

Welcome to the Summer 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: Get to Know Assisted Living



"What many people don't realize until they move to assisted living is that it gives them more independence," says Matt Hollingshead, executive director, NewBridge Assisted Living.

At [NewBridge Assisted Living](#), each resident benefits from the close attention of staff. "We take the personalized approach to individuality and independence," says Matt. Up to one hour of personal care assistance is provided for whatever the individual

needs, from help bathing to making sure the right medications are taken. If additional care is needed, that can be arranged. The assisted living team works with each individual to develop the appropriate supports that the person needs.

In assisted living, there is always something engaging to do, from art classes to lectures, concerts, and trips to museums, restaurants, or shopping. There are also multigenerational programs to enjoy.

Three nutritious meals are served daily in the restaurant-style dining room. The benefits of this are multifold, Matt explains. "People enjoy their dining experience here. The food is nutritious as we have a full-time dietician," he adds. "But it's the social part of eating with newly found friends that may be an even bigger benefit...I'll go by the dining room and often am greeted by peals of laughter – a sign we are definitely doing something right!

"Once people move in, we often hear from families that 'we should have done this sooner!' One family told me that their dad lived a much longer, fuller life after moving here," Matt remembers.

The physical design of the building also increases independence. "The space here is often easier to navigate for individuals," says Director of Nursing Jessica Coleman. "The area is thoughtfully designed to make it easy for residents to get from their home to eat or to programs, leaving them energy to participate.

"Our wraparound support often allows spouses or family members to regain their original relationship with their loved one," explains Jessica. "They can cease being the

full-time caregiver. Plus our nursing support is on call 24 hours a day, easing many family members' concerns."

This may be especially true when loved ones move to the [Memory Care Assisted Living Residences](#). "When families have safety concerns about their loved one with early-stage Alzheimer's or dementia, they can be assured that their family member will be cared for. The design of our community is based on the latest research about the environmental and social needs of people with Alzheimer's or dementia," says Matt. "Our residents get involved, too," he adds. "There are a number of artists who only discovered their talents because of our art therapy programs. In both traditional and memory care assisted living, there is always something to do!"

"What's so surprising to many residents once they are here is that they are actually *more* independent than when they were living elsewhere," says Matt. "We give them the support they need," he says, "so they can really live life to the fullest."

For more information on assisted living, contact Tara Fleming Caruso at TFlemingCaruso@hsl.harvard.edu or 781-234-9404.

Zoom Q&A on June 19 at 12:30 p.m. with Matt Hollingshead and Jessica Coleman

Meet Matt and Jess through a Zoom question-and-answer session June 19 at 12:30 p.m. Matt and Jess will review the information they shared with *Relatively Speaking* and will respond to your individual questions and concerns in real time.

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

Join the Zoom Q&A from PC, Mac, Linux, iOS, or Android

Or iPhone one-tap (US Toll):
1-646-876-9923, 107124838#
1-669-900-6833, 107124838#

Or phone:
1-646-876-9923 (US Toll)
1-669-900-6833 (US Toll)
Meeting ID: 107 124 838
[International numbers available here](#)



Matt and Jess

In Case You Missed It...

In the last issue of *Relatively Speaking*, we mentioned a Zoom Q&A with Lynda Giovaniello, director of Clinical Liaisons for Hebrew SeniorLife Home Care. We received lots of good questions, and Lynda provided a lot of information about care after hospitalization. If you weren't able to join us live, [you can view the recorded conversation](#).

A Family Member's Perspective on Assisted Living

The *Relatively Speaking* team thought it would be interesting to speak with an adult child whose parent lives in the NewBridge Assisted Living community. We spoke

with Mike Learner to understand a bit about the process that led up to the move as well as to get a first-hand account of what life is like for his mom in assisted living.

HSL: Mike, thank you for speaking with us! Tell us why you were interested in assisted living for your mom.



Gloria and Mike Learner

Mike: I wasn't! I was VERY resistant to the idea. Even though I thought there would be benefits for my mother, I wasn't 100% clear on what they would be. Mom wasn't on board, either, so I felt caught between what we thought would be good for her and what *she* thought would be good for her.

HSL: I think that this is normal. It can take a long time to actually see that a loved one could benefit from some support. And then it takes some time to really understand what kind of supports are needed. Your mom eventually did transition to assisted living. What was the determining factor for her – and for your family?

Mike: The precipitating factor was a fall. She got up too quickly in the middle of the night, fell, and broke her wrist – unfortunately it took a crisis for us to see that independent living was no longer meeting her needs.

HSL: Was your mother able to see that assisted living could be a benefit to her at that point?

Mike: It was still a challenge. I reminded her that we sat together as a family years ago to discuss future care needs and that *they* encouraged us to support them through the process. This was why they moved to NewBridge on the Charles, and why they purchased the Modified Life Care Option (insurance that helps offset the cost of care as you move through the continuum) – to utilize the continuum as their needs changed.

HSL: What was helpful to you as your family evaluated next steps for your mom?

Mike: Two things stand out. One was the ability to tour the NewBridge Assisted Living community multiple times. Deciding to move is a big step – you can't just visit once and expect to have a good understanding of the services, staff, and community. The second was something another staff member told me during a conversation about my mom and assisted living. He said, "It's always too early until it's too late." That really stuck with me. There was a possibility that she would miss the window of opportunity for this level of care.

HSL: Would you do anything differently looking back on your process?

Mike: In a perfect world, we would have moved before the crisis. Maybe I could also have had more of an open mind. My siblings were in support of a move and I was resistant.

HSL: Have there been any unexpected surprises for you in this process?

Mike: I'm surprised at how remarkably well mom is doing now as opposed to how she was doing in her independent living apartment. All she wanted to do was "die," as she was alone and she was isolated. Now she is very happy. When we visit she can't get rid of us quick enough. She wants to get to her friends and her activities. It's the total opposite of what was happening before.

HSL: What does your mom say about the change and about her new life?

Mike: She tells me about her day. She says, "I like it here. It's nice. There are a lot of nice people. I have my schedule."

HSL: What advice would you have for other adult children in this process?

Mike: Keep a good eye on your parents. Visit often. Know when they are declining. Don't wait. Make sure you make a change while they can still successfully make a move. Start the process before a change is needed, while they can participate in the process and verbalize their needs and wishes. And listen to the staff. Initially I was resistant to hearing what they had to say. They see what you can't. Be open to their feedback.

News from the Marcus Institute: Osteoporosis the Silent Disease



Did you know that about 10 million Americans have osteoporosis, about 34 million more are at risk, and it can be genetic? One out of two women and one in four men aged 50 and older will have an osteoporosis-related fracture in their lifetime. Watch Douglas Kiel, M.D., M.P.H., director of the Marcus Institute's Musculoskeletal Research Center, outline [the things he wishes everyone knew about osteoporosis](#).

Educational Opportunities

Weekend Office Hours

I'm thrilled that 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 for me 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, June 23, 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.



Tune in to "There for Them," a new podcast from Hebrew SeniorLife designed to help you find the information and resources you need to support your aging parents.

LISTEN NOW

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?

Wednesday, June 12, 7:30 p.m.: “Galapagos: Cradle of Evolution,” presented by Dan Perlman, professor of Biology & Environmental Studies, Brandeis University. Conservation biologist and photographer Dan Perlman will share images and stories from his travels in the Galápagos Islands during this session. These remarkable islands are cradles of evolution in two important ways. Because of their remoteness from other landmasses, only a few species reached the islands – and once there, they evolved into numerous new species found nowhere else on earth. In addition, Galápagos is where Charles Darwin got some of his most important insights into what eventually became his theory of evolution by natural selection.



Dan Perlman

Wednesday, June 19, 7:30 p.m.: “Amelia Earhart – Pioneer in Aviation, A One-Woman Show,” presented by actress Sheryl Faye. Amelia Earhart’s fearless, adventuresome spirit leads to hair-raising rides down her homemade roller coaster, and she is enthralled with the wonders of the new “flying machines” during a family vacation to the Iowa State Fair. As she matures, she is fulfilled by her work as a nurse’s aide and begins to consider a career in medicine. This idea “flies out the window,” however, when she pays a pilot \$1 to take her up for a short “hop” in his plane. From then on, the science of aviation becomes her passion as flying becomes her career. She follows her dreams with an indomitable spirit, and her story will inspire everyone to pursue their own budding interests, whatever they may be, and will also reinforce the importance of family, respect for others, and individuality.

These are just some of the many 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

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HSL Home Care

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

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Ways to Give

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

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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 LisaRelich@hsl.harvard.edu.

www.newbridgeonthecharles.org

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