



The ROGERSON RECORD

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From The Desk Of President James F. Seagle, Jr.



Three extraordinary elders appeared in the news just recently. The first, known to most Americans as our most trusted man, Walter Cronkite, died at 92. He anchored the CBS News during the tumultuous 60s and 70s, a voice of reason and restraint amid the partisanship, chaos and yelling. The other two, not so well known, deserve our attention and, I think, our admiration. One owns her own club in New Orleans and has continued to appear onstage there to this day as a “complete entertainer.” Chris Owens will not give her age but

has been on the stage for over fifty years (you do the math). The other is simply, or not, the world’s oldest man. A British fella of 113 years died leaving Walter Breuning of Great Falls, Montana with the honor at a mere 112.

These very diverse people actually have much in common. First and foremost, I would say, is their joie de vivre (joy of life). Cronkite, even though in a highly competitive business, took summers off at the height of his career. Why? He wanted to enjoy the beauty of Martha’s Vineyard and take friends sailing. Some of these friends were presidents and other heads of state. Singer/dancer Chris Owens, has always loved to dance. She says, “That’s how it all got started and that’s what keeps it going.” Walter Breuning is grateful for his health and his ability

Continued inside

A Closer Look A Slice of Rogerson Life

When Rogerson Board Treasurer Shelley Kaplan received a phone call from the wife of a friend, little did he know that he was about to embark on an entirely new adventure. The friend’s wife was Rogerson Board Chair Paula Thier. “Paula suggested that I would find working with Rogerson valuable,” Kaplan explained. “After Paula made me aware of the work Rogerson was doing, I knew that it was a cause worthy of my time.”

In addition to Kaplan, 13 other individuals serve on the Rogerson Board of Directors—bringing their unique talents to the table—and a whole lot more. “In the state of Massachusetts, non-profits are controlled by a board of directors,” Kaplan explained. “The board is responsible for the strategic direction of the organization, ensuring that the organization and its mission will continue well into the future.”

Board Clerk Anne Marie Boursiquot King added, “The board looks at the long range view—making sure that Rogerson has long-term stability.”

While serving on the board is a big time commitment (and this is a volunteer position), both Kaplan and King feel that it is time well-spent. “We are all going to get old,” King said. “It is important for us to make sure that as people live longer lives, they are living well.” Kaplan agreed: “Rogerson takes a positive approach to maintaining health—providing a needed function to the growing portion of people over 65.”



Photo by: Lisa Natalicchio

Board Treasurer Shelley Kaplan and Board Clerk Anne Marie Boursiquot King perform official board duties at Rogerson’s Annual Meeting.

Employee Profile

Lisa Talayco

Rogerson Roslindale Adult Day Health Program Social Service Supervisor **Lisa Talayco** knew the type of place in which she wanted to work well before she even started going on interviews. “I knew I wanted to work in Roslindale and I knew that I wanted a work environment with a smaller ‘feel,’” she explained. “When I walked into Rogerson’s day program, I said to myself, ‘Wow, this is it!’”

Nearly twelve years later, Lisa still feels that the Roslindale ADHP is the “it” place to work. “This job is a combination of helping new people come into the program and helping current participants address any difficulties they may encounter,” Lisa explained. “Every day there is a little priceless moment.”

Lisa earned her BA from the University of Massachusetts in Marketing and her MA in Social Work from the University of Wisconsin, Madison. “There is a lot of selling in what I do, so I use my marketing degree a lot,” Lisa explained. “I sell the program to perspective participants and families, convince people to join activities and programs, and pitch special events. So much of my job is knowing how to



Photo by: Lisa Natalichio

present an idea.”

So what has kept Lisa at Rogerson for so long? “I like Rogerson’s mission of keeping people active and vital in their communities,” she explained. “Plus, there is always the opportunity to do something creative. This job is never boring!”

Lisa’s dedication to Rogerson Roslindale ADHP participants is obvious. “If I can take a few extra minutes to make sure that a person is heard, it can make all the difference in the world to that person,” Lisa explained. Director of Programs **Sheila Place** put it in less modest terms: “Lisa is one of the greatest client advocates I have met in my career.”

In her free time, this West Roxbury resident enjoys gardening and learning Spanish. “Family is important to me,” Lisa explained; and after marrying her next door neighbor three years ago, she has an even larger family to make a priority—including a mother-in-law whose 100th birthday is right around the corner.

From the Desk (Continued)

to stay busy - not his title.

The other common thread is that each of these elders believes in service to others as a source of life satisfaction and longevity. Onstage, Owens calls to adoring fans: “I can see you are ready for a party!”

And aren’t we all? People count on her to reflect what the “French Quarter” was in its heyday. Walter Breuning’s advice is to stay active in body and mind, don’t eat too much, and be good to people. Walter Cronkite gave many of us a sense, even in the midst of terrible crises, that the world would right itself. His whole body of work shows a strong commitment to improving the lives of others.

Not all elders give us a model of healthy aging. But some do and we can gain much from paying attention to how they live.

Summer Stories



A 3-month series of Rogerson employees in the summer sun.

Q: How do you plan to beat the heat this August?

A: I’m not going to beat the heat because I love it! But if I had too much of it I would go to the beach in Duxbury as often as possible, eat lots of ice cream, and spend some time in an air-conditioned Marshall’s.

-Rogerson House Therapeutic Program
Director Joanne Seifart

Getting to Know Lisa

Favorite Music	Folk music
Favorite Restaurant	Tony’s Pizza
Place of Residence	West Roxbury
At Rogerson Since	December 1997
Hobby of Interest	Learning Spanish

Dignity, Longevity, Vitality Rogerson's Mission in Action

Due to a string of recent accidents involving elder drivers, the Rogerson Record editorial staff decided to reprint an article run previously.

Just as there is no one way in which people age, there is no one age when an elder should stop driving. Yet as people grow older, and their abilities change, driving often becomes hazardous both to the elder and also to others on the road.

Visual decline, hearing loss, decreased mobility and reaction time, the side effects of medication, and dementia or memory loss are just some of the factors that put an elder at risk of having a dangerous on-the-road accident.

Even if the decision to relinquish a driver's license is made with the elder's best interest in mind, it can often leave an elder feeling isolated, vulnerable and dependent. Farnsworth House Property Manager **Dean Collotta** explained, "For a lot of people giving up a car means losing independence." He also added, "For anyone, acknowledging a diminishing capacity is a hard thing to do."

Yet giving up a driver's license doesn't mean that an elder has to give up his/her independence. There are many alternative means of transportation as well as resources available to help elders maintain their daily routine and autonomy; and Rogerson Communities seeks to build sites and programs around services that make car ownership unnecessary.

Walking

"Walking is a mode of transportation that is also a form of exercise—it keeps the heart beating," Beacon House Resident Service Coordinator **Alfreda**



Photo from: watchmojo.com

Payne explained. Walking also keeps elders connected to their community. "Whether enjoying the weather, watching on-street entertainment or resting in a park, there are lots of activities that Beacon House residents enjoy when they walk around," Payne said.

The MBTA

Most of Rogerson's properties and programs are located within walking distance of an MBTA bus or subway stop. If an elder is unable to use the bus or train, however, the MBTA's The Ride program offers door-to-door transportation to and from over 60 Massachusetts cities and towns. "While it is not a perfect system, The Ride is a good service and people appreciate it," Collotta explained.

Other Services

From taxi vouchers to Stop and Shop delivery options, there are many organizations that offer services that can mitigate the loss of a car. Rogerson's Resident Service Coordinators and Program and Property Managers are a great resource when it comes to finding out about what services are available.

News & Events

Congratulations!

Congratulations to Senior Accountant **Theresa Chen** who welcomed daughter Olivia on July 11.

A Job Well Done!

At the July 9, 2009 meeting of the Rogerson Communities Board of Directors, Board Chair Paula Thier formally acknowledged the fine work being done by staff, at all levels, to provide high quality care while effectively managing costs. Their diligence has played a key role in maintaining Rogerson's excellent reputation.

3 Cheers for Volunteers!

Rogerson Egleston ADHP thanked five very special volunteers in style. Volunteers Peter Meltzer, Jackie Thomas, June Carter, Bethanne Stewart, and Caroline Williams enjoyed lunch and many thanks from the day program.

The Rogerson Review

Books and movies that show elders and those with disabilities living meaningful and engaged lives are all around!

The Book	<u>Astrid and Veronika</u>
Author	Linda Olsson
Reviewer	Rogerson House Office Manager Mary Ellen Susi
The Plot	Two women form an unlikely friendship that enables them to move past personal tragedy.
The Verdict	This book was a perfect example of two very different women with nothing obvious in common who develop a friendship that ultimately gives each the courage to move on with their lives and begin the healing process despite their lives' grief and tragedies.

To read the book for yourself, check it out from Rogerson's lending library, located in the Communications and Marketing Associate's office at One Florence St., Boston, MA 02131.

HR Focus

When the weather turns warm, everyone wants to be near the water. Hanging out at the pool or the beach on a hot day is a great way to beat the heat. Know how to stay safe by following a few simple guidelines.

“Buddy up!” Always swim with a partner, every time — whether you’re swimming in a backyard pool or in a lake. When people swim together, they can help each other or go for help in case of an emergency.

Get skilled. Speaking of emergencies, it’s good to be prepared. Learning some life-saving techniques, such as CPR and rescue techniques, can help you save a life. A number of organizations offer free classes.

Know your limits. Swimming can be a lot of fun. If you’re not a good swimmer or you’re just learning to swim, don’t go in water that’s so deep you can’t touch the bottom and don’t try to keep up with skilled swimmers. If you are a good swimmer and have had lessons, keep an eye on friends who aren’t as

comfortable or as skilled as you are. If it seems like they (or you) are getting tired or a little uneasy, suggest that you take a break from swimming for a while.

Swim in safe areas only and be careful about diving. It’s a good idea to swim only in places that are supervised by a lifeguard. In the event that something does go wrong, lifeguards are trained in rescue techniques. Protect yourself by only diving in areas that are known to be safe, such as the deep end of a supervised pool.

Watch the sun. Sun reflecting off the water or

off sand can intensify the burning rays. You might not feel sunburned when the water feels cool and refreshing, but the pain will catch up with you later — so remember to reapply sunscreen frequently and cover up much of the time.

Drink plenty of fluids. It’s easy to get dehydrated in the sun, particularly if you’re active and sweating. Keep up with fluids — particularly water — to prevent dehydration. Dizziness, light-headedness, or nausea can be signs of dehydration and overheating.

Enjoy the summer — and keep safe.

Healthy Rogerson

Heat Exhaustion and Stroke

The good news is that heat stroke doesn’t strike without warning, and it can be avoided with knowledge and some simple preventive steps.

Heat exhaustion signs include heavy sweating,

pale skin, tiredness/weakness/exhaustion, dizziness/headache, irritability, nausea/vomiting and increased breathing rate. Skin is cool, moist or flushed. Body temperature will be close to normal.

Treat heat exhaustion by seeking an air conditioned environment, drinking cool, non-alcoholic beverages such as water or electrolyte-

based sports drinks, taking a cool bath and changing to lightweight clothing. If condition worsens or lasts more than one hour, seek medical treatment. Left untreated, heat exhaustion becomes heat stroke.

Heat stroke signs include red, hot skin, rapid pulse, body temperature of 103° or higher, throbbing headache/

dizziness, seizure, nausea/vomiting, confusion/agitation or unconsciousness.

Treat heat stroke by calling 911 right away! Until EMS arrives, move the person in the shade and use water to cool him/her (sponging, spraying with water from hose, placing in tub/pool, etc.), give non-alcoholic fluids if the person is able to drink.

New Hires & Promotions

Sharon Brightman
Social Worker
Rogerson House

Jeffrey Marcil
Staff Accountant
RC Admin

Theresa Thach
Program Assistant
Rogerson Roslindale
ADHP

Josephine Jeanetti
Receptionist
Rogerson House

Justin Schrum
Expressive Therapist
Rogerson House

**Welcome and
Congratulations!**

The ROGERSON RECORD

A Rogerson Communities Publication For Rogerson Communities Employees

Story ideas? News items? Comments?
Email news@rogerson.org or call 617-469-5847.

Jeanne O'Rourke, Managing Editor Lisa Natalicchio, Production Editor