



The ROGERSON RECORD

Volume VIII ■ Issue 7

July ■ 2009

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



“I’m still here.” At the recent Rogerson House wine and cheese gathering of families and staff, our expressive therapy pros told family members stories about their programs. Music Therapist **Deb Gromack** told of closing her activities using calming pieces of music which signify an ending. Often, she uses “Silent Night” and one time was surprised when at the end of the carol a nearly non-verbal resident exclaimed, “I’m still here!” Another participant followed with “I’m still here.” And then the refrain echoed through the group, “I’m still here,”

“I’m still here!”

It is wonderful that the expanded program of expressive therapy at Rogerson House is finding new and healthy ways of eliciting engagement from residents and day program participants with advanced forms of dementia. In addition to music, there is drama, art and creative writing. Sometimes people in these programs surprise us with the beauty of their work, now freed of inhibitions learned early in life. Other times, they simply reward the therapist by engaging at levels thought to be impossible. *I’m still here!*

The idea that people are healthier and happier when engaged in meaningful activity is shot through all programs of Rogerson Communities. What about our formerly homeless painter and day program volunteer at Spencer House? With terminal cancer, he came to Boston in search

Continued inside

A Closer Look A Slice of Rogerson Life

Decisions made by politicians trickle down into the day-to-day lives of Rogerson residents and day program participants. Adult day health services, in particular, have been the subject of some political debates as well as pending legislation.

“There are two bills pending at the state level and one at the federal level that stand to change the face of adult day health,” explained Assistant Director of Senior Living **Michele Keefe**.

The first bill at the state level deals with the issue of transportation. The Romney administration wanted to transfer the transportation portion of programs to state control. “We feel this transfer would adversely affect the services provided—especially since the state could only offer curb-to-curb service whereas adult day health programs currently offer door-to-door service,” Keefe explained. The second bill at the state level reviews eligibility for adult day health services. In 2002, the state created new regulations that restricted access to adult day health services. “We are looking to reverse that ruling,” Keefe explained.

The last bill that Keefe is working on is on a national level. For over 30 years, Massachusetts has one of a handful of states where adult day health is an “entitlement service,” meaning that if a person qualifies for adult day health, he/she can decide with his/her doctor how to best use the service. But within the past three years, the government has ruled that adult day health is no longer an entitlement in some states. With the help of Governor Patrick and his administration, it has remained an entitlement service in Massachusetts. “We want to continue to keep it as an entitlement,” Keefe said. To find out more, email Keefe at keefe@rogerson.org.



Photo by: Tim Ireland, as seen from the Beacon House rooftop

Decisions made on a political level can impact the lives of our day program participants profoundly.

Employee Profile

Mary Stehle

Rogerson Egleston Adult Day Health Program Social Worker **Mary Stehle's** favorite part of the day is the morning. "I like greeting the clients as they walk into the program," she explained. The day program participants enjoy seeing Mary, as well. As she walks through the room, faces light up. Everyone is excited for another day.

Mary joined the Rogerson team in September, 2008, after discovering the job posting on the Simmons College website—where Mary earned a Master's degree in social work. "I didn't have any previous experience working with elders, but I had a lot of experience working with people with chronic mental illness, as well as working with children and families. The job seemed exciting, so I put my resume in."

Mary hasn't been disappointed. If there is one thing her job is full of, it's excitement. "I never know what shape the day is going to take," she explained. "Any number of issues could come up!" Additionally, Mary explained, "The program is changing



Photo by: Lisa Natalichio

and evolving, so my role here changes and evolves too. It has been an exciting road." And one that Mary finds very enriching.

"I love that I get to work with such different clients. The people vary here so much— from age, to experience, to culture— I'm always learning so much."

Mary added, "The connection that I feel to the clients is the most meaningful part of working here. When they smile, or when I know that I have earned their trust; that makes the job worthwhile."

In her free time, this South End resident and Connecticut native enjoys yoga, knitting, and crossword puzzles. She comes from a big family (three sisters, two step-sisters and one step-brother) and tries to visit with all of them as much as possible. She also enjoys skiing in the winter and tries to get near the water during the warmer months. "I like to get outside," she enthusiastically explained.

From the Desk (Continued)

of hospice. Now in remission, he says of his life at Spencer, *I'm a person again! aka, I'm still here!* Or how about the Roslindale House resident who cofounded the Boston Multicultural Coalition on Aging, which now numbers over 80 organizations and several hundred individual members? *I'm still here!* We provide each elder the opportunity and the encouragement necessary to remain part of things and connected to others.

I'm still here can be interpreted in several ways. First, it could be seen as a criticism; as if we the staff needed reminding. Another take is that it is a plea for recognition. But, it really feels to me that it is a statement of fact. The person has been reinforced in his/her feeling of worth, of personhood and simply wants to state it, *I'm still here!* And, as you are all aware, our answer coming back the other way is (in so many important and varied ways) "Yes, we know, and we are here with you."

Summer Stories



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

Q: What are your plans for the Fourth of July?

A: My July 4th plans will be very low-key this year. I believe I will be carrying bags and pushing shopping carts and assembling furniture as we finish up shopping and prepare for our newborn son -- who should be here in early August. After shopping, depending on the weather, I will probably grill a steak and try to find an isolated area to catch some fireworks.

-Fred Goldby, Rogerson House Director of Marketing and Admissions

Getting to Know Mary

Favorite Book To Kill a Mockingbird

Favorite Restaurant Joe V's

Place of Residence Boston's South End

At Rogerson Since September, 2008

Hobby of Interest Yoga

Dignity, Longevity, Vitality
Rogerson's Mission in Action

ROGERSON RESIDENTS REMEMBER SUMMER



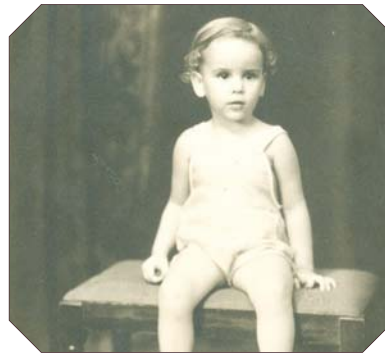
Main St. in Nantucket circa 1935. Photo courtesy of the Nantucket Historical Association.

Farnsworth House resident Joan Carr has the most wonderful memories of going to Nantucket over the years, where her dad opened a store every summer. "On sunny days I would spend the days at the beach, and on rainy days my mom and I would curl up and read. They were the most magical summers!"



Fitness FIRST STORIES OF ELDERS IN THEIR PRIME

At 92 years old, Rogerson Egleston ADHP participant Sally Green is proving that staying fit isn't just for the under 50 crowd. "I love exercising with Fitness FIRST!" Green exclaimed. "I can go in with my knees hurting, then I get into the machine, start working, and all of a sudden I feel limbered up." Green also added that since she started working out, she has noticed improvements in the way she feels. Next stop: the leg press. It is one of the few machines Green hasn't tried.



Picture of Marna Persechini at age 2, circa 1937.

Florence House resident Marna Persechini remembers summers growing up in Texas as, "Over 100 degrees, but lots of fun. It was a small town, and we would spend hours outside playing games."

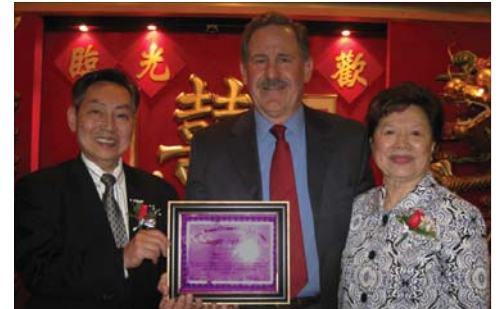
OTHER MEMORIES ...

Spencer House resident Yvonne Alexis remembers the heat of summers in the Caribbean and even encountered some mischievous monkeys in her day!

Rogerson House resident Bob Hallisey remembers boating in Cape Cod during the summers.

News & Events

Congratulations!



Congratulations to Rogerson President Jamie Seagle for his receipt of the Community Service award from the Greater Boston Chinese Golden Age Center. Rogerson is currently working with the GBCGAC to redevelop the Hong Lok House, bringing much-needed housing and supportive services to the elder community in Chinatown. Pictured above, GBCGAC Board President Bing Moy and Executive Director Ruth Moy present Seagle with the award.

New Additions!

Congratulations to HR Manager **Leyre Gillis** who welcomed daughter Orly Hyacinth on June 14; and to Roslindale/Florence House Property Manager **Daryl Ramdehal** who welcomed son Maddox on March 31.

The Rogerson Review

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

The Book [Eye of My Heart: 27 Writers Reveal the Hidden Pleasures and Perils of Being a Grandmother](#)

Editor Barbara Graham

The Plot This collection of stories shows the ups and downs of being a grandmother, with an emphasis on humor and love.

The Verdict This is a fun collection that is endearing for anyone, grandmother or not. The book resonates with anyone who has ever wanted the best for their grandkids, yet known enough not to put his/her two cents in.

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

Retirement plans are a major point of discussion these days. We, in Human Resources, often get calls from staff asking if they can take a loan on their 403(b) plan. There are strict IRS guidelines on what financial situations qualify as hardships; and you will be asked to show proof of certain financial hardships. They are as follows:

- The purchase of a

participant's primary residence.

- Paying tuition, related educational fees, and room and board expenses for the next 12 months of post-secondary education for the participant, their spouse, children, or dependent(s).
- Preventing eviction or foreclosure on the participant's principal residence.
- Medical expenses that would be deductible under IRS Code Section 213(d), determined

without regard to whether those expenses exceed 7.5% of the participant's annual gross income.

- Burial or funeral expenses for a participant's deceased parent, spouse, child or dependent.
- Certain expenses relating to the repair of damage to a participant's personal residence that would qualify for casualty deduction under Code Section 165 without regard to whether the loss exceeds 10% of adjusted

gross income.

- Any other distribution which is deemed by the Commissioner of the Internal Revenue to be made on account of an immediate and heavy financial need as provided in Treasury regulations.

You can contact a retirement specialist by calling the Principal Financial Group at 1-800-547-7754; and you must contact the HR office so that we can process the appropriate paperwork for the payroll deduction if you qualify for a loan.

Healthy Rogerson

Fourth of July is right around the corner, and *The Rogerson Record* editorial staff would like to wish you a fun, safe holiday. Here are a few tips for keeping you and your loved ones out of harm's way

this holiday.

Food safety is key. BBQs are great. Salmonella isn't. Make sure that foods are kept at the proper temperature; especially if the party is outside in the hot sun.

Hydrate, hydrate, hydrate. Heat stroke isn't only a threat to our residents and participants, it is a threat

for anyone spending the day in hotter-than-usual climes. Remember to hydrate, keep cool, and take a break from the sun if you feel yourself overheating.

Leave the fireworks to the professionals. Fireworks send more people to the emergency room than you might think. Amateur fireworks are illegal

in Massachusetts. Besides, with all of your extended family over, won't there be enough fireworks to keep everyone entertained?

If you drink, drink responsibly. Keeping track of your cocktails can be hard, but it is important, especially if you are planning on driving home. Know your limit and stick to it.

New Hires & Promotions

Damon Cooper
Per Diem Dietary Staff
Rogerson House

Deborah Gromack
Music Therapist
Rogerson House

Marie Jessy Edouard
Asst. Program Manager/RN
READHP

Joanne Seifart
Therapeutic Program Director
Rogerson House

Kareem Ferguson
Information Technology Assistant
Rogerson Communities

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.**

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