



# The ROGERSON RECORD

Volume VII ■ Issue 6

June ■ 2008

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



“Old is big” sounds a little like a marketing tag line doesn’t it? This was the statement I made to kick off my address at the Rogerson Communities Annual Meeting which some of you were able to attend. Partially in jest but also seriously, I use the phrase to point out our current demographic situation and it will only become more true as the baby boomers hit their 70s and 80s. We do have an “aged person tsunami” coming and we have made precious little preparation for it.

The speaker for the day was Kenneth L. Minaker M.D., a prominent practitioner of geriatric medicine at the Mass. General Hospital. Interestingly, he focused on healthy lifestyles and prevention as the prime antidotes to the ravages of

aging. He went as far as to say that after fifty, what you do to maintain your health is the key and that genetics, at that point, play little or no role. And so what is the formula? You all know that proper diet and regular exercise are essential, but he believes that the quality of one’s social life is just as important. He would tell you to eat some fresh vegetables then go out and play with your friends. Funny, my Mom told me that fifty years ago.

But why is this message meaningful to us? It comes down to our mission of helping elders and people with low incomes, and our potential for demonstrating new and better ways of doing that. If people do not adopt healthier lifestyles, there simply will not

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**“If people do not adopt healthier lifestyles, there simply will not be enough resources to cover all the need.”**

## A Closer Look A Slice of Rogerson Life

“We are facing a health care crisis,” guest speaker Kenneth L. Minaker M.D. explained at Rogerson Communities’ 148th Annual Meeting of the Board of Directors. “The number of older patients with increasingly more complex health care needs is outpacing the number of health care providers with the knowledge and skills to care for them.”

Minaker proved his point with a statistic: “Many years ago, if you had a spinal cord injury the average life expectancy was five years. Today,



Photo by: Lisa Natalicchio

Kenneth L. Minaker M.D. spoke at Rogerson Communities’ 148th Annual Meeting of the Board of Directors.

with a spinal cord injury, the average life expectancy is the same as everyone else’s.” This means that health care professionals now need to be versed in caring for elderly with spinal cord injuries—as well as other injuries and diseases that improved modern medicine is now able to mitigate.

In order to accommodate the increasing need for health care, many changes will need to take

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## Approaches to Aging

*Many agree that the current health care systems need revamping before the baby boomers enter retirement age, but plans of attack vary. Here are a few:*

- Create technology that will help elders stay in their homes.
- Create elder-friendly retirement communities.
- Educate elders about finances so that they can make responsible decisions.
- Make “brain exercise” part of elders’ routines.

Information from “12 People Who are Changing Your Retirement” by Kelly Greene and published in the *Wall Street Journal*

## Employee Profile

### Mark Lipman

Rogerson House Therapeutic Recreation Coordinator **Mark Lipman** hesitates when asked how long he has worked with Rogerson. Officially, he has been in his position since September 2007, but he interned at Rogerson House while working on a Master's degree at Lesley College. "After my internship, I kept in contact with Rogerson House Director of Adult Day Programs **Diana Miller**," Mark explained. "One day Diana called to see if I was interested in the therapeutic recreation job. And I was!"

Ask Mark and he will tell you that he has the perfect job. In addition to greeting day program participants and making the coffee, Mark's primary responsibility is to lead expressive therapy groups. "Expressive therapy uses the arts to help people cope and to bring the community together," Mark explained. At Rogerson House this type of therapy translates into drumming, story telling, poetry, movement, singing, song writing and art groups. "My job involves a nice combination of my interests. I like that I get to use music and art to help people, and I love that I



Photo by: Lisa Natalichio

***I like that I get to use music and art to help people, and I love that I get to spend time with the residents and participants in the way that I do.***

get to spend time with the residents and participants in the way that I do."

Mark also enjoys the energy that his groups offer residents and participants. "After a drumming group, a participant was so revved up that when asked how she was doing she responded, 'I'm ripping and dipping.'"

In his free time Mark does some ripping and dipping of his own. As the lead singer of—you guessed it—The Mark Lipman Band, Mark enjoys performing folk-based soul music (with a little bit of funk). "Every time I am up on stage, it is a really good feeling. It is so exciting," Mark said.

Mark also enjoys spending time using the outdoor space in his Jamaica Plain neighborhood. "I like to be outside," Mark explained. "I like spending time in the arboretum and walking around Jamaica Pond."

### Getting to Know Mark

<b>Favorite Movie</b>	The Color Purple
<b>CD in Car</b>	Erykah Badu
<b>Favorite Color</b>	N/A, Colorblind
<b>Place of Residence</b>	Jamaica Plain
<b>At Rogerson Since</b>	September 2007
<b>Hobby of Interest</b>	The Mark Lipman Band

### From the Desk (Continued)

be enough resources to cover all the need. There will be rationing of health care and the poor will take their usual place at the end of the line. Now, that's the bad news. The good news is that health-inducing programs such as we provide [health care, not sick care] if employed, can save the system significant money and utilization of health professionals so that there will be enough resources to serve everyone. Hopefully, public policy will change so that funding will come to us to keep people healthy with equal priority as when it goes for cures after the illness arrives.

Sincerely,

A handwritten signature in black ink that reads "Jamie".

James F. Seagle, Jr.  
President

### A Closer Look (Continued)

place in the health care system—starting first with the individual. As Rogerson President Jamie Seagle, Jr. explains in his *From the Desk* piece, people need to take more serious care of themselves so that they will not require intensive and prolonged care in their old age.

Minaker also explained that the geriatric field will need to recruit specialists, give increasing responsibility to non-specialists in the field, educate caregivers and family members on how to best care for their loved ones and advocate on a public policy level for support of geriatric care.

While organizations like Rogerson Communities are paving the way for an elder-friendly future, more organizations like Rogerson (and more employees like Rogerson employees) will be crucial in order to deal with the upcoming wave of health care needs. Talk about job security!

## Dignity, Longevity, Vitality Rogerson's Mission in Action

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 Payne** explained. Walking also keeps elders connected to their community. "Whether enjoying



Photo by: Lisa Natalicchio

The busses that stop at the corner of Walnut and Columbus Avenues provide transportation to Carleton House, Spencer House and Walnut House residents.

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

### Senior Prom



Photo by: Lisa Natalicchio

Music Therapist Wendy Krueger and Rogerson House resident **Bea Cutter** dance at Rogerson House's senior prom, a gala for residents and guests planned by Director of Therapeutic Recreation **Vicky Bardsley** and held on May 21.

### Voices Rising

Director of Adult Day Services **Sheila Place** performed in her first concert with the musical group **Voices Rising** on May 17. For a concert schedule, check out their website at [www.voicesrising.org](http://www.voicesrising.org).

### Brownies Volunteer



**Mary Grace Kopas** and **Abigail Pfeffer** discuss how to design their window boxes on Pond Home's back porch. The girls are part of **Brownie Troop 976** of Wrentham's Girl Scout Council and chose to do this service project for their final meeting of the year.

### Rogerson in the Community

Rogerson House Certified Nursing Assistant (CNA) **Dorothy O'Connor** presented at the Alzheimer's Association Conference on May 14. Her presentation discussed the relationship between families, management teams and CNAs. "We all have to work together for the residents," O'Connor explained.

## HR Focus

### Audrey Crow

Director of Human Resources



### Preventing Type-Two Diabetes

It is estimated that about 40 percent of Americans ages 40 to 74 have pre-diabetes; a condition in which people have higher than normal blood sugar levels but are not yet diagnosed as having diabetes.

Many people with pre-diabetes go on to develop type-two diabetes within a decade.

With type-two diabetes, either the body does not produce enough insulin, or the body's cells do not use insulin properly. The longer a person has diabetes, the greater their chances of developing serious damage to the eyes, nerves, heart, kidneys and blood vessels.

### Prevention

A national survey revealed that seven out of ten Americans are not aware of

their blood glucose level, which is critical information for determining if a person has diabetes or pre-diabetes. Being overweight or obese are key risk factors for developing type-two diabetes. If you are at high risk, you can make modest lifestyle changes that can prevent or delay the onset of this type of diabetes. Research has clearly shown that losing five to seven percent of body weight through diet and increased physical activity can prevent or delay pre-diabetes from progressing to type-two

diabetes.

### Consider Getting Tested

As an agency our average employee age is 45 years. It is recommended that everyone over age 45 should consult with his or her health care provider about testing for pre-diabetes or diabetes. Those who are over 45 and overweight are strongly recommended for testing. Those younger than 45 who are overweight and have one or more of the other risk factors also should consult their health care provider about testing.

**Stay healthy. We need you.**

## New Hires & Promotions

### Yesenia Beato

Assistant Property Manager  
Roslindale House

### Peter Medrano

Housekeeping Staff  
Walnut House

### Chantelle Calloway

Certified Nursing Asst.  
Rogerson House

### Nahomie Myrthil

Housekeeping Staff  
Farnsworth House

### Ruth Frank

Caregiver  
Dana Home

### Janice Newton

Housekeeping Staff  
Farnsworth House

### Chelsea Funk

Case Manager  
Adult Day Center

### Danielle Sampson

Recreation Assistant  
Rogerson House

### Helen Gomes

Housekeeper  
Farnsworth House

### Alysha Suley

Recreation Assistant  
Rogerson House

### Erica Mason

Administrative Assistant  
Beacon Hill Village

### Caroline Williams

Asst. Manager/Social Worker  
Rogerson Egleston ADHP

## A Job Well Done

This is a way to thank co-workers who make your job easier.

★ A special recognition to **Daryl Ramdehal** and his great team of **Jorge Cuellar** and **Jonathan Parrilla** for always going above and beyond in all they do, but especially for making the day program grounds and facility shine for the Annual Meeting on May 8th.

★ Special thanks to **Mike Alexander, Jen Busa, Francisco Castro, Rene Cuevas, Jessica Gonzalez, Marvin Noj, Gloria Osborn, Deivy Pimentel, Daryl Ramdehal, Marge Rosa, Rafmar Santana, James Smith, Gus Valderrama** and **Scott Walsh** for your support of the Egleston Square Main Street Annual Meeting hosted at Spencer House.

*Send an explanation of a specific instance when your co-worker went above and beyond the call of duty to [gillis@rogerson.org](mailto:gillis@rogerson.org) or fax info to 617-469-5861.*

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A Rogerson Communities Publication For Rogerson Communities Employees

**Story ideas? News items? Comments?**  
**Email [news@rogerson.org](mailto:news@rogerson.org) or call 617-469-5847.**

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