



The ROGERSON RECORD

Volume VIII ■ Issue 3

March ■ 2009

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



“The sun will come out tomorrow, bet your bottom dollar that tomorrow there’ll be sun.” This quote from the song “Tomorrow” is sung by the orphan waif, Annie (from the musical of the same name), as she hopes for rescue from the terrible orphanage where she resides. Happily, but somewhat unrealistically, she ends up being adopted by a billionaire, Daddy Warbucks, and has a giant, Punjab, for a bodyguard to protect her from the dangers of the world.

We have no Daddy Warbucks in our future but there is reason to

hope – hope that our country will come out of this recession with renewed economic health. But President Barack Obama and his team say that tomorrow is too far away; they want progress now. And, they assure us that positive movement is possible. Looking back over our history, it has been the case that with each major crisis comes an opportunity to improve and that America has seized upon it. We hope that this will be the case again.

Hope is no substitute for effort and cannot take the place of the resolve to work harder and smarter to help this country. Patriotism, at this moment, can best be shown by working hard, staying healthy and making sure that you and all Americans improve your education. We can do our part by turning off the

Continued inside

A Closer Look A Slice of Rogerson Life

ROGERSON —and the— STIMULUS

*Where are all
those dollars going?*



On February 17 President Obama signed a stimulus plan with the goal of sending 787 billion dollars into the economy. For those of you who aren’t math wizards, that is \$1,710 per Massachusetts resident. But what a calculator can’t account for is where that money will go and what impact it will have on Rogerson’s programs and activities.

Vice President of Real Estate Development **Michael Lerner** had some answers. “Typically, a lot of funding for our affordable housing programs came from banks, large corporations or wealthy individuals who have income that they want to ‘shelter’ from taxation,” Lerner explained. “Investing in low-income housing offered these companies and individuals a way to write off their investment on their income taxes. These write offs, known as tax credits, allow the investor to do well while doing good and is a key financing mechanism for most new affordable housing.”

But the year’s financial challenges have created a situation where fewer big companies and individuals want or need to “shelter” money from taxation. “They just don’t have the incentive to invest right now,” explained Lerner. Without big organizations to help fund low-income housing projects, there was uncertainty about who would fund current and future projects.

“The stimulus bill helps put us back in the

Continued inside

Employee Profile

Marge Rosa

Peter Faneuil House/Joy Street Residence Property Manager **Marge Rosa** has a long list of properties that she has worked for during her tenure at Rogerson Communities ... and it is about to get longer. She started out as a waitress at Springhouse, then after taking a few years off, she returned to Rogerson to work as an assistant property manager at Roslindale House and Carleton House. "Then I finally landed at Peter Faneuil/Joy Street," Marge explained.

But this month Marge will add another property to her repertoire. "I will be the new Property Manager at Beacon House," Marge explained, before adding, "I am really excited about the move."

While the residence may change, Marge's appreciation of Rogerson never wavers. "I love how our residences are so tenant friendly," Marge explained. "And I love the people that I work with. It is such a great community."

Roslindale/Florence House Property Manager **Daryl Ramdehal** (who worked with Marge at Springhouse and recommended her for the assistant



Photo by: Lisa Natalichio

property manager job) explained, "Marge is always 100% dedicated to whatever she is doing. She makes a great fit to the Rogerson team."

A day in the life of a property manager is always exciting. "I could tell you some stories!" Marge laughed. At Peter Faneuil/Joy Street, and soon to be at Beacon House, Marge is responsible for the day-to-day operation of the facility. "I address tenant issues, ensure that work orders are completed, take care of administrative work, and basically do anything that I can to make sure that residents are comfortable and happy," Marge explained.

And if you think that sounds like a lot, just wait until Marge goes home. "I have an eight-year-old, a five-year-old, and a 22-month-old at home," Marge said. Marge, a South End resident and Jamaica Plain native takes it all in stride, though: "I love to hang out with my children and I may even catch the occasional prime time television show if I'm lucky."

From the Desk (Continued)

T.V. [use that time to learn something], eating a healthy diet and exercising. Being helpful to your neighbor is also an important factor here. You will feel better, more in control and more of a productive citizen.

The politicians in this country cannot make the changes necessary for improved economic health; they can only point in the right direction. We all have a responsibility to make some personal changes right now; that is how this country will achieve sustained prosperity. When asked to do some task such as cleaning up their room, my kids would often say, "I'll do it tomorrow," and my response always was, "Tomorrow never comes!" In existential terms, this is true. For all of us in this current crisis, tomorrow may well be too late. The time to start is now.

A Closer Look (Continued)

running," Lerner explained. "It provides government money for low-income housing projects to stand in for money that would have otherwise come from private investors. Hopefully, when the economy recovers, the investors will purchase the tax credits and their funds will repay the government." Lerner cited the redevelopment of Hong Lok House in Boston's Chinatown, one Rogerson project which requires low-income housing tax credits to get underway. "There is also funding for energy improvements," Lerner added. "Hopefully this bill helps to turn the tide and let investors know that it is okay to put money into the economy again."

Getting to Know Marge

Favorite TV Show	Prison Break
Current Tunes	Whatever is on the radio
Role Model	Her uncle
Place of Residence	Boston's South End
At Rogerson Since	May, 2006
Hobby of Interest	Cooking

Dignity, Longevity, Vitality Rogerson's Mission in Action

Frank is a 74-year-old widower. Since his wife's death, he's lost all interest in the activities that used to give him so much pleasure. It's been almost a year since his loss, but Frank shows no sign of feeling better. To his friends and family, Frank seems like a different person. He doesn't even leave home most days. Making matters worse, he is not taking his medication and his health is declining. Frank is suffering from depression, and he is not alone.

Approximately two million adults over the age of 65 suffer from full-blown depression. Another 5 million suffer from less severe forms of the illness. But despite its prevalence, depression is not a normal part of getting older. It is a disease that needs to be treated.

"Depression is often associated with loss," explained Rogerson Brookline ADHP Social Worker **Sharon Devine**. She added, "As people age, loss increases. It could be the loss of a car, friends, a spouse, a home, or different capabilities—such as eyesight or mobility." Devine also indicated that "isolation or less autonomy could lead to depression, as well."

Devine joins health care professionals in advocating for elders by encouraging everyone who has an elder in their life to watch for the warning signs of depression. "Some warning signs associated with depression are: not enjoying activities that were once favorites, physical changes (such as not eating or sleeping), being withdrawn, having a hard time focusing, or negative self-talk."

Director of Nursing at Rogerson House **Saba Wiggins** believes that



Image from eldercareabcblog.com

Some form of depression affects nearly 20% of the elder population. But despite its prevalence, depression is not a normal part of the aging process; it is a disease that requires medical attention.

the most important way to prevent depression is to form a connection with an older adult. "If you are connected, you will be able to recognize an important change in a person's behavior that may be an indication of depression," Wiggins explained.

If you believe that an elder you know may be depressed, bring your observations to a nurse or a social worker. "A nurse or social worker can sit down with the person and get a sense of what is going on," explained Devine. "It may be that he or she needs to be evaluated by a primary care physician or psychiatrist," Wiggins added.

While depression is a reality, as with any illness, prevention is the best approach. "If people feel connected, if they are stimulated, they know that people care about them, and if they feel like their life has meaning, they are less likely to develop depression," Wiggins said.

Frank's story is taken from the website http://www.helpguide.org/mental/depression_elderly.htm.

News & Events

Concert at Pond Home



Pond Home residents gathered to enjoy an afternoon of classical flute and guitar music performed by the duo of Maxine and Melanie.

Help is Available

If you are finding yourself in deep financial trouble, help is available. The Employee Assistance Program (EAP) takes anonymous phone calls and can help with anything from finances to issues at home at anytime. The number is **1-800-316-2796**.

The Rogerson Book Review

Books that show elders and those with disabilities living meaningful and engaged lives are all around. Read the review, then read the book!

The Book	<u>An Ocean to Cross</u>
The Author	Liz Fordred with Susie Blackmun
The Plot	After being paralyzed at the age of 18, Liz and her husband Pete (also paralyzed) decide to build a boat and sail the world.
The Reviewer	Fitness FIRST Coordinator Bonnie Opyoke
The Verdict	<u>An Ocean to Cross</u> is a lovely story about a husband and wife, both paraplegics, whose dream it is to build and sail a yacht. They do not let their disabilities stop them, but instead work with their disabilities to create not only a yacht but also a beautiful story. I loved this book because it conveyed the sense that even with tremendous obstacles, anyone can create a wonderfully adventurous life.

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

HR Focus Different Ways to Save

In this difficult economy, it is hard to think about saving money. You all work hard for your Rogerson Communities paycheck, so why not let it work hard for you?

There are many options available through banks, financial advisors, and even right here through Rogerson Communities!

A representative at your bank would be able to talk to you about the options they offer, such as savings accounts and Certificates of Deposit (CDs). Financial advisors may be able to speak to you about options such as stock investments.

At Rogerson Communities, you also have a couple of different options that might help you save that

little extra bit of money to have for emergencies or for a little reward to yourself now and then:

Through direct deposit you can elect to have any portion of your paycheck go directly to a separate checking or savings account each pay period.

Though retirement may seem far off in the future for some of you, it's never too early to start saving for that time in your life! Rogerson Communities offers a 403(b) retirement savings account. If you have been a regular part-time or full-time employee at Rogerson Communities for at least one year, and you choose to contribute a percentage of each paycheck to this account, Rogerson Communities will match that contribution up to 4%!

Don't forget that even during the best of times, identity theft is always something to watch out for and

protecting your hard-earned money is crucial. Through our brokers, HRH/Willis, we offer an Identity Theft Shield program. This program provides continuous monitoring of your credit report. You will be notified of any suspicious activity, and should there be a theft issue, a licensed investigator would work with you to correct the issue. The cost for this program is \$12.95 per month and can be added or cancelled at any time. Please see someone in the Human Resources office for more information.

We do know that times are tough, and we hope that sharing with you just some of the many options available for savings might help you put away even just a little bit of your hard-earned money. To enroll in the direct deposit or the 403(b) account, please stop by the Human Resources office for details.

Healthy Rogerson Sheila Place Director of Programs

So you resolved to shed a few pounds this New Year's; but there were a few things you didn't consider when you made that resolution—namely lasagna, brownies, and fried chicken—to name a few. *What's a Rogerson employee to do?* you ask.

Well, I am here to tell you that you can have your cake and eat it too ... with a few modifications of course. Try these heart-healthy substitutions for a recipe that will ensure both rave reviews and fewer calories:

- Instead of one large egg, use two egg whites.
- Use low-fat plain yogurt instead of sour cream.
- When baking you can cut oil in half and replace the other half with mashed banana, applesauce, or canned pumpkin.
- Whether using condensed or regular milk, think skim.
- Try cooking with whole wheat flour instead of all-purpose.
- Herbs and spices are a nice replacement for salt.

For a healthy recipe for banana bread that knocked our editorial socks off, check out the website at www.rogerson.org/employeenewsletter.

New Hires & Promotions

Judith Alvarado
Assistant Property Manager
Peter Faneuil House

Michelle Montesino
Program Assistant
Rogerson Egleston ADHP

Carmen Gomez
Housecleaner
Peter Faneuil House

**Welcome and
Congratulations!**

The ROGERSONRECORD

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