



The ROGERSON RECORD

Volume X ■ Issue IV

November ■ 2011

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



In the movie “Unforgiven,” the Clint Eastwood character tells the young gunslinger, “It’s a hell of a thing to kill a man; you take away everything he has and everything he will ever have.” The young man, troubled by his first killing says, “Well, I guess he had it comin’.” Eastwood responds, “We all got it comin’ kid.”

After this rather clear-headed, serious assessment of murder, the Eastwood character rides in and kills half the town.

We are having a similar dichotomy in this country. On one hand, we claim to value the rule of law and push for peace between neighbors. At the same time, we sanction summary killing and pursue military solutions long before other avenues are exhausted. When the President punches someone in the nose [figuratively], his positive poll numbers soar. But the enormous resources spent in conflict typically create nothing lasting but hatred.

Recently, I heard Elie Wiesel speak about hope at the LeadingAge national conference in Washington. At 83, a Holocaust survivor, Wiesel has spent his life working for peace, achieving the Nobel Prize. Unlike the vengeful thinking that seems to dominate our foreign policy, this man, who should be bitter, presses the value of understanding the “other.” He acts wisely; this is experience employed effectively. Simply conveying to the potential enemy that you want to know his side can help maintain the peace, whereas killing others has never led to peace. Sadly, Wiesel states that he finds it increasingly difficult to hope.

My hope is that we turn from conflict to constructive investment. People who have helped build this country – whether serving in the armed services or raising a family or working hard in the corporations that have helped to create a super power – are provided little in the way of support in late age. Be it a lack of housing, affordable health care or education about wellness, our

Continued inside

A Profile of Commitment Sandy McWhirter

Many of the staff at Rogerson Communities know that Sandy McWhirter, Vice President of Administration, will be retiring from Rogerson Communities this December. Sandy has had such a fascinating career here we wanted to share with you some thoughts about her journey – in her own words – before she gets busy with life beyond Rogerson Communities.

Sandy begins, “I never in my wildest dreams imagined working for one organization for over twenty years.” When Sandy joined Rogerson back in 1990, it was a much smaller organization, with only Beacon House, Farnsworth House, Roslindale House, and one day program in its portfolio. Sandy recalls, “At that time the entire organization was called Rogerson House and the administrative offices and adult day program were located in the then dilapidated building on the Jamaica way where the rest home for aged men had just closed. We had only about 25 employees throughout the entire organization.”

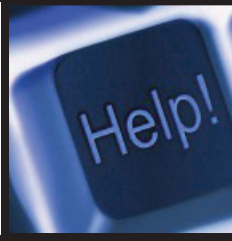
Rogerson changed its name to Rogerson Communities in 1995 to better reflect its overall responsibilities. Rogerson has grown significantly during Sandy’s 21-year tenure, now with 25 properties



Sandy McWhirter has been with Rogerson Communities for over twenty years and will soon retire from her position as the Vice President of Administration.

Continued inside

TECH TIPS



Mary Moynihan
Director of
Information
Technology

Do you use a computer at home to connect to the Internet? If so, you ought to have an anti-virus program installed on your computer to protect you from viruses, spyware, Trojan horses, keystroke loggers and other malicious software (malware).

So you have an anti-virus program? Great! When did the latest anti-virus protection files download to your computer? An anti-virus program should automatically download new protection files at least once a week. All commercially available anti-virus programs come with a tool you configure to do the automatic updates while connected to the Internet. If you have questions about configuration, you can contact your anti-virus vendor for technical support.



Also, while checking on your last protection file update, take a look at the license expiration date. Most anti-virus programs require renewal on an annual basis and you **MUST** purchase a new license each year. If you let your license lapse you will be unprotected against any new malware.

So even if you have an active antivirus program, but the user license expired six months ago, you will not be protected from any new viruses or malware that were released in the last six months.

Wondering if your anti-virus program is the best? I find only very minor differences between the various programs in the marketplace. So my advice, just pick one! Configure it to update on a regular basis (weekly or even daily) and pay your license fee each year. You won't regret it. ■

The Rogerson Roslindale Day Program has an ongoing, monthly series called Fresh Faces/Local Talent and they're looking for volunteers to present to participants their talent, hobby, or expertise. For more information, please contact Lisa at Talayco@rogerson.org or (617)469-5839.

True Colors....



Rogerson Communities staff were out and about this fall, wearing their Rogerson Communities T-shirts to support the causes and communities near and dear to us. Staff from Rogerson Communities supported the Alzheimer's Walk and the Roslindale Day Parade.

Employee Profile: Sandy McWhirter (Continued)

and programs under management. The administrative offices also moved from 434 Jamaica way to a newly refurbished space within Roslindale House at One Florence Street. At the same time, our mission expanded to include the working poor and individuals living with HIV/AIDS.

Sandy nostalgically reminds us, "It is quite a different organization today than it was when I started – and with these changes came many more responsibilities, challenges and opportunities for growth." Sandy has always brought tremendous commitment to her work with an obvious understanding of its importance to the lives of others. She states, "My philosophy has always been to believe in the work I do and to enjoy it as well – since I spend so much time at work." Sandy adds, "I put my heart and soul into my job, and have always practiced what I preach! I truly believe in Rogerson Communities' mission. I am deeply grateful to Jamie Seagle for the opportunities afforded me and the responsibilities entrusted to me. It has been an extraordinary experience."

Sandy has been an integral part of Rogerson's senior team, supporting the growth of the organization with a tremendous wealth of knowledge, an outstanding work ethic, and an ability to resolve virtually any problem the team has faced. Sandy believes her work has always been made more successful by the extremely motivated and dedicated staff at Rogerson Communities, who not only perform their jobs with excellence on a daily basis but are heroic in times of crisis. Sandy proudly notes, "This kind of effort is exceptional and not something to be taken lightly. Our staff lives the mission of Rogerson Communities every day. I've had the opportunity to work with many wonderful people along the way: Jamie, senior staff, administrative and site staff, board members, consultants, attorneys, architects, and countless others striving to make a difference in the lives of the elders and other populations we serve."

Sandy will be bringing her youthful passion for service and excellence to her retirement where she'll volunteer, enjoy her family, and explore her interest in fitness and wellness.

This leader will be missed beyond words, but her legacy will live on in the great story of Rogerson's work and the solid foundation she maintained throughout her tenure. ■

From The Desk (Continued)

elders are being given short shrift. Our government built houses for the Baby Boomers after WWII. Why not build homes for them now that they are old? Unfortunately, since the Reagan administration, affordable elder housing production has been reduced from 35,000 units annually to just 7,500. And that's nationwide. Meanwhile, our country has 10,000 people turning 65 EVERY DAY.

On November 11th, we will celebrate Veteran's Day. Naturally, at Rogerson Communities, many of our residents and day program participants are veterans of the United States armed services – and we thank them. They served honorably, believing that this service was in the name of peace and justice. Peace, justice, and constructive investment are just what they need in their last years; because, "We all got it comin' kid." ■

Healthy Rogerson A Healthy New Focus

Thanksgiving is right around the corner and the December holidays won't be long after that. For many the cheer and joy is contagious. We get to spend time with our families and friends, enjoy huge feasts and an abundance of sweet treats, sometimes exchange gifts, and appreciate the wonder and magic that comes along with winter and holidays in New England. What's not to love?

But what do we do when it's all over, when the guests have gone home and the leftovers are shelved in the freezer and there's nothing but a long stretch of winter ahead – not to mention those 18 inches of fresh snow on your walkway? You may have noticed that your mood and the attitudes of those around you take a significant nose-dive as the temperatures fall. As the days get shorter it's no coincidence that we seem to feel grumpy or moody; not getting enough sunlight

during the day can disrupt your sleep cycles, throw off your body's natural rhythm and might even affect your brain's levels of serotonin (a brain chemical connected to mood).

Many who find these feelings weighing them down, or even at times debilitating, may be suffering from Seasonal Affective Disorder (SAD). SAD is a term that is often used to describe those winter blues, but is sometimes more than just a grumpy winter feeling. Some SAD sufferers experience episodes of depression, including a loss of energy or interest, an increased appetite and/or weight gain, and a loss of concentration. Feeling a little deflated or grumpy in the winter is normal, but if you feel like your mood is interfering with your life, talk to your doctor.

The good news is that there are easy ways to treat this problem. Most simply and importantly, we can increase our exposure to natural light (but remember that the sun's rays are just as harmful in the winter as they are in the summer). Getting outside and taking a quick walk at lunch time, building a snowman with the kids on a Saturday afternoon, or just sitting by a sunny window and reading a book can sometimes help you to feel better! While New England winters can seem long, remember there are parts of the world that have extended periods of seasonal darkness – Barrow, Alaska has a two month period in the winter where the sun doesn't even rise. ■

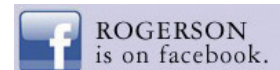
The Rogerson Review

The Book [Out Stealing Horses](#) by Per Petterson

Reviewer Francesca Ricci, Rogerson Roslindale Adult Day Health Program Manager

The Verdict "I live here now, in a small house in the far east of Norway." So begins Per Petterson's compelling novel [Out Stealing Horses](#), which chronicles the life of 70-year old Trond Sander and a particularly memorable summer from his youth. As teenagers Trond and his best friend Jon played a recurring game – they would pretend they were going to steal the horses of a nearby neighbor but instead would just ride them to exhaustion. After one of their excursions, an unfortunate series of events leads to a summer memory that shakes Trond's world, reveals secrets about his father, and changes Trond's ideas about life, family, and how momentary decisions can quickly change everything.

Petterson's coming-of-age story as remembered through Trond's 70-year old self is beautiful and devastating all at once. The author's use of time travel – present to past and back again – creates a dynamic story with intriguing characters and brilliant imagery.



Thank you to the Rogerson Roslindale Adult Day Health Program participants who kindly assist with the folding of this newsletter each time it is issued.



**A Rogerson Communities Publication for
Rogerson Communities Employees**

Email story ideas, news, or comments to news@rogerson.org

Jeff Walker, Managing Editor

HONORING EXCELLENCE IN MENTORING



Jamie Seagle presented Laurie Trilling with the Rogerson Communities Mentor of the Year Award.

Laurie Trilling is the Vice President of Operations for Rogerson Communities. She's responsible for a great deal of property, logistics, equipment, service providers, and staff. She does all of this with precision expertise and excellence. But one of the most important things Laurie does for Rogerson Communities is mentor her staff. She has grown a tremendous, competent team. She works diligently to lift her staff up to their highest individual and shared potential.

For these reasons and more, Laurie was nominated for the LeadingAge Massachusetts Mentor of the Year Award. She was given honorable mention, a significant recognition of her skills. Yet at a surprise gathering of Rogerson's Administrative staff, Laurie was honored by Jamie Seagle and her colleagues – and bestowed with the honor that so rightly conveys who she is – the Rogerson Communities Mentor of the Year. ■

A SAD FAREWELL TO ONE OF OUR OWN

We are all saddened at the passing of Heather Orodener, Director of Housing Management. Heather was an integral part of Rogerson Communities work for more than 11 years. But more than just an esteemed colleague, she was also a friend and an important part of the professional family so many of us create through our mission-driven work. Heather was committed and professional in her every effort - caring, kind, and impassioned. She will be missed by staff, clients, residents, and the family and friends who surrounded her throughout her life and her illness. We are clearly a better Rogerson Communities for having known her. In memory of Heather, a tree was planted in front of Roslindale House and dedicated on October 26. ■

Promotions & New Hires

Promotions:

Shadea Jacobs – Rogerson Roslindale – Administrative Assistant
Jenny Merigold – Rogerson House – Therapeutic Recreation Coordinator
Francesca Ricci – Rogerson Roslindale – Day Program Manager
Marie Samedi-Zougbo – Rogerson Roslindale – Assistant Program Manager/LPN

HR Focus

Leyre Gillis
Director of Human Resources



Happy Fall everyone! It seems the warm weather has finally given way to cool, crisp, New England autumn air. We all know what that means – open enrollment time must be right around the corner! *That is what you were thinking, right?*

You will see information about the open enrollment meetings in the very near future. Please be sure to attend as we'll have important information about any changes that may be occurring and we'll be available to answer any and all questions you may have about your current benefits package and options for next year. We've also created a new form to help make the

open enrollment process as informative and painless as possible. We're looking forward to sharing that with you and receiving your feedback.

Remember, unless you have a qualifying event during the year, open enrollment is the only time you get to make sweeping changes to your benefits. This is your chance to make sure that the benefits you're enrolled in are working as hard for you as you do for them. If you have any questions please feel free to reach out to Natasha (Farrington@rogerson.org) or Leyre (Gillis@rogerson.org) in the Human Resources Office. ■

Rogerson Communities has the following position available and is interested in hiring an internal employee:

Live In at Council Tower in Roxbury, MA

- One bedroom unit
- Interview required
- Responsibilities include: emergency response for resident issues, snow storms, etc.

Qualified and interested candidates should contact Jo-Ann Dwyer at 617-469-5830 or Dwyer@rogerson.org.

New Hires:

Danielle Arana – Rogerson House – Expressive Therapist
Sandra Batard-Pierre – Rogerson Roslindale – Program Assistant
Betana Chery – Rogerson Roslindale – Program Assistant
Richard Howlett – Admin – Property Accountant
Olguine Pierre – Rogerson Roslindale – Program Assistant
Ruth Racine – Admin Property Accountant
Dominika Taylor – Rogerson House – CNA
Marie Valme – Rogerson Roslindale – Program Assistant