



The ROGERSON RECORD

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



It seems that national attention is turning back to issues of late life. Unfortunately, the stories are not what we might wish, i.e. ones of hope and promise. They are instead about the budget breaking Medicare / Medicaid programs and “death panels” that some say are buried in the health care reform legislation (no such thing exists). AARP, the largest organization representing elders in the country, has finally taken a major stand in favor of health care reform. Now, they are being chastised for “selling out” by reform opponents.

When I first started working with very old people in the early 70’s, gerontology and geriatrics (the study of aging and the medical treatment of elders) were in their infancy. Happily, the tone of

the dialogue was positive. Policy makers and people in the field were motivated by the projected “age wave” coming and sought practical solutions to providing for the burgeoning population of elders. The elder consumer movement, at that time in Massachusetts, spawned the Mass. Association of Older Americans, which won the creation of the Executive Office of Elder Affairs. Research programs and demonstration programs such as the new adult day health programs abounded. But, somewhere in the 80’s, the steam went out of the movement. Possibly President Reagan was in denial about his own age (the Clinton administration didn’t help either). Policy makers and politicians returned to patronizing elders rather than planning positively for their futures.

The fact that we are talking about the problems of age again and the financial burden which will come with the baby boomers is not all negative. The issues about our aging population being debated at the national level at least raises the alarm. What has to happen now is

Continued inside

A Closer Look A Slice of Rogerson Life



Image from Mass.gov

The world seems abuzz with the H1N1 crisis. If you haven’t heard of H1N1, rest assured: the cave you are living in will most likely protect you. If you have heard of it, then you probably know that H1N1, also known as the “swine flu,” is spreading from person-to-person and is causing illness across the country.

Originally H1N1 was called the “swine flu” because it mimicked a strain of the flu commonly found in pigs. However, with closer examination, scientists found that H1N1 is a variant of the flu that has two swine flu genes plus genes commonly found in bird flu and human flu. Scientists call this a “quadruple reassortant” virus.

Rogerson is doing its part to make sure employees, day program participants and residents stay healthy this flu season. You may have noticed sanitizer stations around your work area and signs posted in strategic locations with reminders about how to avoid getting sick. But the most important measure that Rogerson is taking to prevent the flu this year is asking *you* to take control of your own health and well-being.

Rogerson House Wellness Director **Barbara Flynn** suggests some simple steps for preventing illness: “Frequent hand washing, covering your mouth and nose with your sleeve when you sneeze/cough, avoiding contact with your nose/mouth/eyes, and staying home if you do have flu symptoms will reduce your risk of getting the H1N1 virus and will keep others healthy if you do become infected.”

Continued inside

Employee Profile

Mary Moynihan

When Director of Information Technology **Mary Moynihan** receives a phone call, chances are it is an emergency. Computer crashes, lost files, software glitches and internet fiascos are all under Mary's purview, and it is her job to perform IT triage to fix whatever the problem may be.

While most folks balk at trying to figure their computers out, Mary jumps at the opportunity. After studying technology systems and software both at the University of Massachusetts, Lowell and Brandeis University, Mary worked in the Brandeis library on systems management for 17 years. When she heard about the Information Technology position at Rogerson in the fall of 2005, Mary knew that she wanted to be part of the Rogerson team.

"Before I came to Rogerson, IT work was outsourced, and it was like the Wild West of computer systems in here," Mary explained. "My first years were spent trying to get all of the systems on the same page. Now I work on maintaining and analyzing systems to ensure the smooth running of our technology infrastructure."

Getting to Know Mary

| | |
|----------------------------|---------------------|
| Favorite Movie | <u>Party Girl</u> |
| Favorite Restaurant | Pigalle |
| Place of Residence | Roslindale |
| At Rogerson Since | November, 2005 |
| Hobby of Interest | Hiking and Kayaking |

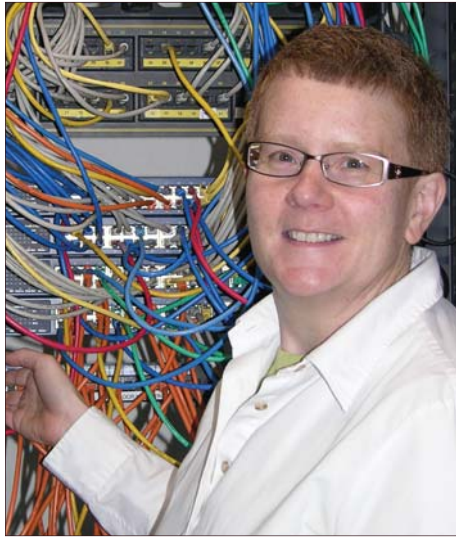


Photo by: Lisa Natalichio

As if getting to work with computers isn't enough of a perk (for an IT guru, that is), Mary finds all sorts of reasons to love her job. "I enjoy the people that I work with and I love the problem solving aspect of my job," Mary explained.

Mary also enjoys being part of the larger Rogerson mission. "I have been spending a lot of time with the Rogerson Roslindale Adult Day Health Program staff as I implement new software on their computers," Mary explained. "It has been very humbling and rewarding to see the work that these folks are doing. The fact that elders and people with disabilities have a place to go where they are well taken care of and where they can enjoy themselves is so important."

When she isn't solving computer problems, Mary enjoys putting around her house, listening to audio books, hiking and kayaking. She lives with her partner and dogs right down the street from Rogerson's administrative offices, and in her free time enjoys hanging out with her two nieces and two nephews.

From the Desk (Continued)

for the message to be one of necessary planning, not greedy geezers grabbing all the resources. If we pit the young against the old or make adversarial any other interest group, everyone loses. Everyone loses because everyone is either old, cares for an elder or hopes to be old some day. (And even if they don't hope to be old, odds are that they will be). If everyone can stay calm and think clearly, we can find the resources to care for all the real health care needs in this country. The system must be reformed and everyone must do his/her part to stay healthier; but, it can happen. Or, we can fall back into denial about late age and wait for the collapse of Social Security, Medicaid and Medicare and for sure the rationing of health care to the old, the young and everyone in between.

A Closer Look (Continued)

Vice President, Administration **Sandy McWhirter** agrees with Flynn that prevention is the best medicine. "We work with people who may have a compromised immune system, so we are depending on staff to be more careful and more cognizant of the flu this year. The health of both Rogerson staff and Rogerson residents and participants is our top priority."

While prevention is certainly the first and best practice, Rogerson understands that some individuals may contract the H1N1 virus this year. "If you feel ill, talk to your supervisor immediately so that proper precautionary steps can be taken," explained McWhirter. "And if you are out for more than three days due to illness, you will need a doctor's note stating that you are either healthy enough to return to work or that you require more time off."

McWhirter added, "If we follow some simple steps, we can work together to decrease our risk and minimize the threat H1N1 poses."

Dignity, Longevity, Vitality Rogerson's Mission in Action

We know. When you walk in your front door after a long day, work is the last thing that you want to think about. But here is an instance where your home life can take a cue from your work life. Many of the residents and participants that Rogerson employees work with on a daily basis have been married or in a committed relationship for 50, 60, even 70+ years! And, not surprisingly, they have some great insights about what goes into making a relationship – marital or not – work.

Jim Wallace has been married to Rogerson House day program participant, Julia Wallace, for 51 years. Their secret? For Julia and Jim, it all boils down to one word: respect. "I attribute our long marriage to having a deep love and respect for each other," Jim explained. "We made a commitment to each other and regardless of what we were going through, we want to keep it."

"After Julia's diagnosis with

Alzheimer's, we both dealt with a lot of emotions. But after those emotions were dealt with, I have found that by helping Julia with tasks she was once able to complete by herself, there is an added layer of intimacy to our relationship. Every day I tell Julia that I love her, and she says it right back."

Roslindale House residents Victor and Aura Matos have a different story with a similar ending. Married for 57 years, Victor and Aura met in the Dominican Republic when Aura was only 17 and Victor was 24.

They attribute the longevity of their marriage to communication. "Before we go to sleep, we always talk about our feelings and what is bothering us," explained Aura.

Victor added that trying to put himself in Aura's shoes has helped the couple avoid conflict: "I always try to be considerate of Aura's feelings." Then, echoing Julia's and Jim's sentiments, he added, "Respect is key."



Pond Home couples recently renewed their wedding vows. (Above) Cecilia and Al Koziol look lovingly at each other following the ceremony. (Right) Bea Grazado feeds her groom Bill Grazado cake.

WEDDING BELLS — ARE RINGING AT — POND HOME



Photos by: Becky Annis

News & Events

A Job Well Done!

This month the Board of Directors visited the Rogerson Roslindale Dementia Day Program. "As a board we were so impressed with the quality of the staff and the program," explained Board Chair Paula Thier. "The refurbishment is beautiful, and it is clear that great work is being done to enhance the quality of life for day program participants."

Adult Day Services Week

This month Rogerson's day programs celebrated National Adult Day Services Week in style. Congratulations to everyone who works so hard to ensure that our program participants are healthy, engaged and able to have self-fulfilling days. Your work is very much appreciated.

The Rogerson Review

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

The Movie [The Triplets of Belleville](#)

Director Sylvain Chomet

The Reviewer Vice President, Development and Community Relations Anne Morton Smith

The Verdict [The Triplets of Belleville](#) is a highly entertaining animated film that portrays elders as extremely active, creative – and kind of wild! A trio of elderly musicians joins forces with a devoted grandmother to rescue her grandson who was abducted from the Tour de France. These four fearless elders ultimately triumph and will doubtless live on to survive another adventure. And I can't wait to be a part of it!

To watch the movie 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

We recently sent out a mailing regarding the new menu of investment options that will be effective October 15, 2009 within our 403(b) retirement plan with Principal Financial.

The mailing was sent to all staff informing them of upcoming meetings on October 7:

Rogerson Communities
10:00-11:00 & 11:30-12:30

Rogerson House

1:30-2:30 & 3:30-4:30

These meetings will provide employees with details about changes that are being made to the plan and will review the array of updated options that will be available.

Everyone is welcome to attend, but if you are enrolled in the 403(b) plan, your presence is mandatory. Please work with your supervisor to make sure you attend one of these meetings since

some of the plan options have changed and you may need to fill out forms and select new funds.

Chera Gerstein, our investment advisor representative from Willis HRH, will be reviewing the changes. This is an ideal opportunity to ask questions about the 403(b) plan as well as to better understand the transition process involved with moving your assets.

Additionally, Chera

will be available to meet on a one-on-one basis on Tuesday, October 13 for 20 minute personal sessions. If you are interested in meeting with Chera individually, please schedule this meeting with Chera on October 7 as the meetings will be by appointment only.

We will have light refreshments available during the meetings, and we are looking forward to seeing you on October 7.

Healthy Rogerson

If you are concerned about handing out candies filled with sugar and fat this Halloween consider some candy alternatives: Stickers, pencils, erasers, play dough, crayons, glow-sticks,

bubbles, and temporary tattoos are fun and inexpensive. Dried fruit, nuts, fruit bark, mini-granola bars, sugar-free gum, or a packet of instant hot chocolate will make both parents and kids smile.

Pictured Right: Senior Accountant Pierre Dugue and Activities Coordinator Kellee Lee get in the Halloween spirit.



Photos by: Lisa Natalicchio

New Hires & Promotions

Xiomara Calderon
CNA
Rogerson House

Nichole Kurker
Fitness FIRST Coordinator
Rogerson Communities

Bernadette Clougher
Director, Marketing & Admissions
Rogerson House

Dorotie Louis-Jacques
Program Assistant
Rogerson Egleston ADHP

Gemini Kirkland
CNA
Rogerson House

Ana Miovic
Dietary Staff
Rogerson House

Positions Available

HR maintains a list of open positions.

To check out the properties and programs that are hiring and a list of open positions, visit www.rogerson.org.



The
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Story ideas? News items? Comments?

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