



The ROGERSON RECORD

Volume IX ■ Issue 5

July ■ 2010

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



We, working with elders, must confront death on a more or less regular basis. It is not easy to say goodbye to clients or residents whom we have come to care about and sometimes love.

Even though we try to keep some “professional distance,” friendships evolve – we do have our favorites. But, the fact of the near presence of death in late age is assumed; it is in the correct sequence of things and we understand it. Unfortunately, Rogerson Communities lost two friends this past month who were taken out of time. Marshall Schell, Program Officer for the Farnsworth Trust, died suddenly at age sixty-seven and Ed Fish, former owner of the Peabody Construction Company and current Principal of many “Peabody spinoffs” including Peabody Properties, also died unexpectedly at seventy-six.

Some might say that seventy-six is “late age” but that is simply not the case any more.

Marshall Schell understood Rogerson Communities and he trusted us. He trusted that the Farnsworth money that we requested was needed for our projects and that it would be used effectively. This did not mean that he accepted anything but first rate applications from us; what it meant was that he treated us as partners more than as grantees. I have met no one in the foundation world who more genuinely delighted in the product of their grant making. We will miss his beaming face and hearty congratulations that always came as we do the ground breakings at Mount Pleasant Home and the new Hong Lok building, both of which Farnsworth supported very generously. We will miss him most as a wise colleague in the service of low-income elders.

Coincidentally, Ed Fish was the contractor for Farnsworth House — sponsored by the Trust and our first development project. Ed took our “wet behind the ears” organization under his wing and helped us to develop this model of housing for poor elders. The

Continued inside

Rogerson Reads Book Club Begins



(Front row l-r) Mike Keller, Becky Annis, Teri Javery, Chelsea Jurena, Sheila Place
(Back row l-r) Kathy Foley, Sandy McWhirter, Leyre Gillis, Francesca Ricci.

“The man who does not read books has no advantage over the man who cannot read them,” said Mark Twain, American author and humorist — and Rogerson employees are taking that sentiment to heart with the creation of an enterprising new book club.

The brainchild of Director of Human Resources Leyre Gillis, the club grew out of her need to foster a sense of community at Rogerson, while sharing some interesting information to boot. “Our HR consultant Rick Dacri wrote a book called *Uncomplicating Management*, and when I mentioned the idea to Sandy (McWhirter, VP of Administration) she encouraged me,” says Gillis. “We’ve never done anything like this before and I was really worried no one would participate, but it went really well,” she enthuses. “I had typed up three pages of notes just in case the discussion lagged, but we didn’t need them — people had plenty to say.”

New to Rogerson, VP of Finance Mike Keller says the club helped him kill a few birds with one stone. “I participated in the book group for a few reasons — to read interesting books, share ideas with colleagues, get to

Employee Profile

Justin Shrum

Interview by Islande Icart, Development Assistant

If you've never visited before, you would be impressed by the calm and happy atmosphere of the Rogerson House day program, just a hop skip and a jump from tranquil Jamaica Pond. Adding to the upbeat, sunny vibe is expressive therapist Justin Shrum.

While Justin was earning a Master's Degree at Lesley University in Boston, he landed an internship in the Music Therapy program at Rogerson House with the help of his advisor. The internship developed into a full-time job when his supervisors saw what talent he had in dealing with elders who are suffering from memory loss — a situation which requires a considerable amount of patience and creativity.

A day in the work life of Justin begins with the morning check-in with each and every client, and continues on to reading the newspaper together with them, then arranging and leading music therapy, photography, and spirituality sessions.

What motivates Justin to come to work every day? "My love of the clients and their love for me," he says. "My life is full of humor when I'm with them, and I love it." It's obvious that he shares a special bond with the people he cares for. "When my grandfather passed away a few months ago I took a couple of bereavement days away from work, and



Rogerson House Expressive Therapist Justin Shrum with a special gift from day program participants.

when I returned, I was given the most precious gift from the participants: a book made especially for me in my time of sorrow — each page of the book was decorated by a participant with a poem and a picture."

A current resident of Somerville, Justin grew up in Dallastown, in south central Pennsylvania. It's clear that his family roots run deep, and he makes sure to get back home at least two or three times a year. "Both grandparents on my father's side are alive and well, as is my grandmother on my mother's side." The bond with his grandparents, and his strong connection to his Dutch heritage, contributes to the feeling that working at Rogerson House Day Program is "giving back to my roots."

And it seems that Justin and Billy Joel have some common ground, "I play the piano when I'm at home after a long day of work. It helps relax me, and I like to improvise a lot." And just like pianoman Billy, Justin has the program participants at Rogerson House "feelin' all right."

From the Desk (Continued)

day after he died, again coincidentally, I had a neighborhood meeting in the newly renovated community room at Farnsworth House; the whole place works and looks as good as it did in 1982 when it opened. Under Ed, construction was completed three months early, returning \$200,000 to the project for future needs. There were no change orders charged although several significant, non-budgeted enhancements were made and he persuaded HUD to allow all the kitchen equipment to be purchased from the development budget. This larger-than-life, extraordinarily successful businessman was very generous to Rogerson and our mission.

In later years, Ed's son Ted went on to build four more buildings for us and his youngest son, Michael, is currently the contractor for the new Mount Pleasant Home. Ed has also been involved in these projects and was always a generous supporter of "Welcome Home!"

It is a testament to the work of Rogerson Communities that it has such loyal friends. It really hurts when we lose them too soon.

Book Club (Continued)

know my colleagues better. For me, the structure of a book group with scheduled meeting dates helps ensure that I'll actually read the book!"

One book club member already had a head start on her peers. "I had already read Rick's book and liked most of it," says Pond Home's Becky Annis. "I wanted to discuss it with other managers to share perspectives on how to implement some of the ideas. I have participated in a book club before but for pleasure reading."

Springhouse Executive Director Kathy Foley shares, "I enjoyed reading the book and found it rewarding that so many others in the group felt the same way about some of the author's ideas. It was great to discuss the book and gain valuable perspectives from the other Rogerson employees. I look forward to the next book and the lively discussion that I hope will follow!"

Following on the success of the first club meeting, Leyre is planning another date in August. Stay tuned for details!

Justin's Favorites

Food	Shabu Zen, Cinatown
Movies	Horror
Hobbies	Piano, Reading

ANNUAL MEETING: Are You Getting Enough Vitamin D?



Dr. Timothy Johnson (above), Heather Orodener, and Laurie Trilling (below) at the Annual Meeting.



Rogerson Communities celebrated its 150th anniversary with a breakfast and discussion with a panel of experts, moderated by media health expert and New England favorite, Dr. Timothy Johnson. The event was hosted by State Street Corporation in downtown Boston, and featured a lively Q & A session. Dr. Suzanne Salamon, Dr. Kenneth Minaker, and our own James F. Seagle, Jr. shed some light on the Art and Science of Healthy Aging and recommend some guidelines for getting (and staying) healthy:

- Take a Vitamin D supplement for bones, muscle speed, strength and memory
- Prevent strokes by controlling high blood pressure, obesity and diabetes, and quit smoking if you haven't already
- Up daily water intake
- Keep informed of medical trends, and be your own advocate
- Prevent a broken hip by strengthening bones and learning how to avoid falls
- Continue to strengthen social networks
- Volunteer in the community to stay active and involved
- Actively reject negative expectations of aging

NAMASTE Rogerson Brings Yoga to Elders

Rogerson adult day health programs are proving that you're never too old to improve your flexibility, or your mood. With a 9/11 Community Spirit mini grant from Harvard Pilgrim Health Care, elders are practicing yoga in the Roslindale day program; and now Brookline and Roxbury are following suit.



Yoga instructor Teresa Bougher leads a yoga class in the Rogerson Roslindale Dementia Day Program.

As we grow older, we become susceptible to ailments that are linked to aging, and as a result, we tend to move less. In turn, the less we move, the more susceptible we become to more ailments, which can foster a truly vicious cycle.

Enter yoga, which has been shown to alleviate or reduce many of these health challenges, including reduced joint flexibility, arthritis and bursitis, poor blood circulation, stress-related symptoms, and many more.

"Teaching elders new stretches and breathing exercises absolutely can improve range of motion and circulation, and decrease joint stiffness," says Sheila Place, Rogerson's Director of Programs. "Another bonus: yoga is a mood-improver. Day program participants really enjoy the sessions."

Great Garden Events



Top 2 photos - Led by resident Richard Sorrell and a host of volunteers, Beacon House hosted the Beacon Hill Garden Club's summer tour. Pictured: Marge Rosa and Eric Marin; Suet Ho, Bertha Martins, and Cynthia Duryee. Bottom 2 photos - Rogerson House hosted a networking Garden Party for elder care professionals, including everyone's favorite flamboyant musician. Pictured: Courtney Barth, Sharon Brightman, Betsy Ross, and Anna Hall; Judy Dovev and "Elton John."

HR Focus

Leyre Gillis

Director of Human Resources



In June we held a health and wellness event for employees. Different vendors attended and we raffled off some healthy – and fun! – prizes. Chelsea Jurena, our HR

Associate, worked very hard to put this event together and provide a variety of information and experiences. Why? Because the overall health and wellness of our employees is important to us and to the clients and residents who depend on all of Rogerson Communities' employees.

Many times people hear the terms 'health' and 'wellness' and their minds immediately jump to weight management, but that is only one aspect of healthy living. Taking care of your body by being conscious of what you put

into it is important, yes, but also think about what you put *on* it. Do you remember to apply sunscreen every day? It is something that most of us think of frequently in the summer time, but the sun is also out in the fall and winter months as well (hard to believe sometimes, but true!)

Is your mental health and well-being something you make sure to tend to? This is another important aspect of healthy living that sometimes gets lost in the shuffle of everyday life. You do not have to meditate for hours every day in order to achieve

balance and a stress-free life – simply try to do something that brings you joy each day, whether that means going for a walk, working in a garden, meeting a friend for dinner, or volunteering your time.

There is a lot to consider when you evaluate whether you are 'healthy,' and whether you take care of yourself enough. The warm weather and persistent sun of the summer months can be a good, relaxing time to take stock and make sure that you are indeed taking care of your whole self.

New Hires & Promotions

Marie Adrien

Roslindale ADHP
Program Assistant

Lourdes Almonacy

Rogerson House
CNA

Sarah Burns

Rogerson House
CNA

Sarah Egbusi-Otiono

Rogerson House
RN

Francoise Etienne

Egleston ADHP
LPN

Adrienne Flight

Rogerson House
Music Therapist

Dale Foster

Roslindale ADHP
Kitchen Coordinator

Anna Hall

Rogerson House
Director of Therapeutic
Programming

Lisa Harrington

Rogerson House
Expressive Therapist

Sara Hurt

Roslindale ADHP
Program Assistant

Shadea Jacobs

Roslindale ADHP
Program Assistant

Michael O'Hara

Rogerson House
CNA

Jeffrey Reyes

Roslindale ADHP
Driver

Michael Toussaint

Rogerson House
Dietary Staff

Someone's in the Kitchen...



Rogerson Roslindale Adult Day Health Program and Dementia Day Program recently got a spiffy new kitchen upgrade, thanks in part to Adelard A. Roy and Valeda Lea Roy Foundation. The update is the start of continuing renovations at our flagship day program. **Above:** Kitchen Coordinator Dale Foster brandishes a tool of his trade.

Check out properties and programs that are currently hiring at www.rogerson.org.

The
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A Rogerson Communities Publication For Rogerson Communities Employees

Story ideas? News items? Comments?
Email news@rogerson.org or call 617-469-5809.

Jeanne O'Rourke, Managing Editor