



The ROGERSON RECORD

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



We have a massive paradox* unfolding currently, indicating something at best wasteful and at worst dangerous to our society. Got your attention? Well here it is: we are communicating far more with one another today while communicating far less than at any time in history. There seems to be a frenzied, mass-hysterical “blab fest” going on. If you doubt me, compare your e-mail/texts to correspondence of just five years ago.

That hackneyed phrase, “The communication age” coincided with the uptick in use of computers and the growth of the internet (not invented by Al Gore but it may have been Tipper). Little did we foresee how all-encompassing this compulsion to send and receive would become. The “age” has

become a “rage” and for some, unfortunately, it has become the reason for being. Instead of Sartre’s “I think therefore I am,” it is “I communicate to create my reality.” Think back to when every life event had to be videoed. The bride was not kissed if the “cams” were not rolling – this is worse.

Of course I sound like an old stick in the mud. Just give me a pencil and pad and sit me in the corner to amuse myself. Actually, I prefer a clay tablet and a sharp stylus. I long for a smoke signal, a hieroglyph, a little cairn by the path, a hand print on a cave wall... dot, dot, dash. I should have seen this all coming with the fax machine. One day no one had one, the next, everyone did. Then there was the sales pitch for a networked computer system. Steve Kyner sold me on it with the promise of a “paper free” office. Want some paper? Boy have I got paper! But, with the fax and the computer, at least real, somewhat valuable information was being transmitted. There was a purpose, a certain mindfulness; then came the blizzard.

Recently, I heard that a young

Continued inside

Home Sweet (Mt. Pleasant) Home Jamaica Plain Gem Gets Facelift



Mt. Pleasant Home in Jamaica Plain is in the midst of getting a major makeover.

Founded in 1901, Mount Pleasant Home’s mission is to provide housing and supportive service options for frail elders, with an emphasis on serving a diverse population and giving priority to those with limited financial resources and inadequate support systems. Mount Pleasant Home promotes the physical, emotional, social and spiritual health of residents in a caring environment that encourages independence and allows elders to age gracefully in place.

Today Mount Pleasant Home is licensed by the Massachusetts Department of Public Health as a Level IV Residential Care Facility. The Home created its existing Georgian-style building in 1926, situated on a 2.3 acre site on South Huntington Avenue in Jamaica Plain.

To ensure that the Home can remain a vital resource, the Home’s Board of Trustees created a plan for renovation and expansion that will greatly improve its quality and function. Under the plan, the existing historic structure will be preserved; the number of units will be increased from 44 to 60; and modern community space will be created in a central location that will provide the focal point for activity. The new Mount Pleasant Home will offer a warm, nurturing and even more home-like, non-institutional environment for elders who are in need of housing, daily care and supervision but do not require the services of a skilled nursing facility.

Continued inside

Employee Profile

Ruth Liebowitz

Interview by Islande Icart, Development Assistant

When Ruth Liebowitz, Program Nurse at Rogerson Brookline Adult Day Health Program, graduated from Brooklyn College in 1972 with a degree in psychology, she realized that she still had a deep desire to be a nurse. And, after winning a very competitive scholarship at Boston College's School of Nursing in 1978, that is indeed what she became.

Ruth's Rogerson career began ten years ago when her good friend Paula Tishel recommended her, and she signed on as a per diem professional in the dementia day program in Roslindale. Later, when the Program Nurse position opened up at the Rogerson Brookline Adult Day Health program, Ruth proved a great choice, given her professional experience and caring manner.

Prior to joining Rogerson, Ruth was a labor and delivery nurse at both Beth Israel Hospital and Malden Hospital. "I loved it," she says. "I taught childbirth classes and even attended the home births of friends." After taking some time off to deal with her son's illness, she got back into nursing. Of her longtime Brookline gig, Ruth says she very much enjoys the collective spirit of



Ruth Liebowitz has a rare moment at her desk.

the staff. "Here at the Brookline ADHP, the staff is the best. The most wonderful part about the job is that we take care of each other, and we collaborate. If we need to figure out something, we put our heads together and solve it. It's a great work environment."

As Program Nurse, Ruth monitors day program participant health and wellness, whether it be checking blood pressure, weight or glucose levels, and monitoring medications. Nursing as a profession can be both stressful and rewarding. Ruth discusses how a convivial atmosphere can help be a huge bonus, "Here, we have a lot of humor — things can get pretty nuts! But there are a lot of fun things to laugh about every day with the clients and the staff."

Originally from New York, Ruth currently lives in historic Lexington. In her free time, she's a crossword puzzle devotee and a music buff — both sons are musicians, and you can guess who their biggest fan is.

girl had sent thirty-five thousand text messages in one month. (Her parents must be so proud.)

This equates to .8 texts for every minute of her life. Everyone has differing values but I feel comfortable in questioning the merit of this use of time. She is an extreme example but look around, who do you see not talking on a cell phone, e-mailing, texting, tweeting, twittering or whatever comes next that quite frankly I don't want to know about. A tsunami of words is coursing through the atmosphere. I want everyone to pause and visualize that most famous Rodin sculpture, then sit, place one elbow on knee, curve fist inward and rest chin on knuckles, close eyes and voila: you may have an unpopular yet somehow gratifying experience; it is called thought.

Eric Hoffer, the longshoreman turned philosopher, said, "When people are free to do as they please, they imitate each other." Well, right now the stuff that is being imitated should be called into question. Instead of art and literature, we are glorifying tattoos and text messages. OMG, I sound like an old fogey. Well this fogey says our society needs real innovations, it needs computational speed and it can really use all these new forms of communication. But the question must be asked, i.e. to what end? Are we sending thoughtful messages and receiving reasoned responses or is it drivel in and drivel out? Right now I think the latter and you won't convince me that the sheer number of iPhone apps has any correlation to improving life or anything else for that matter.

My grandmother could write a beautifully articulate letter, organized, in imminently legible cursive, simple declarative sentences with spot-on introductory clauses. A simple high school graduate, there were her thoughts expressed clearly on paper. If she were here today, she would tell us to "clam up" until we have something worthwhile to say. And by the way, if they want me on "Facebook," they better be willing to pay. And, if they want stories about my grandmother, it's going to cost them a pretty penny.

**A seemingly contradictory statement that may none the less be true.*

Ruth's Favorites

Restaurant	Legal Seafood
Movie	Awakenings
Vaca Spot	Lake Mooselookmeguntic
Book	The Time Traveler's Wife, Audrey Niffenegger
Hobbies	Kayaking, snorkeling

Welcome Home! Heats Up: Gala Fundraiser Planning Underway

Rogerson Communities is a non-profit where fundraising is an ongoing (and ongoing...), multi-layered operation. Everything you need to do your job — from the basics of electricity and phone service, to the more complex needs of nursing and operations equipment — must be funded. Supporters of our adult day health programs and properties include generous individuals, businesses, corporations and foundations.

The apex of the fundraising year is our Welcome Home! gala.

On November 4th, Rogerson will honor Jack Connors, Jr., leader of Boston philanthropy, with the Charles E. Rogerson Award for Community Service at the Copley Fairmont Hotel. The elegant evening kicks off with cocktails and mystery boxes, followed by a dinner and live auction. Sponsors and attendees pay generously to enjoy the night and support the work we do for Boston's low-income elders and families.

Courtney Barth is looking forward to her first big event as Rogerson's new Director of Individual Giving. She says, "Welcome Home! is in its twelfth year, and is a fall tradition for Rogerson Communities and Boston. Corporate and civic leaders alike sponsor this event to show their support of the vulnerable elders and families we serve. We're looking forward to welcoming our long-time benefactors and new friends that evening." *For more event info, visit rogerson.org/welcomehome.*



2009 honoree Karen Kaplan, Rogerson President James F. Seagle, Jr., and Board Chair Paula Thier at last year's Welcome Home! at the Mandarin Oriental in Boston.

National Adult Day Services Week is September 19-25th!

Rogerson day programs will celebrate with special activities all week.

Visit a day program near you to remind yourself how important these programs are.

Mt. Pleasant Home (Continued)

In 2009 Mount Pleasant Home engaged Rogerson Communities to move the project forward, completing the public funding process, securing a long-term lease with the Brigham & Women's Hospital for new medical office space also being created within the building, and raising private funds.

The project is being undertaken in three phases so that existing residents will not be displaced. The design incorporates elements such as photovoltaic cells, solar hot water



panels, "green" materials, efficient heating, cooling, and electrical systems, and the capture of storm water in an on-site wooded rain garden. Certification in accordance with the Leadership in Energy and Environmental Design (LEED) Silver Standards will be sought from the U.S. Green Building Council.

Mount Pleasant Home will celebrate construction in early fall at the Home's annual backyard party, during which they will welcome Mayor Menino to lay the cornerstone for the new facility.

News & Events

Roslindale ADHP Yard Sale

Make a clean sweep this fall at your house — donate gently used items to the Rogerson Roslindale Adult Day Health Program Yard Sale. The September 25th event will be held indoors, and benefits the day program and runs from 9 AM to 3 PM. Bring your items to the day program any time before that.

Everyone Loves a Parade



Calling all able-bodied Rogerson Record readers (that means you!) We are currently recruiting folks to walk in the Roslindale Day Parade with us on October 3rd. What's

in it for you? A little exercise, a LOT of fun, and a pizza party at the end. To sign up or ask questions, call or email Jeanne O'Rourke at (617) 469-5809 or orourke@rogerson.org today.

The Rogerson Review

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

The Book [How to Live: A Search for Wisdom from Old People WHILE THEY ARE STILL ON THIS EARTH](#)

The Reviewer Becky Annis, Administrator of Pond Home & The Community at Pond Meadow

The Verdict This book is an entertaining and quick read chronicling the efforts of the author to verify his assumption that age really does give a person wisdom, even if it is only because they have had more life experiences than the younger generation. He interviews famous, infamous, and "regular" old folks (which he defines as over 70) and shares their touching, tender, defiant, and comical insights. The author treats this like a research project, looking into every avenue available to research his question and quoting from lots of resources that make you want to read more and more about wisdom. The book is a very positive and realistic view of getting old.

HR Focus Chelsea Jurena Human Resources Associate



September is National Preparedness Month; would you be ready if there was an emergency? As we all know, there have been many devastating events across the country and the world in 2010. Many of our employees were affected, both directly and indirectly. In order to be prepared for an emergency, the Center for Disease Control

and Prevention recommends that everyone assembles an emergency supply kit, makes emergency plans, stays informed, and gets involved in helping their family, business, and community be ready for emergencies. In order for Rogerson Communities to be more prepared in dealing with these events, Human Resources will be requesting

that all employees complete a new emergency contacts form. Please complete this form with as much information as possible so that we can contact the right person should an unexpected emergency occur. For more information on how to be prepared, please visit www.cdc.gov/preparedness.

Healthy Rogerson Health & Wellness Fair Fun

This summer HR took the Healthy Rogerson program to heart and launched a Health & Wellness fair geared toward Rogerson staff. Held in the auditorium at One Florence Street, the fair was a big, healthy hit with the over 50 attendees who participated.

Chelsea Jurena, Human Resources Associate and event organizer, recruited a bevy of vendors to provide information and samples. Presenters included: Whole Foods, West Roxbury YMCA, Tufts Health Plan, Barron Chiropractic, CSE Boston, and wellness consultants Sarah and Pamela Witowski.

"I really enjoyed working

with the vendors and I was surprised by how generous they were. Most of our raffle prizes were donated. Our vendors were also impressed at how interactive our employees were," said Chelsea.

Rogerson folks lined up to taste super healthy salads and snacks, test body mass index (gulp), and get screened for sun damage and bone density. Does the success of this fair mean it will be an annual offering? "I would love for this to become an annual event," Jurena said. "I'm excited to see what the future holds for the wellness of our employees and I'm confident that our event made an impact."

Diggin' In and Getting Down: Spencer House Hosted Hip Multicultural Fest for Residents in August



(1) Maggie Gonzalez and Erica Fernandez (2) Jen Busa, Rene Cuevas, Victor Gonzalez, and Pedro Medrano



(3) Sonia Hernandez, Yesenia Beato, Elba Vazquez, and Judy Alvarado (4) Carribean trio frontman.

New Hires & Promotions

Chrasandra Reeves
Rogerson Egleston ADHP
Program Manager

Alecia Salo
Rogerson Egleston ADHP
RN

Judith O'Neill
Pond Meadow
Property Manager

Genesis Castro
Admin
Fitness FIRST Specialist

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

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Story ideas? News items? Comments?

Email news@rogerson.org or call 617-469-5809.