

## ADULT DAY HEALTH PROGRAMS / MEMORY LOSS PROGRAMS / FITNESS FIRST NEWS & RESOURCES - OCTOBER 2018

### Egleston Adult Day Health Program:



Jason Kobayashi, the new Program Manager at the Egleston Adult Day Health Program, is a familiar face for many of Rogerson's ADH participants.

Jason performed his Master of Social Work (MSW) field placement working in the Roslindale ADH and Memory Care programs as well as the Egleston ADH site. The participants and staff at both sites are thrilled that Jason has stayed at Rogerson to take on the role as Program Manager.

Jason explains how he came to us, "My field placement brought me to Rogerson and it's been a truly amazing experience." Jason adds, "I have learned so much about strength and courage from our participants – and that we can each depend on others, and yet strive to remain independent with dignity and grace."



Jason had a good sense of what his new role would be like, and yet, as he notes, "Every day is a completely new set of challenges and opportunities. I arrive open and teachable every day while I lead an excellent staff of colleagues who are passionate about providing a diverse group of individuals the specific care that is needed by them on any given day. Together we meet the needs of each participant in any way we can. From the leadership in Rogerson's Administration to the leadership my staff exhibit every day on the program floor, I am surrounded by excellence in this critical work. It's an honor to serve Rogerson's participants alongside my colleagues."

### ADHP Family Day and Barbecue:

Thank you to all the family and friends of our ADHP participants, as well as Rogerson's amazing staff, for coming together for a fun-filled and delicious barbecue. This tradition has become incredibly meaningful to staff and participant families and we are grateful for the wonderful turnout we had this year.

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Rogerson's President, Walter Ramos, joined ADHP participants and families for a wonderful lunch prepared and served by staff from throughout the organization.

### Community Shout-Outs

We want to take a moment to give a special thanks to some of our amazing local businesses. We are extremely grateful for businesses in the Roslindale Square community for supporting our ADHP participants. These businesses always treat us with kindness, respect, and professional care. Thank you!

- Subway Sandwich Shop Roslindale, thank you for providing our participants with compassionate, and patient service.
- Home for Little Wanderers Thrift Shop, thank you for taking time out for us on our community walks and helping our participants get some amazing thrift deals.
- Roslindale Square Branch of Boston Public Library, thank you for your generous donation of books. Our modest day program participant library now contains more genres and books that accommodate a broader range of reading abilities.

### Fitness in the Memory Care Program:

With the support and expertise of our new Fitness First Specialist, Andrew Jamieson, the ADH memory care program now enjoys dementia-sensitive group fitness. Andrew brings a gentle and encouraging spirit to his programming, allowing participants with sensory deficits and confusion to continue building their strength and flexibility.



Andrew Jamieson leading a group fitness activity in the ADH memory care program.

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### Participant and Family Advisory Council

The adult day program leaders continue to meet with participant representatives, caregivers and community providers to review programming and advise on new initiatives. Our current projects include: Conducting a participant satisfaction survey across program sites and holding larger collaborative activities monthly. These initiatives will enable the advisory council to provide focused program improvement and for both sites to connect, socialize and share activity resources. We are currently recruiting for family/caregivers and community providers to join our advisory council.

Written interest can be submitted via e-mail to:

[derr@rogerson.org](mailto:derr@rogerson.org).

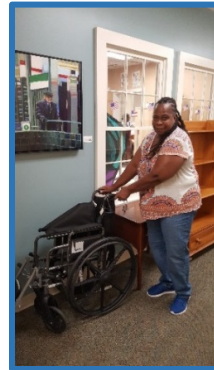


### Peace Flag Mural Unveiling



Our day program community partnered with the Haley Middle School to create flag tiles for this amazing campaign. Join the Children's Services of Roxbury on October 20<sup>th</sup> at 11 AM for the unveiling! You will also have the opportunity to participate in creating the largest ever HUMAN PEACE SIGN! For more information, go to: [Peace Flag Mural Event](#).

### You Can Help:



Rogerson Adult Day Health Programs benefit greatly from the generous contributions of our donors. We also rely strongly on our partnerships with families to best support our individual participants in meaningful ways. Our programs always need essential items for activities and crafts, and to support participants' daily living needs.

Donations of seasonal clothing, personal hygiene items, art and craft materials, and other new or gently used items are greatly appreciated. Donations of durable medical equipment such as wheelchairs and walkers may help a low-income participant who is struggling to ambulate. For more information, please contact: Brandi Derr at (617) 469-5829 Ext 5874 or [derr@rogerson.org](mailto:derr@rogerson.org).

### Caregiver Resources:

[Alzheimer's Association](#)

[American Association of Retired Persons \(AARP\)](#)

[Beautiful FREE Fog Exhibit This Month!](#)

[City of Boston Elderly Commission](#)

[Elder Care Locator](#)

[ETHOS Health Ideas Program](#)

[Helpline for Elder Homecare + Caregiver Support](#)

[Massachusetts Association of Older Americans \(MAOA\)](#)

[Massachusetts Councils on Aging \(COA\)](#)

[Massachusetts Executive Office of Elder Affairs](#)

[MBTA Senior and Access Pass](#)

[Right At Home Newsletter](#)