



The Boston Home

Notes from Home | SUMMER 2006

125th Anniversary Fund-Raiser to Feature Liz Walker, Livingston Taylor, and Katani

On November 9, The Boston Home's *Campaign for Care* kicks off on a high note with our first-ever gala fund-raising concert to mark our 125th anniversary. What promises to be an evening of soul-stirring music, inspirational insight, and tons of fun will feature dynamic TV personality and minister Liz Walker and folk singing icon Livingston Taylor. Katani, a featured gospel singer for The Boston Pops, accompanied by fellow members of the Bethel AME Church in Roxbury, will join the celebration.

This milestone occasion will shed light on the question "Who Cares?" The Boston Home has cared since the late 1800s, when our founders articulated a vision to provide a caring place for those "for whom there is no other provision in hospitals or at home."

We at TBH have been providing outstanding care

for more than a century. Today, while there is national focus on resources for cure and treatment, funds are very limited for *care*. But our residents continue to require specialized, highly skilled residential care.

Funds raised from our *Campaign for Care* will ensure that our residents will be able to count on The Boston Home's *standard-setting care*. To meet their needs, we will promote independence through assistive technology, and meet deeper needs through our Wellness and Spirituality program.

We will also address the needs of those on our growing waiting list and those living in other settings. Through our Institute and Community Services, we will share knowledge with other healthcare professionals, refine our standards, and provide outpatient services with B.Fit! (see below).

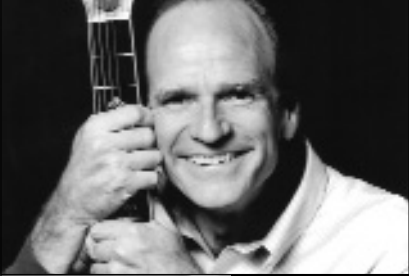


PHOTO: RON POWNALL



From top: Rev. Liz Walker; Livingston Taylor; and Katani Summer, shown here with TBH resident Al Gaines.

Be Ready for B.Fit!

Every Thursday morning, Gale Jones takes The Ride to The Boston Home. Gale looks forward to an invigorating day of rehabilitation and social interaction with TBH residents at our new B.Fit! outpatient program. Here, she joins others in the community who have MS and whose needs for therapy and socialization have not been met. Until now.

"B.Fit! fills a void by providing much-needed services to adults with disabilities who are living at home. This program is an innovative response to an inadequate level of community-based services for this population," says Linda Guidod, RN, VP/Chapter Program at the Central New England Chapter of the National Multiple Sclerosis Society (NMSS), which offers B.Fit! in partnership with TBH.

According to Marva Serotkin, "The waiting list for The Boston Home continues to grow, and it is now at 140. It is important that these and many other underserved adults with MS have an opportunity to benefit from specialized services designed to help them become more independent and empow-



Galeen Jones and Barbara Keating stretch their limits.

ered." Serotkin thanked the Cabot Family Charitable Trust for providing a start-up grant for the program.

Nurturing the Spirit, Stimulating the Mind

Participants of B.Fit! have access to structured and customized offerings, including rehabilitation for physical, occupational, and speech therapy, assistive technology, and exercise. The program involves many ongoing activities provided daily for our residents, with support from our staff of nursing professionals, physicians, and specialists in rehabilitation, social services, wellness, spirituality, technology, and nutrition.

(Continued on page 2)

Please mark your calendar, join in the celebration, and show you care! For more details on our gala, including sponsorship opportunities and contact info for friends and relatives for our invitation list, please contact Florence Rawls: frawls@thebostonhome.org, 617.326.4310. Also, check www.thebostonhome.org for updates on this major event.

Celebrating the Past, Charting the Future

Birthdays are about celebrating the past and anticipating the future with a sense of wonder. And what a past!

The Boston Home was founded after the end of the Civil War, which was about

freedom. The vision of TBH was to free people with disability from isolation and neglect. To care for those who had nowhere else to turn.



Today, residents

describe TBH as a small community with a common purpose. Each day, staff, family members, friends, and volunteers provide compassionate, specialized care to enrich the lives of our residents at a time when technology can make a big difference. Our new logo, which is at once traditional as well as bold and futuristic, accents our vision of caring.

What about our future? The National Multiple Sclerosis Society has cited us as the national model for long-term care for people with Multiple Sclerosis. But TBH can accommodate only a small percentage of those on our waiting list. In response, we have launched The Boston Home Community Services and the The Boston Home Institute.

This newsletter celebrates all the people of TBH community. Join us as we launch our *Campaign for Care* and plan for our fall fund-raiser. More than ever, we must enhance our residential programs and outreach efforts, which are threatened by Federal and State cuts. We should embrace our past but continue to pioneer new pathways that would make our founders proud!

Happy 125th Birthday!

Marva Serotkin
President & CEO

The Boston Home *Institute* An Ambitious Agenda

Our new Institute is already receiving accolades for setting standards of excellence, conducting research, and sharing knowledge. Highlights of 2006 activities include:

- **April:** Training New Physicians. National MS Society Serono-Pfizer clinical fellows in MS, Drs. Douglas Woo (University of Texas at Dallas) and Mark Gorman (Beth Israel Deaconess) spent two days at TBH training session hosted by Medical Director James Mahoney, MD.
- **April:** MS Care—International Perspectives Conference. Marva Serotkin presented “Independence and Empowerment in a Long-Term Care Setting—Lessons Learned” in Manchester, England.
- **June:** Promoting Excellence in MS Care in Long-Term Care Setting. Sharing of best practices with staff from eight long-term care facilities nationwide. Funded by grant from Allergan; co-sponsored by TBH and NMSS.
- **October:** Optimizing Nursing Care for Patients with Advanced MS. John Dystel 3-day course at TBH.
- **In Process:** Developing Clinical Guidelines for MS Care. Norma Harrington, MSN, SW, NMSS



(L-R): Keith Reed of Inglis House in Philadelphia, Tim Owens of Beechwood in Cincinnati, TBH Rehab Director Aarjan Vink, and Marcia Brenowitz of North Star Community in Denver attend our conference on Best Practices in Long-Term Care.

John Dystel Nursing Fellow in MS, is developing guidelines for MS care for pain, cognition, elimination, and nutrition.

- **In Process:** Management of Spasticity. Submitting proposals to develop a DVD on spasticity management.

Many more activities are scheduled for the fall and beyond. We will keep you posted.

Special thanks to former Board member Debra Frankel for coordinating these initiatives.

B.Fit! (Continued from page 1)

While Gale enjoys her exercise classes and the physical and mental stimulation, she values socializing with her peers and new friends at our Home most of all.

“Before I heard about B.Fit!, I tried to network with other people who had MS,” says Gale. “Now, it’s much easier for me to go to The Boston Home and meet with others in similar circumstances. The social connections are very special to me.”

David Young-Hong, O.T., who coordinates B.Fit!, says the social aspects of the program are critical. “Therapeutic services work on many levels, and we provide the kind of social, emotional, and intellectual support that engages the participants. At the end of the day, they leave feeling more energized. Without this kind of outlet, people with MS can become isolated, and this can lead to depression.”

Social activities at TBH include current events, creative writing, bridge games, entertainment, and cultural outings. B.Fit! also connects participants to the outside world through our “cyber café,” where staff assists residents and outpatients with computer programs.

Another key program feature is care management, which helps participants navigate

the health and human services network. Also, as needed, the program manager communicates with the participants’ physicians.

“You might say we’re trying to build a community without walls,” says Serotkin. “By offering these outpatient services, we are helping members of the community as well as our residents. Both groups have similar challenges, and they have much to share. As far as we know, The Boston Home is the country’s first long-term-care facility to integrate outpatients and residents in this kind of program.”

Seeking Additional Support

B.Fit!, which now runs from 10 a.m. to 4 p.m. every Thursday, offers a sliding-fee scale to individuals based on financial need. Anyone with a progressive neurological disorder can apply. Negotiations are underway to establish contracts with insurance carriers and MassHealth, and TBH and NMSS are looking for additional funding to ensure the program’s continued success.

We’d like to expand our program and hope to offer B.Fit! five days a week.

For more information, call David Young-Hong at 617.336.4300.

A Tribute to Shirley Peterson: Three Decades of Dedicated Service

When Shirley Peterson joined The Boston Home 32 years ago, there were just 42 residents, no annual picnic, and no formal programs for activities and spirituality/wellness. Today, as we prepare for Shirley's retirement, we salute her for helping us launch these key programs and providing outstanding service all these years.

"She's very special. Very classy. In many ways, Shirley has been the heart of our Home," says Marva Serotkin.

"Shirley embodies the best of social work," says fellow TBH social worker Lucille Haratsis. "She approaches each individual with a lens of compassion and reverence. I think she has been indispensable."

For Shirley, a former high school teacher and church educator, the transition to TBH was a

Spot Light ON STAFF

get results, even when there was no budget. She recruited many friends to be volunteers; she arranged for donated services like transportation for the residents; and she involved families in many activities, including their participation in our first summer picnic. The picnic has become a great annual tradition,

wonderful, uplifting experience. This place really is a home for all of us, and it will be hard to leave."

Thankfully, Shirley will continue to serve on our Ethics Committee and volunteer in other areas. Her legacy lives on!

"Shirley approaches each individual with a lens of compassion and reverence."

—Lucille Haratsis

natural one. What stands out most in her career are the long-lasting relationships she has had with so many residents. "We have laughed and cried together," she reflects. "Many residents suffer from depression, but they are also very determined, and it has been gratifying to help them through counseling."

Shirley's can-do attitude has been infectious since the early days. She always seemed to find a way to

and we are pleased to announce that it is now named in her honor!

"Shirley's tenure at The Boston Home transcends a time of dramatic change. The trustees and residents, past and present, are indebted to Shirley for her distinguished service and her caring manner and commitment to the ideals and traditions of our Home," says John Woodard, former Chairman of the Board.

Recalls Shirley, "It has been a



Shirley Peterson with her mother, Mabel Wheeler, a former resident.

Kudos to Graduates and Scholarship Winners!

Congrats to seven of our staff members who are celebrating graduations and scholarships:

Our proud graduates: Olavo Cardoso, former CNA and LPN, who received her Associate's Degree in Nursing from Roxbury Community College; Josette Stowe, a laundry aide, who completed her External Diploma Program; and Norma Harrington, RN, SW, Director of Admissions, who received her MSN from Boston College.

Our Kristen Veal Coffman and Family Scholarship winners: Donna Flaherty, LPN, who is studying for her Associate Nursing degree at Massasoit Community College; Bernadette Pierre and Daphney Remy, both CNAs, previous scholarship winners, and pursuing Associate RN degrees from Roxbury Community College; and Iris Harris, CNA, a former TBH laundry aide, who plans to begin a nursing program this fall.

Sister Bridget Haase Receives Pastoral Leadership Grant

Sister Bridget Haase, Coordinator of our Spirituality Program, who "lends an ear and

opens her heart" to residents through one-on-one interactions as well as structured programs, was recently awarded the Sabbatical Grant for Pastoral Leaders by the Louisville Institute. She was included among this year's recipients for her project entitled *GOD PASSING BY: Scripture, Storytelling, and Sabbath*, and she was selected among a pool of 300 applicants from the United States and Canada.

Thanks to the grant, Sr. Bridget is now taking an eight-week retreat at Genesis Spiritual Life Center in Westfield, Mass., where she devotes herself to prayer, study, and reflection.

Sister Bridget's ministry has included HIV/AIDS day care; reading instruction to challenged students; education and social service in Appalachia, Mexico, and West Africa; and feeding children of the famine in the desert of East Africa. She is the author of *Well Said*, a collection of children's words of wisdom, and co-author of *Enkindled*.



Sister Bridget Haase "lends an ear" to Carmel Nason (left) and the late Mike Carastinos.

“Biggest Losers” Are Winners In Weight Loss Program

Mary Bottary and Rolanda Barros are big losers. Actually, they were so successful in losing weight that they turned out to be big winners in our novel “Biggest Losers” weight loss program. Mary and Rolanda

camaraderie of everyone involved.”

The program was started by Kerry Donohue, TBH Director of Activities, who received the enthusiastic support of TBH management.

“Excessive weight is a serious health issue,”

“I tried every diet around. The difference here is the encouragement and the camaraderie of everyone involved.” —Mary Bottary



joined 25 fellow employees who completed this 12-week program that helped employees reach their goals.

Mary, the first-place winner, shed 30 pounds. Rolanda, who came in third, lost 28 pounds. Both women, who were frustrated in previous attempts to lose weight, now feel more energized.

“I tried every diet around,” says Mary. “The difference here is the encouragement and the

says Kathylene Pavidis, an RN and staff development coordinator at TBH. “But we came up with a fun solution that works!”

Biggest Losers consists of daily walks, exercise classes, diet workshops, and weekly group weigh-ins. Everyone eats together and supports each other. Even those not participating in the contest get involved, including our residents.

“This program has been a great morale booster,” says Donohue.

Biggest Losers will continue to grow. Future plans call for a focus on blood pressure monitoring and smoke cessation.

“I salute all of our present and future ‘losers,’” says Marva Serotkin. “We are invested in the health of our employees, and we have seen a correlation between physical well being and performance.”

Students Make Big Splash on Dorchester Day

On June 4, while rain fell on the annual Dorchester Day Parade, Steve Bergen, longtime friend and technology mentor for TBH, was as enthusiastic as ever. He had driven six of his students from NYC’s Chapin School to march in the parade, tour TBH, and raise money to upgrade the “Cyber Café,” our residents’ computer center.

Steve wanted to do something special to mark our 125th anniversary and commemorate our opening in 1881—the year Picasso was born! Using Photoshop, graphic software not envisioned over a century ago, the 6th graders created 59 laminated photos in which they placed TBH residents in locations all around the world. After presenting the artwork at TBH, the students returned to their school for a wonderful videoconference with their resident buddies.

Thank you, Steve and Chapin School students, for bringing sunshine to our Home!



Resident Claudia Badgett receives her digital portrait from her Chapin School student buddy.



(L-R): Anyque Abel, Dorothy Louis-Abel, Monica Ransome-Forde (partially hidden), Ena Wint, Kamla Singh, Maria Gomes, Mary Ann Fennessy, Marie Jo Joachim, and Kevin Buckley celebrate their team’s completion of the MS Walk. Not pictured: Lori Fitzpatrick, Rolanda Barros, and Jake Fennessy.

“Team TBH” Joins Thousands in Walk to Fight MS

On a chilly April day, 12 TBH staff members and friends joined 13,000 walkers who fired up their sneakers for the 3-mile MS Lifelines Walk along the Charles River Basin. The fund-raising event promotes awareness about Multiple Sclerosis. Last year, nearly 5,000 walkers raised \$1.7 million; the goal this year was \$2 million. Congrats to the TBH team for raising \$7,000!

At Home with the Arts: Act III

The third time was a charm, as a record number of artists recently joined hundreds of guests and residents at our third annual At Home with the Arts Exhibition & Sale. As in the past, this was a wonderful opportunity to welcome the community to our Home and meet with our residents. Proceeds benefit our

Arts, Events, and Outings Program.

This year's event was especially spirited as we celebrated our 125th anniversary and enjoyed the singing of Katani, a soloist with the Boston Pops, as well as the poetry of resident Al Gaines. The grand-prize winner was Eli Alperwicz, who displayed a trilogy of

paintings, one of which was purchased by Mary Katherine Calisto, sister of resident Luigi Calisto.

Our arts weekend started Friday evening with a jazz & wine reception, as trustees, community leaders, and artists joined residents, their families, and friends for a preview of the artwork.

Special thanks to the artists who served on our jury panel—including Lana Jackson of After School and Beyond, an arts education program, and Sara Eisenman Godine, a graphic designer and instructor at Mass Art. Thanks also to Florence Rawls, who coordinates our community events, and our entertainers, including guitarist Tom Rhode.



Marva Serotkin congratulates grand prizewinner Eli Alperwicz for his artwork.



Resident Debbie Fallon views some of the amazing artwork on display.



(L-R): Claire Hughes, State Rep. Dorcena Forry, Marva Serotkin, and Christina Keefe lend their support.

Marking Our Place in History

You might say that time stood still in the Rip Faxon Garden on June 21st, when we held our 125th anniversary party for residents, outpatients, and staff. Family members and guests joined in, with our new Boston Home t-shirt—proclaiming “125 Years of Compassionate Care”—uniting everyone.

Marva Serotkin's opening remarks set the tone by emphasizing the consistent and vital service The Boston Home has provided since we opened our doors in 1881.

In recognition of our long history of service to the community, the Bostonian Society presented us with an historic marker, lauding us for the compassionate care that continues today.

Also, author and local historian Ellen Kuhl read passages from her nearly completed history of The Boston Home, and resident Ellie

Kasilowicz was fascinated by her “extensively researched and well written” work.

Finally, we announced that Kerry Donohue, our Activities Director, continues to work with residents on a time capsule that

will be buried later this year.

On this perfect afternoon, everyone munched on a gorgeous Montillio's cake and enjoyed a live performance by Too Sweet.

Happy anniversary!!!

Resident Marilyn MacDonald (far right) relaxes with Ellen Kuhl (far left), Marva Serotkin (standing center), Marilyn's mother Ann Keating (second from left), and two family friends at the 125th Anniversary party.



Phone Directory

NURSING

Director of Nursing:
Helen Hall: 617.326.4332

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Marie-Louise Charles
617.326.4322

Charge Nurse: Second Floor
Judy Bellevue: 617.326.4325

Evening Charge Nurse
Dorothy Abel: 617.326.4291

Weekend Charge Nurse
Johanna Longo: 617.326.4333

Staff Development
Kathy Pavidis: 617.326.4272

MDS Coordinator
Rosemary Kenney
617.326.4280

Quality Improvement/MMQ
Pat Coughlin: 617.326.4327

ADMINISTRATION

President & Chief Executive Officer
Marva Serotkin: 617.326.4356

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Cynthia Walsh: 617.326.4358

Director of Human Resources
Mark Williamson: 617.326.4359

Chief Financial Officer
Paul Carroll: 617.326.4294

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James J. Mahoney, MD
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B.Fit!
David Young-Hong
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Kevin Buckley: 617.326.4263

Community Development
Florence Rawls: 617.326.4310

Dietary
Mary Jo Joachim: 617.326.4349

**Maintenance/Housekeeping/
Laundry**
Larry Cosom: 617.326.4357

Rehabilitation
Aarjan Vink: 617.326.4303

Social Services
Mary Spagnuolo: 617.326.4353

Volunteer Services
Sally Gorman: 617.326.4299

Wellness & Spirituality
Lucille Haratsis: 617.326.4348
Sr. Bridget Haase: 617.326.4298

Happenings at Home

August 13. Annual Shirley Peterson Family Picnic

Join us for this festive event from noon to 4 p.m. on the grounds of The Boston Home. Please reserve by contacting Kerry Donohue: 617.326.4277 or kdonohue@thebostonhome.org.

November 9. Gala Fall Fund-Raiser.

Don't miss our first-ever major benefit concert at TBH, featuring Liz Walker, Livingston Taylor, and Katani. Check our web site for upcoming details, and contact Florence Rawls for more information: 617.326.4310 or frawls@thebostonhome.org.



B.Fit! participant Margaret Marie sends a message in our "Cyber Café."



The Boston Home

Specialized Residential Care for Adults with Advanced
Multiple Sclerosis and other Neurological Diseases

Notes from Home | SUMMER 2006

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