

# Compassionate Care

*Capital Campaign*

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# Compassionate Care Matters Now More Than Ever

Christine Reilly,  
Chief Executive Officer  
The Boston Home



*"The Boston Home took the bold step to launch our \$2.5 Million Capital Campaign in the midst of the COVID-19 pandemic because we understand that there is no time to lose. Compassionate care and life enhancing programs are more important than ever for our residents, outpatients and families. The time to invest in our facility, our programs and our community is now. We are so passionate and excited about the future of The Boston Home!"*



## Moving Toward Our Goal

- Facility Renewal and Equipment Upgrades
- Assistive Technology & Wheelchair Enhancement Center
- Workplace Education & Staff Advancement
- The Boston Home Institute
- Rehabilitation and Seating Clinic
- B.Fit! Community Outreach
- Life Enhancing Programs
- Making Dreams a Reality:  
Four Season Solarium & Accessible Garden





# Thanks to your generosity,

The Boston Home has surpassed the \$2.25M milestone, with \$250,000 remaining of our Compassionate Care Capital Campaign goal.

Through the tremendous support of friends like you, we have accomplished several significant projects:

# Facility Renewal & Systems Upgrades



- Repaired the building envelope
- Replaced outdated boiler system
- Installed 144 new windows
- Completed first third of roof replacement
- Upgraded WiFi system
- Provided high-definition resident cable TV
- Renovated our lobby
- Purchased new resident beds, lifts and shower chairs

Photos: Newly renovated lobby and recently replaced area of roof.



A 2020 photographic report prepared by historic renovation architect Steve Wessling, who donated his time, focused on EFIS (stucco) repairs of main residential building and waterproofing.

Issues identified included:

Water Leaks

Failed Sealant Joints

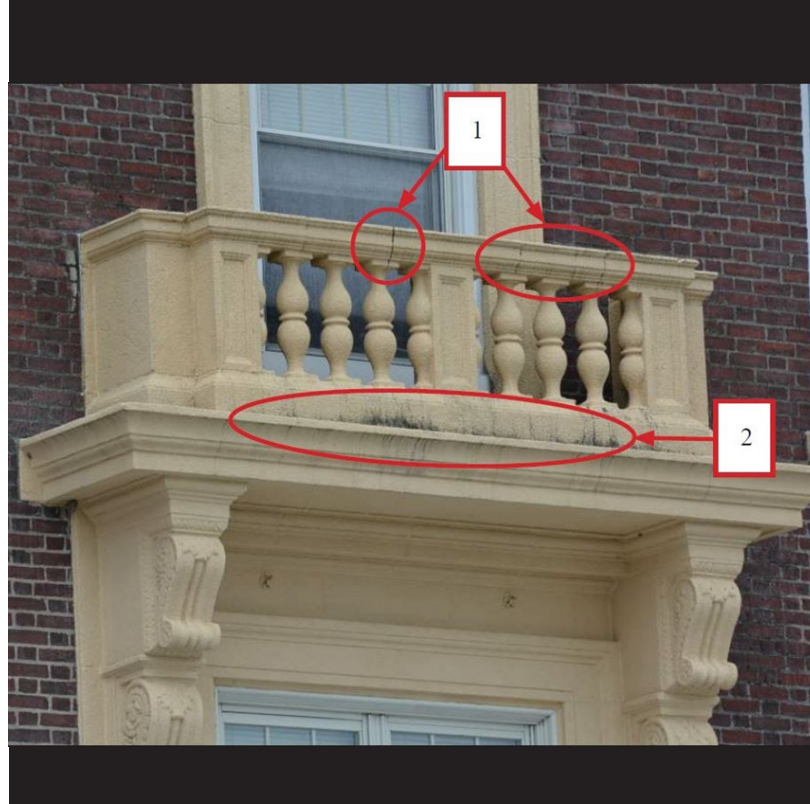
Cracked and Damaged  
EFIS (stucco)

Environmental Staining

Oxidation Staining from  
Flashing

Failing Mortar Joints

Water Damage





During 2021, we remediated and painted the façade of the building at a total cost of \$800,000, including addressing leaks identified during work and repairing balustrades in garden. In addition, we installed 144 new windows, and replaced the boiler system and hot water heaters.





*"It just fascinates me how easy this technology is that I didn't know about! Anything is within your reach!"*

Nancy, a resident of The Boston Home discusses learning to use her new iPad.



## Assistive Technology & Wheelchair Enhancement Center

Photo: Nancy participates in a live stream musical performance presented for The Boston Home by our partners at Celebrity Series of Boston.





*"The Boston Home has been beyond amazing in keeping us together, especially through COVID. Having Nancy have the technological access, to learn how to use FaceTime, and to be able to participate in a Zoom meeting from an iPad that is now attached to her chair, it's just an amazing experience."*

Mary Beth, whose sister Nancy moved to  
The Boston Home shortly before the pandemic began.

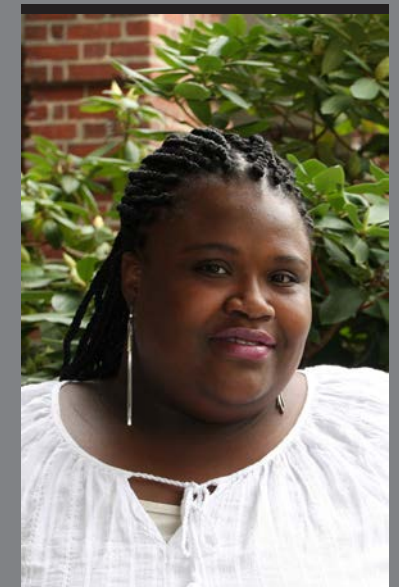


*In honor of March 2021's MS Awareness Month, The Boston Home staff members shared their expertise through a webinar, "Independence through Accessibility: Navigating the COVID-19 Pandemic with Assistive Technology"*

The Boston Home leverages its long-standing focus on assistive technology to help residents stay active, engaged and connected.

- TBH provides residents with iPads and Amazon Alexa devices.
- Wheelchair Enhancement Center customizes device mounts.
- Rehabilitation therapists assist residents in learning voice recognition and other assistive technologies.
- Activities team coordinates virtual concerts and performances as well as family visits and holiday celebrations.





# WORKPLACE EDUCATION AND STAFF ADVANCEMENT

The Boston Home encourages employees to grow in their careers by providing workplace education and certification programs, as well as scholarship opportunities. During the pandemic, staff members continue their workplace education courses virtually, thanks to laptops provided by a generous donor.

Photos, left to right: Rene celebrates earning her Master's degree in Nursing, Magda participates in a virtual workplace education course, and Marie is a Massachusetts Senior Care scholarship award winner.



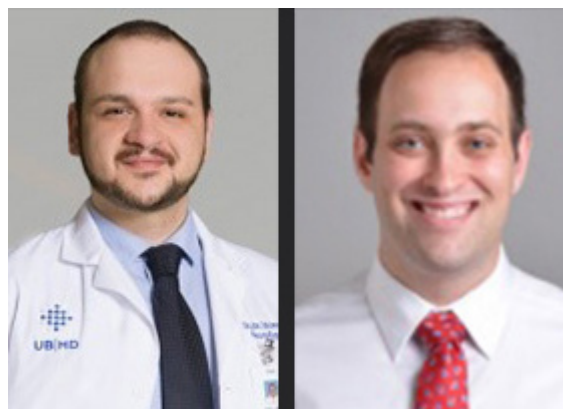


# CASA-MS

*Comprehensive Assessment of  
Severely Affected Multiple Sclerosis*

The CASA-MS logo is a pairing of two paintings by artists with advanced MS: Rhonda, a current resident of The Boston Home, and Mary Jo, a past resident. Rhonda and Mary Jo shared friendship, the challenges of living with MS, and the joy of painting in The Boston Home's popular watercolor program. In the logo, Mary Jo's sun rises over Rhonda's casa. We hope that the CASA-MS study will contribute to a new day dawning for people with advanced MS.

## The Boston Home Institute



Photos:  
Above, BNAC neurologist and neuroscientist Dejan Jakimovski, MD, PhD, and second-year MD-PhD student Zachary Weinstock,  
Below, a resident of The Boston Home participates in a respiratory exercise as part of The Boston Home Institute-University of Michigan Study.

The Boston Home Institute is a conduit to exchange ideas, programs, and care methodology with a wide range of partners involved in the management of this underserved population, especially in terms of long-term management of complex medical, physical, and psychosocial factors associated with MS and related disorders. There are three major pillars which comprise the inaugural mission of the Institute: Clinical Coordination and Collaboration, Clinical and Applied Research, and Education.

### CASA-MS Study

A Comprehensive Assessment of Severely Affected Multiple Sclerosis, CASA-MS is a research partnership between The Boston Home Institute and the Buffalo Neuroimaging Analysis Center (BNAC, University of Buffalo). BNAC researchers completed their first on site data collection visit in August, 2021 with TBH residents as part of Phase 1 of the CASA-MS study. Members of the BNAC team met individually with residents to complete standardized neurological function exams and neuropsychological testing. Currently more than 35 residents and B-Fit! day program participants have enrolled in the CASA-MS study, and Dr. Jakimovski and Mr. Weinstock plan to visit TBH again this fall to meet with additional residents to learn more about how some people diagnosed with MS acquire a more progressive form of the disease.

### University of Michigan-Flint Inspiratory Muscle Training Study

The Boston Home Institute recently partnered with researchers from the University of Michigan-Flint to study the impact of respiratory exercise using Threshold Inspiratory Muscle Trainer (IMT) for people with advanced multiple sclerosis. The study showed a significant improvement in respiratory muscle strength, with benefits sustained eight weeks after the training program was completed.



# B.Fit!

## Day Program & Community Outreach



B.Fit! is an innovative day program located at The Boston Home that serves individuals with multiple sclerosis and other progressive neurological disorders. It is a wellness and socialization program that offers participants a safe leisure experience that promotes empowerment and independence.

At the onset of the COVID-19 pandemic, B.Fit! quickly pivoted to a virtual model, providing daily check-ins for participants and a full weekly schedule of remote education programs, online field trips to Boston cultural destinations, virtual exercise classes, and social activities, in addition to delivering care packages to participants and helping them troubleshoot the challenges of the pandemic.

While virtual programming continues for those unable to attend in person, B.Fit! resumed on site programming in June 2021. Throughout the summer, B.Fit! members have enjoyed their return to community outings, with field trips to the Arnold Arboretum of Harvard University, the Institute of Contemporary Art, and Community Boating for a day of accessible sailing on the Charles River.





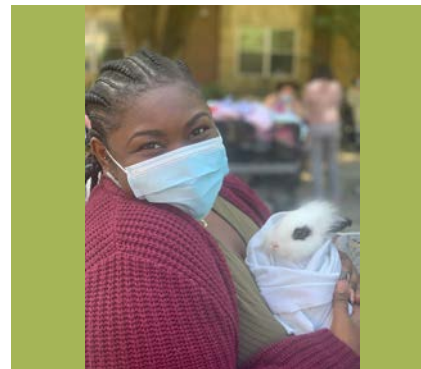
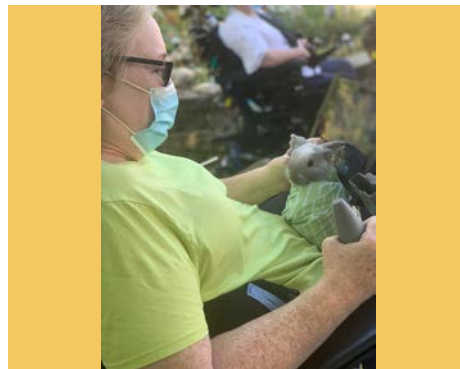
Photos:  
Left, Seating  
Specialist Faith  
Savage consults  
with an outpatient.

Right, B.Fit!  
Program  
Coordinator Glory  
Wideman-Hughes  
guides a program  
participant's  
exercise. B.Fit!  
members were  
eager to resume  
use of physical  
therapy equipment  
as they returned to  
on-site programs.

## Rehabilitation Suite and Seating Clinic

The Boston Home Rehabilitation and Seating programs have played a critical role in helping residents and outpatients combat the effects of decreased physical activity during the COVID-19 pandemic. Through the Compassionate Care Capital Campaign, we have been able to expand our suite of rehabilitation and diagnostic equipment.





Philanthropic support for The Boston Home allows us to offer residents the rich and engaging quality of life they deserve, as well as the support they need to pursue their interests and talents. Throughout the pandemic, our life enhancing programs have helped residents to thrive even during the challenging months of quarantine. In 2020, The Boston Home launched a new online art gallery through which resident artists can exhibit and sell paintings created in our popular watercolor program.

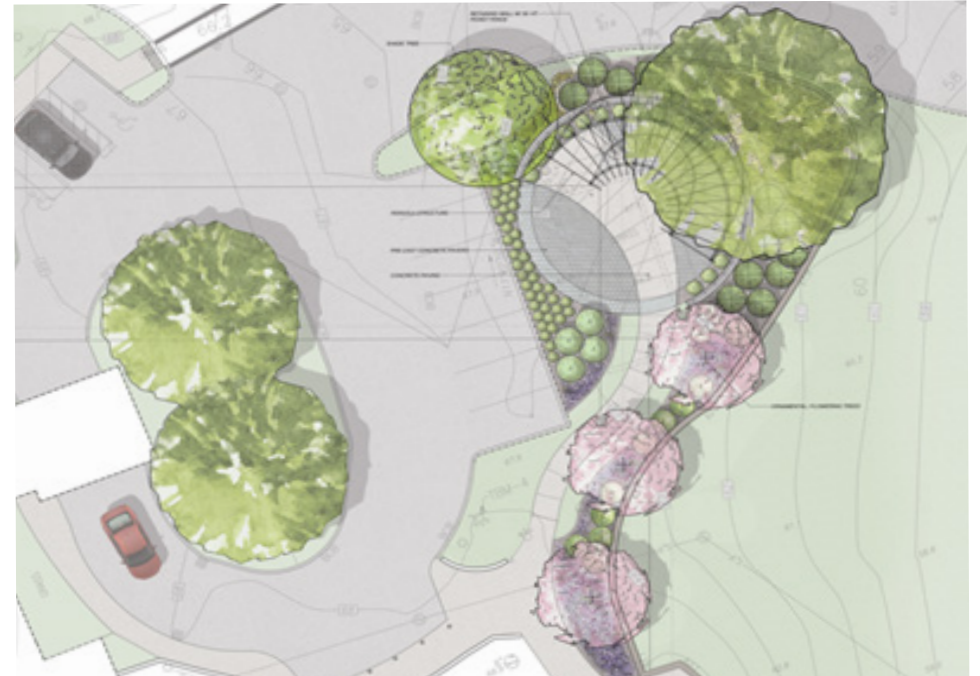
In our weekly writing group, residents explore memories, emotions, and noteworthy events in their lives. One resident poet was recently published in an online literary journal. Music is also an essential part of life at The Boston Home, with frequent live musical performances hosted in our garden or Activities Center. Our vibrant events calendar includes much-loved therapy animal visits, ice cream truck parties, trivia and games, as well as holiday and seasonal celebrations.



# *Making Dreams a Reality*



Four-Season Solarium



Accessible Garden

*A four-season solarium with an accessible pathway leading to a beautiful new garden: the much-discussed project has long been a dream of The Boston Home residents. With your help, we can make their dream a reality.*





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