



The Boston Home

Notes from Home | 2020

Navigating the Pandemic: The Boston Home's Team Approach

Safeguarding our residents and staff throughout the pandemic has required tremendous collaboration and coordination. We are deeply grateful for The Boston Home's longstanding team approach. Staff from all departments have adapted and responded, with the support of our amazing residents and families, to meet the many challenges of COVID-19 and exceed expectations. At the outbreak of the pandemic, our Nursing department quickly implemented infection prevention and screening protocols to keep residents and staff safe. Meanwhile, the heroes of Environmental Services and Facilities worked tirelessly to rapidly adapt our physical spaces to meet quarantine and social distancing requirements. Likewise, with group dining impossible, Dietary services established new routines to provide residents with room-by-room meal delivery.

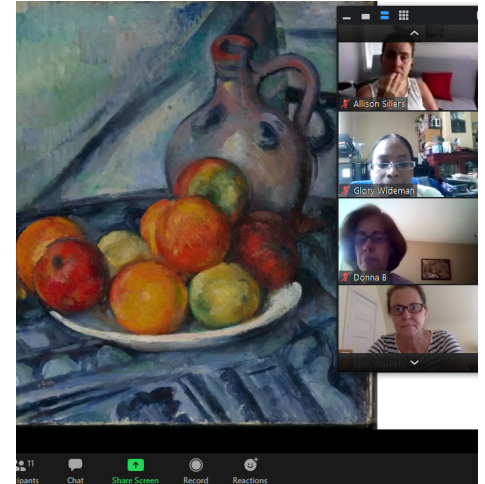
With the immediate health and safety of residents at the forefront, our Rehabilitation staff and Adaptive Technologists are simultaneously working to support their overall physical and mental well-being by providing technological solutions and facilitating exercise and physical therapy within new guidelines.

The isolation of quarantine is undoubtedly difficult. Our Activities team continues to connect families through video calls and socially distanced visits, and enrich daily life through a versatile schedule of outdoor activities from trivia and painting to both live and streaming musical performances. When residents need support our Spirituality and Wellness team are always nearby to listen and to share their care, compassion and commitment to finding solutions and offering comfort.

In the words of Certified Nursing Assistant Josee Louis-Jean, who volunteered to work in the Special Care Unit, "Care and compassion is very important at The Boston Home. Caring for others is what I choose to do in life. And, whatever I do, I do it with all of my heart."



Linda Facada conducting COVID-19 testing. On-site testing allows TBH to continually screen staff.



The Boston Home's B.Fit! day program maintains an active schedule of virtual programming, including this guided tour of the Museum of Fine Arts, Boston.

Keeping Us Connected

This year, staying connected matters more than ever. Our friends at Wright Technology Group have been true partners in helping us leverage technology to overcome the isolation of quarantine, and meet the ever-evolving facility demands of adapting to COVID-19 prevention protocols.

Howard Wright and his highly skilled team members Korey Amado, Lucas Canto and Kevin Johnson have been instrumental in supporting our technology needs from assisting with establishing the Special Care Unit in the spring to troubleshooting any pitfalls that arose as our residents quickly adapted to communicating with family and friends via Zoom or Facetime. Most recently, we worked with Wright Technology Group on an exciting project to upgrade The Boston Home's WiFi through a generous grant from the Boston Resiliency Fund that will make connecting faster and more reliable when we need it most.

The Boston Home Is...

*From Christine Reilly
CEO, The Boston Home*



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Stronger Than Ever

The past year has brought both challenges we never anticipated, and support we never imagined. Like the rest of the world, The Boston Home experienced unprecedented changes to the rhythms of our daily life with the onset of the COVID-19 pandemic. Our staff and residents have responded with courage, compassion and camaraderie. While we have faced loss, isolation and sadness throughout these difficult months, we are grateful that our preparedness and teamwork has helped The Boston Home community survive and even thrive during the pandemic. Although quarantine has been difficult for our always active and independent residents, we are truly inspired by their resilience.

Thankful for Our Village

The commitment of our staff has never been more apparent, or more impressive. Each and every department and team member has gone above and beyond to meet the needs of our residents in these ever-changing days. From quickly establishing infection prevention protocols and establishing a Special Care Unit at the onset of the pandemic to continually adapting and evolving our approach to empower residents to stay connected to family and friends, to continue vital rehabilitation programs, and to participate in the activities-music, art, writing, exercise-that enrich their lives.

As tremendous as the work of our staff has been, we could have never done it alone. Words cannot express our deep gratitude for the support that has come from our “village.” Family members, The Boston Home Trustees, loyal donors, colleagues, elected officials, and the members of the community have embraced us with incredible generosity: PPE donations and COVID-19 relief grants, morale-boosting gifts of meals and treats for staff and residents, comfortable hand-sewn masks for residents, spirit-lifting musical performances and virtual field trips, and iPads to help residents stay connected. The list truly goes on. We are deeply moved and strengthened by the love and kindness that we are receiving every day.

Moving Forward with Your Support

As we move into the winter, we know that we are prepared, and also that we will need continued resources and resilience as the world continues to grapple with the uncertainty of COVID-19. Your commitment and friendship fortifies us for the road ahead. Thank you for standing with us, and helping us to provide our residents the highest possible quality of care, now as always.

With warmest appreciation,

A handwritten signature in blue ink that reads 'Christine Reilly'.

Christine Reilly
Chief Executive Officer



Amy M. enjoys a mint chocolate chip ice cream.

Ice Cream Truck Visits The Boston Home

Volunteers contribute immensely to life at The Boston Home. While we have missed their presence on-site during COVID-19, many have reached out in heartwarming ways to keep in touch.

Longtime volunteer Terese Smith filled The Boston Home with smiles one gorgeous August day, thanks to her incredibly generous donation of an ice cream truck visit! Residents gathered in the garden, while Ellie's Treats of Weymouth provided delicious ice creams. Thank you so much to Terese for finding such a thoughtful, fun and creative way to support The Boston Home.



Spotlight

REV. JEFFREY JOHNSON

SPIRITUALITY COORDINATOR AT THE BOSTON HOME



Rev. Johnson chats with resident Laurie W.

HOW DID YOU LEARN ABOUT THE BOSTON HOME?

I was called to be the Pastor of the First Congregational Church in Milton in 1993 where I met Shirley Peterson. At the time, Shirley was the head of social work at The Boston Home (TBH). She asked me if I would come to TBH to lead worship for the residents, and after a couple of months of me doing so, she asked if I would like to be TBH's permanent worship leader. I was honored and accepted this as a volunteer role.

My role quickly evolved as I joined the Spiritual & Wellness Committee with a few of my TBH colleagues at the time: Lucille, Sister Bridget, and Norma. Through this committee we established many important initiatives to nurture the mind, body and spirit that are still offered today including the resident writing group, informative lectures, and Reiki. I remained in this role for 21 years.

In 2014 I retired. I thought, "God will find me and point me in my next direction." But my wife said, "Don't retire from TBH. It has been such an important part of you," and I listened to her. I ended up taking the part-time chaplaincy role, in which I have held now for five years.

CAN YOU TELL ME ABOUT YOUR ROLE HERE AT THE BOSTON HOME?

My role at TBH is unique, as I serve as a multi-purpose chaplain. I host bible study, participate in memorial services, meet with residents individually, and visit them when they are off campus receiving care at the hospital. We have residents of many faiths including Hindu, Jewish, Roman Catholic, and Protestant.

I also work very closely with staff. I consult with them about issues they are having, whether it is a physical ailment, an emotional challenge, or spiritual need. When we lose a resident or staff member, it can be very difficult on

our community so I make myself available to everyone. I deeply value the relationships I hold here and I look to offset some of our challenges and stresses with laughter.

WHAT IS ONE OF THE BIGGEST CHALLENGES YOU FACE IN YOUR WORK?

COVID-19 has made things very difficult this year. Residents must adhere to quarantine and social distancing guidelines, requiring them to spend a lot of time in their rooms without the ability to see each other for coffee & news, participate in daily indoor activities, or socialize during meals. My work is more important than ever because people need to talk and have someone listen and respond in a positive way. If residents want, we will also pray together.

Now I visit residents individually either outside or in their rooms, keeping a six-foot distance. We recently held an outdoor memorial service and bible study.

WHAT DO YOU LIKE TO DO WHEN YOU ARE NOT AT THE BOSTON HOME?

I like to kayak, hike, and read. I also love spending time with my wife, children, and grandchildren. My wife and I celebrated our 45th wedding anniversary on October 25!

WHAT ADVICE WOULD YOU GIVE TO SOMEONE WHO IS HAVING A DIFFICULT TIME RIGHT NOW?

Lack of human contact and connection is like lack of food; you can't really thrive without it. If you are having a difficult time, talk to others, respond, and support one another. Personal prayer is something that people continue to tell me they turn toward—it can be done anytime, anywhere. People, like TBH community, are resilient. We will get through this.

The Yawkey Foundation and The Boston Home A Decade of Philanthropy Dedicated to Home

Since 1977, the Yawkey Foundation has changed lives for the better, thanks to a philanthropic legacy of Tom and Jean Yawkey and their commitment to supporting vulnerable individuals and families. Over the last ten years, The Boston Home has been a fortunate recipient of this generosity, which has helped to position The Boston Home as a 21st century leader in caring for adults with neurological disorders. Maureen H. Bleday, Chief Executive Officer of the Yawkey Foundation, explained, *“Countless lives have been enriched thanks to the expert, compassionate care that The Boston Home provides, primarily to people with multiple sclerosis. The dedicated staff, who are so committed to enriching the quality of life for residents and providing support for residents’ families, is a key reason that the Yawkey Foundation Trustees are honored to have supported The Boston Home’s mission for more than a decade.”*

In today’s environment, The Boston Home faces uncharted challenges because of COVID-19. A residence for 96 individuals and community resource for adults who have advanced neurological disorders, The Boston Home’s population is at high-risk if diagnosed with COVID-19 due to underlying medical conditions, age, and living in a long-term care facility. Residents at The Boston Home have been adhering to quarantine and social

distancing protocols since March—a disease prevention policy that has been emotionally difficult for this incredibly social and engaged community.

Through the hardships, it is the commitment, passion, and clinical excellence that have driven The Boston Home’s success since the outbreak of the pandemic. From implementing vigilant infection control practices; establishing a Special Care Unit for residents recovering from COVID-19; instituting daily staff screenings; conducting comprehensive personal protective equipment training; to hosting virtual programming and socially distanced visits for residents and their loved ones, the resiliency of The Boston Home residents, community members, families, and staff is astounding.

The Yawkey Foundation’s unwavering dedication to The Boston Home was emphasized in recent months with expressions of appreciation and well wishes for the residents and staff, as well as considerate inquiries as to what areas of funding are critical to the fight against COVID-19. *“At the start of the year, a priority project was replacing our building’s boiler system; however, when the needs and costs for personal protective equipment mounted, we made sacrifices to our operating plan and deferred this project in order to concentrate our efforts on maintaining the safety and health of The*

Boston Home community,” said Fran Murphy, Chief Financial Officer of The Boston Home. In June, the Yawkey Foundation thoughtfully and generously awarded The Boston Home an unrestricted grant of \$50,000 to support the unexpected and unforeseen expenses necessary to keep residents and staff safe. *“When we received the news that the Yawkey Foundation was awarding us a grant of \$50,000 to be allocated at our discretion, we were elated,”* stated Christine Reilly, Chief Executive Officer of The Boston Home. *“Flexible funding is more important than ever as we respond to the unanticipated costs related to this pandemic. The relief of unrestricted funding that can be used to purchase masks, gowns, or fund a capital project is tremendous.”*

The Yawkey Foundation’s cumulative giving of \$625,000 has made a series of crucial small capital grants that enabled The Boston Home to fund important improvements, including projects such as the replacement of an aging HVAC system, installation of new windows, replacement of deteriorating brickwork, and resident bathroom renovations. These brick and mortar restorations are essential to providing the highest quality home environment for residents.

“Tom and Jean Yawkey believed that independence and dignity are essential human rights, and that was reflected in the organizations and causes they supported throughout their eight decades of quiet philanthropy,” said Maureen Bleday. *“The compassionate care that The Boston Home provides to adults with advanced progressive neurological disorders is something that we believe would have strongly resonated with Tom and Jean Yawkey.”*

The Yawkey Foundation has enabled The Boston Home to carry forward the mission of compassion. In May, The Boston Home announced the public phase of the organization’s first capital campaign in a century with the goal of raising \$2.5M for building improvements, equipment, technology advances, and programming. As The Boston Home looks ahead, it is grateful to the Yawkey Foundation’s steadfast partnership, not only during the last six months, but over the last ten years, and its impactful investment in the special place that 96 adults who have multiple sclerosis and other advanced neurological disorders call home.



Residents and families spend time together through socially distant, outdoor visits.



Compassionate Care Capital Campaign

On May 30, World MS Day, The Boston Home launched its first capital campaign in a century. As a champion for adults with advanced neurological disorders, primarily multiple sclerosis, The Boston Home's Compassionate Care Capital Campaign addresses physical building improvements, service enhancements, and technology advances that will propel our leading level of care while innovating and educating the next generation of caregivers and clinicians. The campaign is endorsed by a devoted group of 10 committee members and 11 honorary committee members who are carrying forward this critical mission.

Through the generosity of corporations, foundations, and private donors, we have raised more than \$1.5M of the \$2.5M goal to date. Significant projects completed thus far include replacing one-third of the facility's roof, installing new windows, updating the organization's entire WiFi system, transitioning to high-definition cable for residents, securing new equipment for the rehabilitation suite, and implementing the latest technology to align with the evolving needs of our dynamic community.

As we seek to raise the remaining \$1M, notable projects on the horizon include replacing the boiler system, purchasing new resident beds, repairing the building envelope, and designing a garden space on the front lawn. The Boston Home extends its sincere thanks to those who have invested in the future of the organization, changing countless lives for years to come.

If you are interested in learning more about the Compassionate Care Capital Campaign and how you can help, please contact Ali Cahill at acahill@thebostonhome.org or 617-326-4261.



Always a Part of The Boston Home Family



Christopher Montani with his late sister Mary Jo.

Christopher Montani is the Co-Chair with Samantha Budd-Haeberlein of The Boston Home's Compassionate Care Capital Campaign. Christopher's sister, Mary Jo Montani was a cherished resident who passed away in April of 2019. Christopher's dedication in leading the Capital Campaign Committee is characteristic of his family's commitment to The Boston Home.

As a father of ten children, Christopher's Dad, David Montani, Sr. has always been a loyal and dedicated supporter of the place that his beloved daughter Mary Jo called home for 13 years. Many of his children have found their own ways of carrying forward his example of caring.

Larry Montani, Christopher and Mary Jo's brother, has been instrumental in facilitating The Boston Home's partnership with the University of Buffalo School of Biomedical Sciences to engage in a series of clinical neuroimaging trials to better define progressive multiple sclerosis.

With the onset of the COVID-19 pandemic, Mary Jo's sisters Loretta and Theresa were quick to help by reaching out to their network to secure much-needed PPE supplies, and lifting the spirits of residents and staff with a surprise Easter morning display of balloons and signs at The Boston Home's entrance.

We thank Christopher for his outstanding leadership of the Compassionate Care Capital Campaign, and we thank the entire Montani family for their continued love and unwavering support. You all are forever treasured members of The Boston Home family.



Resident Spotlight

“Miggy”

Finding Freedom at The Boston Home

HOW LONG HAVE YOU LIVED AT THE BOSTON HOME?

I have lived at The Boston Home for 12 years. I first learned about it from David H. We both had lived in the Framingham area and participated in the MS Society there before he moved to The Boston Home.

WHERE DID YOU GROW UP?

I grew up in Puerto Rico. It's a beautiful island. I was the only girl with four brothers, so I was my Dad's princess. I feel like I won the lottery with my brothers. My Dad still lives in Puerto Rico. He bought a house there with his wife. If you ever go to Puerto Rico, listen for *el coqui*! It's a frog that is the symbol of Puerto Rico because of the music he makes.

HOW DO YOU KEEP IN TOUCH WITH FAMILY?

I talk to my Dad every day. If I want to talk to him, I just call him on the phone.

WHAT DO YOU ENJOY ABOUT LIVING AT THE BOSTON HOME?

I love living here. Everyone is very open and gentle to the residents. They treat us like a million dollar bill! It's awesome to feel like that. To feel that people look at you like you are very special! I thank God that I live here.

WHAT DO YOU LIKE TO DO IN YOUR FREE TIME?

I am very independent. I like to do my own thing. I enjoy spending time in the garden. It's beautiful.

YOUR ROOM IS LOVELY. IT IS DECORATED WITH SO MANY BUTTERFLIES. WHY DO YOU LOVE BUTTERFLIES?

I love them because they are my companions. I like having them around me. And, they also symbolize freedom to me! They are very fragile, but also strong.

This September, Miggy enjoyed a chance to release butterflies into The Boston Home garden. Butterflies are clearly as drawn to Miggy as she is to them. Two of the butterflies perched on Miggy's sweater and rested there for some time before flying off toward the blooming flowers (see photo above).

New TBH Board Members

David Rintell, Ed. D

David Rintell is the Head of Patient Advocacy for BridgeBio, a group of companies dedicated to developing medicines for people living with untreated rare genetic diseases. BridgeBio forms collaborative partnerships with patient organizations, and together they strive to support affected families, educate the community about the condition, and advocate for services. Dr. Rintell leads a team of advocacy professionals, who interact with organizations across the 20+ genetic conditions for which BridgeBio is developing treatment.

Prior to joining BridgeBio, Dr. Rintell was the Head of Global Patient Advocacy, Rare Diseases, at Sanofi Genzyme. He brought his experience as a psychologist, working with individuals and families living with life-long conditions, and with the advocacy organizations who served them. He was on the staff of the Partners MS Center of the Brigham and Women's Hospital, and with the Partners Pediatric MS Center at Massachusetts General Hospital, and the faculty of the Graduate Program in Genetic Counseling at Brandeis University. Dr. Rintell holds a Doctor of Education in Counseling Psychology from Boston University. In his free time, Dr. Rintell loves to travel, to take in the food and culture of a new place. These days, he travels by reading novels which are set elsewhere, including Scandinavia and Ireland, and enjoys bicycle rides, cooking, and enjoying the warm conversation of friends.



"I have been aware for many years of the excellent work of The Boston Home. I know many residents there, and I greatly appreciate the wonderful care provided, and how well the independence of residents is supported. Since I am no longer working professionally in MS, being on the Board has provided me a way to contribute. My father lived with MS for many years, and I am part of this community."

David Rintell, Ed. D

Kristin Cassetta, Esq.

Kristen Cassetta, Esq., is a Partner at Holland & Knight. Ms. Cassetta practices in the areas of business and tax law with a primary focus in equity financing for affordable housing projects eligible for federal low-income housing tax credits, state and local tax credits, and federal and state historic rehabilitation tax credits. Since joining the firm in 2005, she has represented tax credit syndicators, lenders, developers, sponsors of affordable housing investments funds, and institutional and private investors. Ms. Cassetta has extensive experience in affordable housing tax credit projects, including low-income multifamily and elderly housing projects, assisted living developments, housing preservation and other affordable housing programs such as HOME, HOPE VI, CDBG and HUD 202 programs. Ms. Cassetta holds a Juris Doctor degree from Boston College Law School and is also the mom of three young girls, who keep her "very busy and entertained!"



"In 2016, I was fortunate to be introduced to The Boston Home when I became involved in the legal aspects of the construction of Harmon Apartments. I worked closely with several wonderful people at TBH over the course of two years during the pre-development phase of the project. I was inspired by their tireless commitment to the residents and the mission. It is such an honor and a joy to join in that commitment."

Kristin Cassetta, Esq.

Music and Arts are in Full Swing at The Boston Home

Arts and music have been a saving grace throughout the pandemic. Research increasingly shows that participation in arts and cultural activities is more than just a pleasant pastime, it is an essential component of our well-being. In fact, according to the National Endowment for the Arts "Staying Engaged" study, "The proportion of older adults who reported any limitations in the instrumental activities of daily living was about 22.3 % for those who participated in both Creating Art and Attending Art, 29.9 % for those who participated in only Attending Art, 38.2 % for those who participated in only Creating Art, and 45.8 % for those who did neither activity type."

We are grateful that the arts continue to flourish at The Boston Home despite COVID-19. Instructor Lisa Spacco-Pearlstein has been able to resume teaching our much-loved Watercolor Program working with small, socially distant groups. On September 24, 2020, The Boston Home launched a new Online Art Gallery through which residents can showcase and sell their work. The new Online Art



Instructor Lisa Spacco-Pearlstein with resident Richard B. during Watercolor Class.



Lyrica Boston performs in the garden.

Gallery compliments our on-site Mary Jo Montani Art Gallery, which was dedicated in 2019 in memory of beloved resident and artist Mary Jo Montani. Visit our website, thebostonhome.org, to view the new Online Art Gallery, and outstanding paintings by 28 of our talented resident artists.

In addition to celebrating the visual arts, we have also been incredibly fortunate to host many wonderful musical performances, both virtually and in-person. For several years, The Boston Home has been delighted to partner with Celebrity Series of Boston as a host site for multiple concerts, each year. This year, the partnership continued through the benefits of technology, as our Activities team assisted residents in attending several performances that were live streamed directly for The Boston Home.

For on-site events, our garden was transformed into a beautiful outdoor music venue where residents were able to maintain social distancing while also sharing the delightful experience of live musical performances by Lyrica Boston, the Jeff Williams Jazz Trio, and John Robie, whose wife Edna is a resident. We thank all of the artists and musicians who have shared their talent and lifted our spirits.



Nancy B. enjoys a live stream musical performance presented by our partners at the Celebrity Series of Boston.

About Celebrity Series of Boston

Celebrity Series of Boston is a non-profit performing arts presenting organization whose mission is to present artists that inspire and enrich our community. Celebrity Series of Boston believes in the power of excellence and innovation in the performing arts to enrich life experience, transform lives, and build better communities. We are grateful for their longstanding partnership with The Boston Home.



Summer 2020: TBH Goes to the Drive-In!

It has been a summer full of fun at The Boston Home despite the challenging realities of the COVID-19 pandemic. From an ice cream truck visit, to live musical performances in the garden, residents have enjoyed a wealth of socially-distanced outdoor activities, thanks to the creativity of our Activities team and the generous support of donors, volunteers and partners.

One beautiful September evening, residents welcomed a new addition to the Activities repertoire, an outdoor “drive-in” movie night. The event was made possible through the purchase of a large scale inflatable screen that can be used for future movie nights and presentations. The feature presentation of *Men in Black* made for a delightful night and was met with rave reviews!



Get involved with TBH fundraising or volunteering: contact Ali Cahill at acahill@thebostonhome.org or 617-326-4261.



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