



# The Boston Home

## *Notes from Home* | 2021

### TBH Launches Virtual MS Clinic in Partnership with Brigham Multiple Sclerosis Center



On Thursday, September 30, 2021 The Boston Home (TBH) launched its first Virtual MS Clinic in partnership with the Brigham Multiple Sclerosis Center. The Virtual MS Clinic allows residents who are patients of Mass General Brigham clinicians to meet with their doctors via telehealth appointments.

Alex Burnham, Director of The Boston Home Institute and Rehabilitation Services, notes that while the project has been in development for several years, it was accelerated as a result of the COVID-19 pandemic:

*"The project was pushed to the finish line by the pandemic and the ubiquity of telehealth that has emerged over the past two years. Telehealth has become a true necessity for our residents; and, fortunately, the platform, policies, and billing structures are now in place to make it a reality."*

Twenty TBH residents who are existing patients of neurologists at the Brigham MS Center are currently able to participate in the Virtual MS Clinic, with the potential for more residents to enroll in the future. Among the many benefits of the telehealth format is the ability for the TBH clinical team or family members to participate in the appointment when appropriate, as well as eliminating the often substantial inconvenience of travel to routine appointments for residents. Burnham anticipates that that the project will lead to improved communication for residents and their healthcare providers, as well as a referral opportunity for those TBH residents who are not currently affiliated with a neurological provider: *"It certainly is a way that we can connect them with a trusted and valued partner at the Brigham MS Center."*

Along with Burnham, Kristy Ford, Director of Admissions and Jessica Reilly, Director of Nursing, have led the Virtual MS Clinic project to fruition, in partnership with Dr. Jonathan Zurawski and Dr. Maria Houtchens at the Brigham MS Center.

*Photo above: Admissions Director Kristy Ford (right) coordinates the launch of The Boston Home's first Virtual MS Clinic with Brigham Multiple Sclerosis Center Nurse Practitioner Lynn Stazzone (left).*



Watercolor instructor Lisa Spacco-Pearlstein and resident artist Bob M. share a hug at The Boston Home's annual Art Show and reception.

### The Boston Home Celebrates the Arts!

Throughout the challenges of the pandemic, painting, writing and music have provided much-needed avenues of self-expression, healing, and connection with the world beyond our campus. After a hiatus due to COVID-19, resident writers resumed their weekly group meetings in March 2021. Resident poet Sara Q. was selected by the MockingHeart Review literary journal for their monthly featured poet. Much of Sara's writing is about her MS diagnosis, its impact, the ensuing loss and self reinvention.

In August, twenty-seven talented residents of The Boston Home displayed their watercolors and photographs at the Annual TBH Art Show, which featured a garden jazz performance by the Jeff Williams Quartet. During the reception, we were delighted to play several musical selections by talented resident songstress Theresa K., which she had recorded to a CD several years ago. A few weeks after the TBH Art Show, resident artist John D. traveled to Rhode Island, to participate in the Pawtucket Arts Fest, where he exhibited and sold his artwork. To see recent work, visit our Online Art Gallery at [www.thebostonhome.org](http://www.thebostonhome.org).

# The Boston Home Is...

*From Christine Reilly  
CEO, The Boston Home*



## Caring for Our Community

We have learned so much about ourselves as a community throughout the many months of the pandemic. Most of all, we have been continually reminded that The Boston Home's core values will always sustain us, even in the most challenging of times: Caring for our residents and caring for each other with generosity, compassion, good humor, and the creativity to develop innovative solutions, lifts us up, and carries us forward.

## Investing in Our Future

The year 2021 has been one of tremendous growth and investment for The Boston Home. I am so proud of all that we have accomplished: Our \$2.5 million Compassionate Care Capital Campaign, launched amid the pandemic, has surpassed the \$2 million benchmark, thanks to incredibly generous donors and supporting foundations. With funds raised through the Compassionate Care Campaign, our Facilities Team has completed major capital improvement projects, including restoration of the building façade, replacement of our boiler and hot water systems, window replacement, and renovation of our reception area. And, as we strive to meet our goal and complete the campaign, we look forward to sharing with you exciting capital projects on the horizon, which will continue to enhance our residents' home.

Meanwhile, residents are busy celebrating birthdays, becoming grandparents, forging new friendships, and so much more that I hope you will read about in the pages of this newsletter. Many of our dedicated staff, who provide such exceptional care and life enhancing programs for our residents, have likewise met milestones in their profession lives—completing our on-site workplace education courses, earning scholarships to pursue educational goals, and, in the case of our Weekend Supervisor Rene, earning her master's degree in nursing and becoming a first-time mom.

It is both gratifying and inspiring to see that the challenges of this extraordinary moment are not holding us back, but, rather, strengthening our bonds as a community.

## Moving Forward with Your Support

We are so passionate about all that the future holds for The Boston Home, from special community events like our upcoming Holiday Garden Lighting to exciting partnerships like the Virtual MS Clinic with the Brigham MS Center and the CASA-MS study with the University of Buffalo Neuroimaging Analysis Center. Together, we have the unique privilege to change lives today for our residents, outpatients and families, and to impact lives tomorrow through our commitment to research and innovation.

Thank you for helping to make that possible.

With warmest appreciation,

A handwritten signature in blue ink that reads "Christine Reilly". The signature is fluid and cursive, with a large, stylized 'C' and 'R'.

Christine Reilly  
Chief Executive Officer



Keon & Lauren  
Shine On in Our Hearts

This holiday season, The Boston Home will celebrate a beautiful new holiday tradition, as we light the garden and grounds in memory of Keon Austin and Lauren Maloney, two beloved staff members who passed away unexpectedly this year.

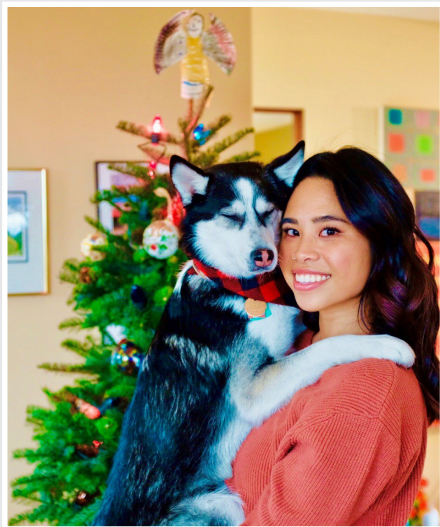
Keon and Lauren brought joy each day to residents and their fellow staff. Through the lives they touched, Keon and Lauren will always shine on at The Boston Home.



# Staff Spotlight

## LIZ GEE

### DIRECTOR OF SOCIAL SERVICES



*Liz Gee, Director of Social Services, with her mini husky, Cali, who is a favorite visitor among The Boston Home residents and staff.*

#### AS SOMEONE NEW TO THE BOSTON HOME, TELL US A BIT ABOUT YOURSELF:

I grew up in California, near San Francisco. I started college in New York, then transferred to Providence College after my first year. I went on to graduate school at Boston College. I fell in love with New England, and having four seasons! My family is still on the West Coast. Last year, due to the pandemic, I was not able to go home for the holidays, so I saw my first white Christmas!

#### WHAT LED YOU TO PURSUE A CAREER IN SOCIAL WORK?

Sadly, when I was in high school there was a crisis of teen suicides in my area. That prompted school administrators to begin looking at mental health and providing resources. It made me realize that people are often going through things that others are not aware of. I felt how important it is to give people the space to talk about what they are going through.

By chance, my very first college class was Introduction to Social Work. The professor walked in ten minutes late, and seemingly in a terrible mood, ranting about her pet peeves. After a few off-putting minutes, she paused, and asked us about our impressions of her and what the class would be like. She went on to make the point that, yes, first impressions can be important, but they are not everything. It turned out to be an amazing class! I declared social work as my major when I transferred to Providence College.

#### HAVE YOU ALWAYS WORKED IN A SKILLED NURSING ENVIRONMENT?

I've worked in many different communities, with children and families, with students at MIT in substance use disorder counseling, and with incarcerated women. The commonality I've found in working with kids, students, and adults in various settings is the need for the space to share their stories. It's important to know and recognize people for more than their diagnosis or presenting problem.

I have found that I really enjoy working with adults in skilled nursing facilities because it is an environment where I can make a more lasting impact. At The Boston Home, I have the opportunity to form long-term, meaningful relationships that I can grow together with our residents. I love that truly getting to know people is part of my job.

#### WHAT HAS YOUR EXPERIENCE BEEN LIKE AS YOU SETTLED INTO YOUR NEW ROLE HERE?

It's been great. Residents have not been shy about welcoming me and helping me get to know the community. They know each other so well, and that's helpful for me in making connections. One of our residents, Brian, stopped by my office soon after I arrived. He said, "Hi! You're new here. Would you like me to show you around?" It was so thoughtful and friendly!

#### WHAT IS A TYPICAL DAY LIKE FOR YOU?

My role here can encompass a variety of activities. In addition to providing mental health and psychosocial support, I am often involved in helping residents with aspects of their day-to-day life. That

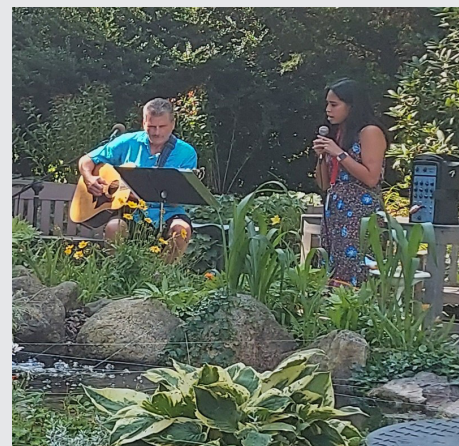
is so important to me, because what we experience day-to-day can have a huge impact on our mental health and well-being. So, on any given day, I might be walking with a resident to the bank to open a new bank account, helping them navigate replacing an ID card, or facilitating a video call with a family member. Every day is different.

#### RESIDENTS ARE ENJOYING THE HOPEFUL HEALING GROUP THAT YOU INITIATED. CAN YOU TELL ME MORE ABOUT THAT?

Hopeful Healing began as a support group for people to talk about feelings of grief or loss. It has quickly evolved to include music therapy as well. I lead the group, often with assistance from Cali, my mini husky. Residents love when she comes with me. I play the ukulele. We share songs and discuss the feelings that they evoke. It's a space for people to talk and to share how they cope. I think it's helpful to know that even though people may not understand exactly what you are going through, they can still be understanding and there to support you. That's what the Hopeful Healing group is all about.

#### WHAT ACTIVITIES DO YOU ENJOY DOING TO SUPPORT YOUR OWN WELLNESS?

I love to play soccer. I play in the Social Boston Soccer League. I also love to be creative—I sing, paint, sew and enjoy calligraphy. And, I love to care for plants, which I feel is a great metaphor for life. I always say, "You harvest what you grow."



*Liz Gee and John Robie perform for residents in The Boston Home garden.*

## Cummings Foundation Grants \$500,000 to Life-Enhancing Programs Over 10 Years



Pictured Left to Right: Cummings Foundation Grants Manager Heidi Heinlein and volunteer Kim O'Loughlin visited Chief Executive Officer Christine Reilly at TBH in the fall of 2019.

This spring The Boston Home was proud to receive a \$500,000 grant over 10 years through Cummings Foundation's \$25 Million Grant Program. Cummings Foundation's generous partnership will strengthen The Boston Home's ability to bridge the gap between basic healthcare and quality of life through its Life-Enhancing Programs, including the B. Fit! day program and Wheelchair Enhancement Center.

Established in 2005, B.Fit! promotes empowerment and independence for individuals living in the Greater Boston area who have multiple sclerosis (MS) and other progressive neurological disorders. The day program provides a hot lunch and offers exercise, cooking classes, adaptive & integrative outings, advocacy support and more. Participants' caregivers also attend B.Fit! as the program offers specially designed respite activities. B.Fit! members have access to The Boston Home's Rehabilitation Suite, Cyber Cafe, and onsite Wheelchair Enhancement Center.

The COVID-19 pandemic has underscored both the vital needs that B.Fit! and Wheelchair Enhancement Center fill for the disability community, and the vulnerability of these programs. Medicaid reimbursements do not fund these supplemental yet critical programs. With long-term care facilities facing a financial crisis due to the implications and climbing costs related to COVID-19, The Boston Home and its staff, residents, and outpatients are beyond grateful for Cummings Foundation's award. "We are deeply appreciative for the support of Cummings Foundation, its staff and dedicated volunteers who are steadfast in making Greater Boston a

*vibrant, equitable community in which to live and work,"* said Chief Executive Officer Christine Reilly. "Funding for these non-reimbursable programs will allow The Boston Home to meet its long-term goals in expanding its reach to those with advanced MS and other neurological disorders in the coming years."

Despite today's challenging environment, The Boston Home continues to provide its Life-Enhancing Programs in adjusted capacities. Isolation prevention during the pandemic is a top priority and the disability community needs support now more than ever. According to the Christopher & Dana Reeve Foundation, 20- 30% of people with long-term disabilities have a depressive condition. The National MS Society recognizes that depression is one of the most common symptoms of MS. Research shows that maintaining strong social connections, regular exercise and engagement with arts and culture all help to maintain wellness and reduce the risk of depression. Achieving this in a COVID-19 environment means an increased reliance on technology and adaptive equipment.

*"Cummings Foundation is committed to The Boston Home's work in improving the health outcomes for adults with progressive neurological disorders,"* said Heidi Heinlein, Cummings Foundation Grants Manager. "We are thrilled to provide a decade of support to B.Fit! and the Wheelchair Enhancement Center as these distinct programs are dedicated to addressing unmet needs in the communities we seek to serve."

Established in 1986 by Joyce and Bill Cummings of Winchester, Massachusetts, Cummings Foundation is one of the largest private operating foundations in New England. Based in Woburn, it has been the beneficiary of substantial contributions from the Cummings family, often through the commercial real estate firm Cummings Properties, LLC. Today, nearly all of the buildings managed by Cummings Properties are actually owned by and operated for the sole benefit of Cummings Foundation.

The mission of Cummings Foundation is to give back to Greater Boston communities

where its commercial property is located and where the staff and leasing clients of the Cummings organization live—Middlesex, Essex, and Suffolk counties. Cummings Foundation, which has awarded more than \$300 million in Greater Boston to date, is supported by a small staff and more than 150 volunteers.

Long-term funding from Cummings Foundation will ensure the continuous offering of The Boston Home's B. Fit! day program and on-site Wheelchair Enhancement Center, at little to no cost to its participants. As these programs are reinvigorated amid COVID-19, The Boston Home seeks to expand its B. Fit! and Wheelchair Enhancement Center services in the disability community and via virtual programming, online resources, and instructional web-based "how to" videos over a period of three to five years.

B. Fit! members report that the program makes a profound difference in their lives. B. Fit! member Valencia has participated in the program for six years, and values her strong relationship with Program Coordinator Glory. Today, B. Fit! offers a program schedule with three days in person, and two days virtual that include exercises, virtual museum and garden tours, concerts, informational sessions on topics such as Americans with Disabilities Act accommodations and multiple sclerosis, poetry workshops, meditation & mindfulness, and other activities.

Similarly, the Wheelchair Enhancement Center continues to be a lifeline for those facing paralysis and immobility. Mary Beth, sister of resident Nancy, described the strides Nancy has made since moving to The Boston Home in November 2019, despite the challenges and restrictions with COVID-19: "I have to say The Boston Home has been beyond amazing as far as keeping us together as a family amidst COVID-19. Nancy has learned how to FaceTime and Zoom with us now that she has an iPad attached to her chair." Nancy reiterated the importance of staying connected and the ease of access by stating, "Back when I was in school, we didn't have iPads so I never used one before. Now that I am at The Boston Home, I have access through my chair to the technology that keeps everything and everyone within reach, even if they are miles away."





## Service, Stewardship and Smiles

### John Woodard Celebrates 50 Years as a Trustee

John Woodard was a young lawyer when he first joined the Board of The Boston Home (TBH) in 1971. He was recruited by John Gardiner, a longtime friend of his father and a TBH Trustee and later Board Chair, who felt the Board was in need of some “young blood.” Impressed by the mission of TBH, John agreed to get involved.

Today, John smiles warmly as he recalls some of his early Board meetings: *“In those days, the lady Trustees and the men Trustees had their own well-defined areas of responsibility, and one did not trespass upon the other. As a new Board member, I was eager to suggest some efficiencies, so I had the temerity to suggest that we contract out the laundry services rather than continue to do them on-site. One of the women on Board immediately rebuffed my suggestion, saying—‘I will not have my ladies sleeping on permapress sheets!’ Because, of course, it was an all-women’s facility then, and the residents slept on beautiful linen sheets.”*

From the start, John dedicated himself to getting to know TBH and its residents. Each time he visited, John spent time with residents who gradually became his friends. As his role on the Board grew, John became involved in several transformational projects. The first of these, completed in 1985, was the addition of the pavilion, connecting the main 1927 facility to the Charles E. Cotting Building, which had been built as staff housing in 1965. *“Believe it or not,”* John recalls, *“the whole project was completed for less than \$500,000. Even so, some Trustees were concerned about making the expenditure. We were all very conscious of our roles as stewards of an organization with a venerable history. We met with Mr. Cotting, who had been Chair of the Board from 1939 to 1974, to show him the plans. It felt important to have his blessing.”* The now familiar addition overlooks the TBH garden, and is home to the B.Fit! day program.

By the early 1990s, TBH’s mission was increasingly focused on serving people with multiple sclerosis. With this specialization in mind, John, then Board Chair, and Carol Lobron, Executive Director, led TBH to embark on a bold expansion of both the physical facility and the community it served. Ground was broken on TBH’s new wing in 1992. John recalls that he felt quite responsible for the tremendous changes TBH was undertaking: *“At that time, when I came to TBH for meetings, I took the number 21 bus from Forest Hills where I parked my car. Approaching the TBH campus shortly after construction had started, I was shocked by the sight of the enormous gaping hole in the ground, and, thought ‘What have we done?’ Up to that point,”* he laughs, *“we had just been looking at plans!”* By 1994 the new construction was complete, along with renovation of the existing facility. At the same time, TBH began admitting male residents for the first time since 1927. *“It was a transformational moment,”* says John, *“We were doubling the footprint, as well as the number of residents we served. Now, I look back and think, ‘Where would we be if we hadn’t done it?’ It was the right decision, and we made it with good guidance and careful analysis. It was exciting. As a Trustee, I value the importance of always thinking ahead of yourself, not standing still—always asking what more can we do? If you are not thinking expansively, you are doing yourself a disservice.”*

In addition to his service to TBH, John has served as a trustee and chair of Spaulding Rehabilitation Hospital, Faulkner Hospital and Dedham Country Day School. He also served on the Town of Dedham Personnel Board and Finance Committee and as warden of his local parish, St. Paul’s Episcopal Church, all while also practicing law for over 40 years with a concentration in labor and employment. Reflecting on the role of service in his life, John shares, *“I think it made me a better lawyer, in that it made me aware of the larger world and the needs that exist. It helped me to see decisions not just from a legal perspective, but also from a human perspective. Conversely, being a lawyer helped me as a Trustee because through legal training I learned facilitation, mediation, and a whole variety of skills that could be applied in a Board context. Looking back, I don’t think my life would feel as complete as it does if I hadn’t been as involved as I have been. Service has been very much a part of my life, and my formation as an individual. As long as I can contribute, I would like to continue to do so.”*

# The Boston Home Welcomes New Trustees

## Suzanne Stinson

Suzanne Stinson, MBA, is the Vice President of Strategic Financial Planning & Business Development at UMass Memorial Health. In joining The Boston Home Board of Trustees, Suzanne brings a wealth of experience in financial planning and management. She held a similar position at Massachusetts General Hospital, and later Partners, and was the CFO of a small health system in the Berkshires. Prior to working at healthcare non-profits, Suzanne spent ten years on Wall Street, primarily in investment banking: public finance tax-exempt bond underwriting and mergers and acquisitions. While at UMass Memorial Healthcare, Suzanne taught finance in the Simmons School of Management Healthcare MBA program. She has previously served as the Assistant Director of the Williams College Center for Development Economics, and worked in international healthcare development. Suzanne earned her bachelor's degree in cultural anthropology from the University of Chicago followed by an MBA in finance and international business from the NYU Stern School of Business. The daughter of a father who was an economist and a mother who was a nurse, Suzanne was motivated to study finance by her desire to improve the lives of those who are most vulnerable: *"I understood early on that if I wanted to help people anywhere, I would need to raise money, and that meant understanding financial motivation."* Through her finance courses at the Simmons MBA program and UMass, Suzanne has enjoyed empowering nonprofit professionals to better understand and access the tools of financial growth.



Suzanne first learned about The Boston Home through her longtime friend and now fellow Trustee Ginnie Mirisola, who nominated her to The Board of Trustees. Upon joining the Board in June, Suzanne was eager to get involved with the Investment Committee because she is well aware of the financial challenges facing long-term care organizations. *"In this field, it can be very difficult to balance the budget, so most nonprofits rely on investments to help,"* notes Suzanne. *"Skillful management of investments is critical to the mission."* As Suzanne has learned more about The Boston Home's programs, she is excited to be part of an organization that fills needs often not adequately supported by our society: *"The Boston Home's residents are vital and interesting people with so much capacity for life. It's important that they have an environment that is rich in opportunities. It can make such a difference."*

Throughout the pandemic, Suzanne has been working remotely from her home in the Berkshires, where she feels fortunate to spend time hiking and enjoying nature with her husband and two dogs. Suzanne also enjoys making pottery and looks forward to connecting with The Boston Home's arts programs.

## Cherlie Magny-Normilus



Cherlie Magny-Normilus, PhD, FNP-BC, is a research scholar at Boston College Connell School of Nursing. Cherlie's passion for research stems from a question that perplexed her in childhood: *Why did so many people in her community die so young?* When a high school classmate died from complications related to diabetes, Cherlie knew that she would pursue a career in healthcare. *"Growing up, I saw that my parents were a lifeline for the community. Among their many roles, my father was also a farmer and shared whatever we harvested with the community. From a young age, my career was driven by the desire to impact the lives of those in my community and contribute to improving health outcomes for society. I felt that nursing would be the career where I could make the most difference."*

Cherlie earned her bachelor's degree in nursing from Curry College followed by her master's degree from Regis College. Working first as a charge nurse, then as a nurse practitioner, Cherlie continued to see the health inequities that had troubled her as a child—people of color dying too young, and from preventable conditions. When, by chance, she heard a discussion on a local Haitian radio station asking for nurses to help with a new healthcare partnership being developed with Haiti, Cherlie, who is Haitian-American, wanted to get involved. Cherlie soon became the Co-Director of the International Nurse Faculty Partnership/Regis College Haiti Project, an upward mobility program which addresses the nurse faculty shortage in developing nations by providing graduate level nursing education.

Through her work with the Regis College Haiti Project, Cherlie realized that a doctoral degree could empower her to be an agent of change. She subsequently earned her PhD in Health Promotion and Research from UMASS Lowell and completed a Postdoctoral Research Fellowship at Yale School of Nursing. Today, as a research scholar at Boston College, Cherlie focuses on reducing health disparities among minority and vulnerable populations. She is currently working on characterizing self-management behaviors, barriers to type 2 diabetes self-management activities, and glycemic targets to develop novel interventions for adult Haitian immigrants.

Cherlie came to know The Boston Home through CEO Christine Reilly, whom she knew well as a colleague from her work at Mass General Brigham. When Christine invited Cherlie to visit, she recalls, *"My heart was moved by how welcoming the residents were, and I fell in love with the staff that I met. So, when I was invited to join the Board, I said 'I'm in!'"* Cherlie looks forward to contributing to healthcare policy planning and fundraising efforts at The Boston Home. Throughout her career, Cherlie has been motivated by her community and her family—her husband, her son who began college this fall, and her daughter who is also a nurse.



# Blazing a Trail at The Boston Home

Richard Kaplan was diagnosed with multiple sclerosis (MS) at just 18 years old. *"I didn't understand,"* explained Richard. *"It was a scary declaration to have to make as a family,"* recalls Richard's father Stanley. Despite Richard's early symptoms which included double vision, he determinedly continued on his path of education, attending University of Delaware where he earned his Bachelor of Art's degree. After graduating, Richard taught English briefly in Maryland, before his disease made working full-time too difficult.

While living on his own back in Massachusetts, Richard received a newsletter from the National MS Society promoting The Boston Home. Previously a residence for women only, The Boston Home was now opening its doors to men. With his disease progressing, and facing increasing challenges to accessing the care he needed, Richard made the decision to move to The Boston Home in 1993.

Transitioning to The Boston Home as the first male resident may have been daunting to some, but not for Richard. *"Gender has never mattered to Richard. At the end of the day, you are a person,"* explained his father Stanley. Despite describing himself as shy, Richard quickly found his niche in his new home. *"Richard loves music, the Red Sox, the Celtics, and is a trivia buff and foodie,"* said Kerry Donohue, Activities Director. *"He won the B.Fit! trivia competition and loves to participate whenever we play in Activities."*

Over the last 28 years, Richard has attended numerous concerts with The Boston Home,



Richard (center) and his family looked forward to the annual TBH family picnic held in years past.

including the Eagles, Bruce Springsteen, The Police, Rod Stewart, Phil Collins and enjoyed seeing the Boston Pops with his cousin Amy.

*of humanity and his ability to connect with people. He is an inspiration and remarkable man."*

In addition to concerts, Richard and his family are very active in the Jewish faith and religious services at The Boston Home. *"Richard leads The Boston Home in lighting the menorah for Hanukkah. Stanley, who now lives in Florida, even joined his son Richard in the 2020 Seder service via Zoom,"* said Kerry. While Richard cannot participate in as many activities as he used to due to the progression of MS, he is so happy to be at The Boston Home. *"My favorite part about living at The Boston Home is that people are around. I receive the care here that I could not get when living on my own."* Stanley commends his son, stating *"Richard has never lost his sense*



Richard and Faith Savage at 2021 Seder



*Celebrate by  
Making a Difference!*

## Host Your Own Fundraiser

This fall, Richard's father Stanley celebrated his 90th birthday by hosting his own fundraiser in support of The Boston Home. *"Richard was always having to give up things in his life due to his disease. When he moved to The Boston Home, everything changed for the better. My late wife always said, 'If it weren't for The Boston Home, I don't know what we would do.' We are grateful to be recipients of the care offered through The Boston Home which is why I choose to give back to the organization every chance that I get,"* explains Stanley.

Are you interested in hosting an event or fundraiser to support The Boston Home? Contact Ali Cahill today to learn more about how you can make a difference in the lives of adults with advanced neurological disorders like MS.

# Adventures of B.Fit!

After more than a year of meeting virtually due to COVID-19, the B.Fit! day program resumed in person programming on June 9, 2021. Although grateful that they have been able to stay connected and engaged online, B.Fit! participants were thrilled to see each other in-person, and to resume their schedule of much-loved community outings under the indefatigable leadership of Program Coordinator Glory Wideman-Hughes.

Since the trips resumed this summer, B.Fit! members have enjoyed excursions to the Museum of Fine Arts, Boston; the Insitute for Contemporary Art; the Arnold Arboretum of Harvard University; sailing at Community Boating; adaptive cycling at the Artesani Park; and a ferry trip around Boston Harbor.

B.Fit! continues to offer virtual programming for those who are unable to attend on-site due to distance, health or transportation. To find out more about the B.Fit! day program, contact Glory Wideman-Hughes, 617-326-4300 or [gwideman@thebostonhome.org](mailto:gwideman@thebostonhome.org).



*B.Fit! members (left to right) Beatrice, J.R., and Deidre join a Community Boating adaptive sailing instructor for a cruise around Boston Harbor.*

**The Boston Home (TBH) is an innovative community for adults with multiple sclerosis and other advanced neurological disorders.**  
**Get involved with TBH fundraising or volunteering by contacting Ali Cahill at [acahill@thebostonhome.org](mailto:acahill@thebostonhome.org) or 617-326-4261.**



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