

## Right at Home (continued)

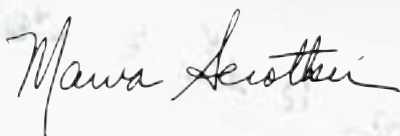
As for more planned activities, our calendar last month offered lectures about the history of Dorchester, a women's issues group, a men's discussion group, book readings by our local librarian, crafts, religious services, Science Club, and our newest series—"Far Away Places," sponsored by our Spirituality Team. We are grateful to the many volunteers and staff who offer so many choices for our residents.

Beyond the larger gathering places, many residents have specially adapted computers in their rooms, and one resident has a ham radio that enables him to communicate with people all over the world.

At the same time, solitude has a special place here. Many of our residents enjoy the birds that visit our campus. And soon, upon the completion of construction, we will have an expanded and accessible garden for all to enjoy throughout the year.

The front-page article in this newsletter focuses on technology. We have formed partnerships with several companies at the cutting edge of adaptive technology. Our technology staff builds the bridges between need and solution, and our direct care professionals are being trained to help residents maximize the use of technology. In addition, a new committee is developing a strategy to incorporate technology into all aspects of our facility and care.

Indeed, technology offers residents greater opportunities to choose how they spend the precious hours of each day. Still, hours pass unnoticed. There is much to do tomorrow.



**Marva Serotkin**  
Chief Executive Officer

## WORDS ON WHEELS

The following are representative 2003 resolutions from our residents:

### For the New Year . . .

- Enjoy every moment. Savor life. Relish what brings joy.
- Take "time" by the hand and roll with it.
- Be a person of unselfish love.
- Accept differences without judging.
- Lose weight.
- Don't be sarcastic.
- Accept yourself as you are.
- Forgive yourself and forgive others. It's a choice.
- Love each other.
- To accomplish more peace in our world. Begin simply in our own hearts, in our lives, with those here.
- Be patient.
- Don't be too materialistic.
- Don't be judgmental.
- Think about what people are going through.
- Find humor in life.
- When you point your finger at someone, 4 fingers are pointing at you!

## WE ARE THE CHAMPIONS

**A**mong the many faithful friends and family members who provide support and inspiration to staff and residents at TBH are this edition's Champions—**Mirian and Harold Zaks**, whose daughter **Lois** has been a resident here for several years. Every day, whatever the weather, they drive from Malden to visit with Lois.

When Lois was first admitted, Mr. Zaks realized that he had grown up with the fathers of two other residents, Jane Frieden and Nancy Beaudet, so he was pleased to renew friendships with them. Small world! The Beaudets still visit here even though Nancy died some time ago.

Mirian and Harold are excellent advocates for their daughter. When she is admitted to Carney Hospital, they visit her there, and they've gotten to know the Carney staff very well. While Marian sits with Lois and crochets lap robes or other articles for her and other residents, Harold chats with Lois' neighbors. He pushes those who can't mobilize their wheelchairs to activities or back to their rooms, always lending a helping hand.

Thank you, Mr. and Mrs. Zaks, for being so faithful to Lois and our Home. Here's to the Champions!

# ASSISTIVE TECHNOLOGY COMES HOME:

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available floor lift; they're lifted from more of a sitting position; less physical maneuvering is required, saving time and reducing the risk of injury; and no storage space is needed.

**Ergonomic shower chairs:** The power tilt on our four new chairs lets staff ease residents, comfortably and securely, from sling to shower chair. Previously, residents had to lie flat in a shower bed or sit upright in a shower chair. Now, says Faith, "We can put our residents into any position and adjust for any weaknesses. This is the best shower chair I've seen, and residents are very pleased."

TBH is also home to a host of hands-free equipment: wheelchairs; computers; and environmental controls for beds, nurse calls, phones, and TVs. What's next? Ten new resident rooms



**Shower Chairs:** The Carendo ergonomic hygiene chair from Arjo accents safety and comfort, featuring a power tilt that helps ease residents into the chair.

will be fitted with X10 remote-control technology. Thermostats, lights, TVs, radios, and VCRs will plug into sensors that will plug into electrical outlets, and the resident's wireless remote will emit radio-frequency signals to "talk" to the sensors. The remote can be hand, voice, or chin-activated, depending on need.

According to CEO Marva Serotkin, "With our building renovation upgrades and our exciting new technology applications, we are making great strides in maximizing

residents' comfort and control in their wheelchairs or beds. Our plan calls for the systematic integration of assistive technology throughout The Boston Home, as well as the optimal fit between resident and technology."

The systems may be very sophisticated, but the goal is simple: A resident's wish should be technology's command!



**Wireless Door and Elevator Access:** The LR-911 from Applied Wireless Identifications Group provides residents with easy access to doors and elevators through wireless technology.

## Flu Prevention

If you have any flu-like symptoms (similar to a cold but usually with a fever and body aches), **DO NOT VISIT** The Boston Home or have a family member visit you! We have vaccinated all eligible residents, and we encourage all visitors to get the flu shot. Last winter, we had no cases of the flu, and we'd like to repeat that success. Thank you for helping us minimize risks during this year's flu season!

## Donation Requests

As we continue to look for new ways to enhance the recreational and entertainment options for our residents, we have determined that two items in particular would be great additions: an upright piano in good condition and a slide projector (with carousel). If anyone is able to donate one of these items to our Home, we would greatly appreciate it! Please contact Marva Serotkin.

## Trustee Bagley's spiritual path leads to ordination

TBH congratulates Trustee **Cindy Bagley** on her recent ordination by the United Church of Christ (UCC) and her appointment to parish pastor at the First Congregational Church of Dunbarton, near her Manchester, NH, home.

Rev. Bagley's ordination followed five years of study at the Boston University School of Theology, where she was a Merit Scholar. It also marked the convergence of several life paths, one that led her to TBH.

In 1985, at age 36, Cindy's husband, Michael, was diagnosed with multiple sclerosis. In 1992, he stopped practicing law, and five years later, he moved to TBH. Then, circumstances forced Cindy and her three children to lose their home. At this point, she had a "splendid midlife crisis": Cindy, a lifelong UCC member, decided to downshift her financial services career and enter theology school. She shuffled between class, consulting, and Michael's bedside till his death in 2000.

"My devotion to The Boston Home is beyond words," says Cindy. "They really are my second family." In 1999, she was invited to join the TBH Board and became chair of the Ethics Committee.

Rev. Bagley is now applying her corporate talents to her calling. She says, "My entrepreneurial challenge is to grow my small country church," along with cultivating a new venture: a global ministry of Internet-linked churches.

Reflects the reverend, "My work will certainly continue to include TBH, which is sacred to me. This is my commitment to Michael."

# STAFF SPOTLIGHT



Above, at a recent staff recognition ceremony (from left): Alva Proctor, volunteer, joins staff members Kamla Singh, Maureen Hedderman, Mary Bottary, and guests.



Mary Bottary, a Certified Nursing Assistant, receives gift in recognition of 25 years of service.

## SERVICE RECOGNITION



Marva Serotkin presents Claudin Louis with gift for 5 years of service.

## CNA Grant Career Ladder Program Receives Funding For Second Year!



We're pleased to report that our career ladder training program has received another \$70,000 state grant. Special thanks to Cindy Walsh, R.N., Director of Clinical Services, who wrote the grant.

Twelve more employees of TBH recently received certificates as part of this program, which enables non-nursing staff to become entry-level CNAs, current CNAs to advance within their profession, and experienced CNAs to advance to related professions.

Above, instructor Dr. Dorothy Brissenden (center, seated) and Marva Serotkin (center, standing) join the staff holding their certificates: Merline Prinston (seated); from left: Marie Princival, Vicki Belus, Claire Fleurimond, Magalie Jean-Baptiste, Bernadette Pierre, Louise Narcisse, Larry Cosom, Amie Sillah, Joyce White, Lori Fitzpatrick, and Daphne Hinds.

# NEW ACTIVITIES CENTER

Welcome to our vibrant new activities area, where residents can choose from a variety of activities.



## CONSTRUCTION SNAPSHOTS



- MARVA SEROTKIN**, EXT. 256  
CHIEF EXECUTIVE OFFICER
- JAMES J. MAHONEY**, MD, 617-825-3905  
MEDICAL DIRECTOR
- ROBERT BARRY**, EXT. 253  
FACILITIES MANAGEMENT
- KEVIN BUCKLEY**, EXT. 263  
BUSINESS OFFICE
- PAUL CARROLL**, EXT. 294  
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- PAT COUGHLIN**, EXT. 227  
QUALITY IMPROVEMENT
- SALLY GORMAN**, EXT. 299  
VOLUNTEER & COMMUNITY RELATIONS
- SR. BRIDGET HAASE**, EXT. 298  
SPIRITUALITY COORDINATOR
- HELEN HALL**, EXT. 232  
ASSOCIATE DIRECTOR OF NURSING
- LUCILLE HARATSIS**, EXT. 248  
SOCIAL SERVICES
- NORMA HARRINGTON**, EXT. 300  
CARE MANAGER, BRIDGES
- LYNN HOWLAND**, EXT. 233  
EVENING SUPERVISOR
- MARY JO JOACHIM**, EXT. 249  
DIETARY
- ROSEMARY KENNEY**, EXT. 280  
MDS COORDINATOR
- JOHANNA LONGO**, EXT. 235  
WEEKEND SUPERVISOR
- CLAUDIN LOUIS**, EXT. 234  
HOUSE KEEPING/LAUNDRY
- JEFF MEECH**, EXT. 277  
RESIDENT RECREATION
- KATHY PAVIDIS**, EXT. 272  
STAFF DEVELOPMENT
- SHIRLEY PETERSON**, EXT. 248  
SOCIAL SERVICES
- CYNTHIA WALSH**, EXT. 258  
CLINICAL SERVICES
- MARK WILLIAMSON**, EXT. 259  
HUMAN RESOURCES
- REHABILITATION SERVICES, EXT.303

## HAPPENINGS AT HOME

### MS Walk

The MS Walk 2003 will take place April 5 & 6. Volunteers are always welcome to join our walkers. Proceeds benefit the National MS Society. For more information, call Mary Ann Fennessey at ext. 296.

### Boston Marathon

A great tradition returns on April 15 as a group of our residents will participate in the Boston Marathon with the help of volunteers from The Chapin School in New York City. We look forward to a great day.

## TRANSITIONS

We mourn the loss of  
**Jeannette Jennings** and  
**Marilyn Calichman.**

Welcome to our newest  
residents, **Corrine Volpe**  
and **Chistina Montfort.**

The "Original" Boston Home of 1881



# The Boston Home

2049 Dorchester Avenue  
Boston, MA 02124-4799

#### TELEPHONE

617-825-3905

#### FAX

617-825-1951

#### WEB SITE

[www.thebostonhome.org](http://www.thebostonhome.org)

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# Notes from Home

## RIGHT AT HOME

### "THE HOURS" AT OUR HOME

"THE HOURS" is a movie that follows three women through one day. Along with complex themes, a simplicity flows throughout the movie, with everyday activities filling the actors' hours. How each of us spends precious time prompted my thinking about "the hours" of the day at The Boston Home.



—MARVA SEROTKIN

Some of the time at TBH is structured, and the day's rhythm is punctuated by clinical care, procedures, and meal times. But what about the hours that aren't planned? A primary reason for embarking on our construction project (see page 4) was to provide spaces conducive for visiting and recreational activities.

For example, in our four new lounges, residents often meet in small groups, take piano lessons, listen to books on tape, watch TV, and enjoy relaxation classes. In addition, our new, larger Activity Room (see page 4) can now accommodate all residents, who engage in many spirited activities: playing bridge, blackjack and board games; using video conferencing equipment (now operational following several months of technical glitches); and playing video games (Jeopardy and Wheel of Fortune are favorites of many residents who seem attached to our large screen monitor).

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### Assistive Technology Comes Home:

## ADVANCED EQUIPMENT RAISES THE BAR ON RESIDENT COMFORT, CONVENIENCE, CONTROL

Transport systems that glide along ceiling tracks. Elevator doors that open magically with the mere presence of an expectant passenger. Space-age chairs seemingly snatched from the Starship Enterprise.

No, this isn't the set of a sci-fi film. It's real life at The Boston Home—and a real boost for residents' quality of life.

Thanks in part to the excellent planning and oversight of **Cynthia Walsh**, Director, Clinical Services, and **Bob Barry**, Director, Facilities Management, a variety of innovative systems is now in place.

TBH's most recent enhancements—wireless elevator and door access, overhead lifts, and ergonomic shower chairs—are further examples of our progressive approach to technology. "We're constantly investigating creative ways to give residents more control of their world and promote their independence," says **Don Fredette**, adaptive equipment technician at TBH.

### Recent high-tech additions include:

**Wireless door and elevator access:** When residents are within range of the elevator or door, a wheelchair-mounted pass automatically sends a radio-frequency signal to a "reader" next to the elevator or door. The reader calls the elevator to the floor or opens the door.

Says resident **Don Dalpe**, "This system has saved me from wasting a lot of time waiting for or stuck on elevators."

Adds resident **Lillian Carr**, "This system is the biggest boost to my independence ever."

Residents no longer need ask staff to push elevator buttons, and they're more apt to move about on their own.

Currently, 28 wheelchairs, two elevators, and the new front door are fitted with wireless technology. In the works: 12 more wheelchairs, a new elevator under construction, and the back door leading to the garden.

**Overhead lifts:** Descending from a ceiling track are a lift mechanism and sling ready to lift, lower, and move residents to and from bed, wheelchair, physical therapy mat, or shower chair. Truly a gift from above, this system is now in every resident room. Next are the physical therapy area, shower rooms, and new resident rooms.

According to TBH seating specialist **Faith Saffler Savage**, the advantages over the former floor lifts are many: Residents no longer need wait for an

(see page 5)



**Overhead Lift:** Residents are safely transported with the Waverly Glen transactive. The sling allows residents to be lifted in a sitting position, saving time because it requires less maneuvering.

