

Notes from Home

RIGHT AT HOME

THE BOSTON HOME AND LONG-TERM CARE: ACHIEVEMENTS AND CHALLENGES

Reflecting on our wonderful celebration with community leaders on November 21, I am reminded of the song "Getting to Know You" from "The King and I." The event was a unique opportunity to share the inspirational story about our facility and our residents. It was an occasion for us to pay tribute to those who have sustained us in the past and those who continue to champion our cause today, including Speaker of the House Tom Finneran.



— MARVA SEROTKIN

The Speaker praised the work of The Boston Home and addressed the need for people in our field to work together to realize the greater good. Indeed, TBH has been called a "model residential community" where caring professionals and volunteers strive to help residents live their lives to the fullest. At the same time, we are affected by the dynamics of the larger community, where public and private interests sometimes collide.

What about our future and the future of all nursing facilities? We will keep working to make the unknown known for adults with disabilities, for our residents,

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BRAVO BOSTON HOME! CELEBRATION WITH COMMUNITY LEADERS MARKS RECENT MILESTONES

Inspirational.

That's how people described our celebration with community leaders on November 21, when we welcomed more than 100 guests to kick off the first of several events to strengthen our community ties. The spotlight was on many of the special programs and special people who make our facility a Home, with a tribute to Speaker of the House Thomas M. Finneran, a long-time supporter of The Boston Home.

Joining the Speaker were old and new friends who came to celebrate "Hope Over Hardship," as exemplified in our recent milestones:

- ▶ A comprehensive building expansion project, including 12 new resident rooms, boosting capacity to 96, and a modernization of existing resident rooms
- ▶ Introduction of our unique Spirituality and Wellness Program, featuring meditation groups, wheelchair yoga, and spirituality retreats
- ▶ New Technology Center/Advanced Adaptive Equipment to empower residents

MAGICAL MOMENTS

The festivities began with remarks from MC Gay Vernon, News Director of Magic 106.7 FM, who recently hosted on-the-air programs that featured TBH CEO Marva Serotkin and Sister Bridget Haase, Coordinator of the Spirituality and Wellness Program, resident Annie Duncan, and Mary Ann Fennessey, administrative assistant.

Resident Mike Caristinos, who served on our building renovation committee, introduced our new video, which chronicles our history, includes interviews with several residents (Annie Duncan, Jane Frieden, and Duncan Morrison), and highlights the rewarding work of our nursing staff.



House Speaker Honored at the Home. Speaker Thomas Finneran accepts a commemorative print of our new garden from TBH CEO Marva Serotkin.

(see page 2)



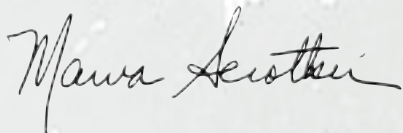
Right at Home (continued)

and for those living in the community and other settings. Our road map for the future is the charge of our Strategic Planning Committee, recently named by Board President Holly Burnes and co-chaired by Board Members Debra Frankel and Kevin Smith.

Beyond the border of our campus, the state and nation continue to wrestle with how to manage a true continuum of long-term care. Central to this debate are the roles of nursing facilities, which provide 24-hour care to those with extensive medical needs, and a variety of other options for those with less severe needs.

A recently published report by the Massachusetts Extended Care Federation (MECF)* concludes that it's not necessary to choose between nursing facility care and home and community-based services: Both are necessary and important. For a copy of this illuminating report, *Challenging the Myths About Long-Term Care in Massachusetts*, contact MECF at 617-558-0202 or visit www.mecf.org.

May I suggest, as a resolution for 2004, that we all become more enlightened and vocal about the importance of nursing facility care? On that note, I thank all of you for your support in 2003, and I wish you a very healthy and happy New Year.



Marva Serotkin

Chief Executive Officer

***Editor's Note:** Marva Serotkin is the Chairman-Elect of MECF, the state's largest long-term care provider association. She welcomes your comments at serotkin@cs.com.

Celebrating Hope Over Hardship

(Cont. from page 1)

TBH Chairperson Holly Burnes, a 19-year Board of Trustees member, then shared her welcoming remarks. She reflected on her experiences at The Boston



R to L: Sister Bridget Haase, Spirituality and Wellness Program Coordinator, resident Duncan Morrison, and Gay Vernon, Magic 106.7

Home as a prelude to the introduction of Speaker Finneran, who was praised for being a tireless advocate for TBH and nursing homes.

Finneran spoke about his roots in Dorchester, his early impressions of The Boston Home, and the spirit that pervades our Home today. He was passionate and compassionate in addressing the triumphs and challenges of our residents, including the

12 new residents whom we recently welcomed to our facility.

Following Finneran's remarks, Serotkin presented him with a beautiful print of our new outdoor garden. The Speaker reciprocated by presenting TBH with a special certificate of recognition.

Serotkin then spoke about future challenges and new journeys for The Boston Home, including more community events, off-campus initiatives, and networking with community leaders and organizations. She thanked TBH staff, board members, and other volunteers, with special kudos to:

- ▶ Mary Ann Fennessey and Florence Rawls, event organizers
- ▶ Marie Jo Joachim and The Boston Home Food Services Department
- ▶ Kurt Weidman, Museum Design Associates; Joyce Hempstead, graphic designer; and Ian Aldrich, writer, who together produced our beautiful new displays (see page 5)

The program concluded with a buffet lunch and tours of our facility.



R to L: John Shaughnessy, President of Shaughnessy Crane, Inc.; Sister Bridget Haase, Coordinator of Spirituality/Wellness; Marva Serotkin, CEO of TBH; and Thomas Finneran, Speaker of the House.

"First I saw wheelchairs with people in them. Now I see people who ride in wheelchairs."

Quote from local fifth grader who visited The Boston Home, as captured in our video and on our display board.

ALL A-BOARD!

A Salute to JOHN WOODARD

Friends, families, and trustees recently gathered to dedicate the Woodard Room to John Woodard, who stepped down as TBH Board President earlier this year. In honor of his long-time service—32 years as a trustee and 17 years as President—we presented Woodard with a handsome print that now adorns the room and inspires those who meet in it.

The print includes the following quote from John: "I have realized that one can derive great joy and satisfaction from the fact that what one is doing is helping to improve someone else's life. In turn, this had had a great impact on the direction and shape of my professional career as well as my volunteer endeavors."

Woodard joined the Board in 1971 and became President in 1985. In 1993, he oversaw our Home's expansion from 42 to 84 beds, an experience he recalls as "the most rewarding of my life."

Today, Woodard continues as a trustee of TBH; he is also Of Counsel at the law firm Dane & Howe in Boston.

"We owe John a great debt of gratitude for his great leadership over the years," says Marva Serotkin, CEO, "and we are delighted that he continues to share his wisdom as an active board member."

John Woodard in the new Woodard room at TBH



Three New Board Members Bring Impressive Backgrounds to TBH

Three distinguished professionals were recently elected to our Board of Trustees: Mary Beckman of Milton, Elizabeth Colburn-Moraites of Medford, and James Seide of Hyde Park.

Beckman was the first director of the Compliance Department for Children's Hospital, a Senior Health Policy Advisor for the Executive Office of Health and Human Services, the Deputy Legal Counsel for the Commonwealth Office of the Governor, and an Associate in Ropes and Gray's Health Law Practice. Beckman, a Dartmouth College graduate, received a J.D. from Yale University Law School.

Elizabeth Colburn-Moraites, who has worked as an advocate for the National Multiple Sclerosis Society and Health Care For All, was instrumental in the passing of the Massachusetts Patient Bill of Rights. In 1991, she was diagnosed with Relapsing/Remitting MS. Today, she is still an active artist of landscapes and still-lives. She has a B.A. in Fine Arts from the University of Massachusetts.

James Seide is a manager in the Human Resources Department at the Caritas Carney Hospital, where he also served as Director of the River Street Health Center. He has also served on the boards of the Mattapan Community Development Corporation and the League of Haitian Families. He received an MBA and a B.S. in Finance from the University of Massachusetts.

"Our new board members are recognized leaders in health care, community outreach, and advocacy. The Boston Home is certain to benefit from their experience and insight," says Board President Holly Burnes.



James Seide



Elizabeth Colburn-Moraites

Hamming It Up

To those at TBH, he is Don Dalphe. To the FCC, he is identified by his call letters WIFYZ. And to many of his “friends all around the world,” he is a ham...as in ham radio operator.

Indeed, our residents have made great strides in connecting with many people outside our own community, using such channels as email and video-conferencing. But Don Dalphe has perhaps the most unique method of communicating...through a ham radio set up in his room. Don was hooked up this September with the help of Linbeck, Kennedy, and Rossi Construction. Shortly thereafter, he received an “extra” class license, even more advanced than what the FCC requires, after passing a highly technical exam.

Don uses voice activation and a special transmitter to connect with fellow hams around the country and as far away as Australia and the South Pole.

“Being able to communicate like this has really made a difference for me,” says Don.

Watching him joke as he works his radio magic, it’s clear that “WIFYZ” is quite an operator, quite a ham himself.



Resident Don Dalphe with his “ham” radio equipment.

HOME ON THE WEB

More vibrant, more topical, more comprehensive. It adds up to more reasons for you to check out our new web site at www.thebostonhome.org. We’ve updated our site with new content, text, and graphics. We’ve added timely happenings on the Home Page. And we’ve posted TBH news and articles.

Our redesigned web site contains extensive background about our programs and services, volunteer and job listings, directions to our facility, and other useful information.

Special thanks to Doug Williams of Empirex, one of our Board Members, who volunteered his time and expertise to help us to present our story through cyberspace.

We welcome your feedback. Please email [Marva Serotkin at serotkinm@cs.com](mailto:serotkinm@cs.com) and let us know what you like and what else you’d like us to include.

Fighting the Flu

If you have any flu-like symptoms this season, please **DO NOT VISIT** The Boston Home or have a family member visit you! We have vaccinated all residents who have no contraindications to the vaccine, and we encourage all visitors to get the flu shot.

Last winter, we had no cases of the flu at our facility, and we’d like to report the same success this year. Thanks for your cooperation!

ILLUMINATING OUR SPIRIT



L to R: Robert Mendoza, Ph.D.; Steven Carr, MD; and James Mahoney, MD.



Resident Mike Caristinos addresses the audience.



Residents and guests view our beautiful new displays.

HOW TO GET INVOLVED

This is an exciting time for The Boston Home as we begin new initiatives after our recent successful event with community leaders. As we continue to network with different groups, you can make a difference one-on-one by getting involved in one of several ways:

- ▶ **Volunteer.** Little things that we take for granted translate to big potential contributions for volunteers who want to help others...and enrich their own lives at the same time. Opportunities include visiting with residents, computer lab assistance, help with activities, and much more. Contact Sally Gorman at 617-326-4299, or email gormansally@aol.com.
- ▶ **Join Our Nursing Staff.** We offer exceptional career opportunities for RNs and LPNs. Ask about our innovative Career Ladder Program, which helps our employees advance in their careers. To inquire about nursing and other positions, contact Human Resources at 617-825-3905, or email Mark Williamson at markwhr@aol.com.
- ▶ **Contribute.** Be part of our 2004 fund-raising efforts to secure vitally needed funds. Contact Marva Serotkin at serotkinm@cs.com. You can also help by donating in-kind gifts (see Power to the People, on this page).

Power to the People

Behind the scenes at TBH, our wheelchair seating and adaptive equipment team provides a special service as they strive to make wheelchairs, beds, telephones, etc. more accessible for our residents. They do a good job using basic power and hand tools. With more modern equipment, they could perform an even greater service to residents.

The problem: Power tools are expensive. The request: Generous donations of tools and equipment, such as the following items on our wish list:

- | | | |
|---------------------------|-------------------------|--------------------|
| Sewing machine | Overlock machine | Drill press |
| Motorized chop saw | Band saw | Jig saw |
| Table saw | Scroll saw | Router |
| Router table | Laminate trimmer | Rotary tool |
| Stationary sander | Bench grinder | |

Please contact Don Fredette at 617-326-4278 if you'd like to donate items or you need more information.

"One on one is how it's done."

— Mother Theresa

Our Staff

PLEASE NOTE:

We have upgraded our telephone system. To reach any of our managers directly, please dial the numbers listed below.

MARVA SEROTKIN, 617-326-4356
CHIEF EXECUTIVE OFFICER

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MEDICAL DIRECTOR

ROBERT BARRY, 617-326-4353
FACILITIES MANAGEMENT

KEVIN BUCKLEY, 617-326-4263
BUSINESS OFFICE

PAUL CARROLL, 617-326-4294
CHIEF FINANCIAL OFFICER

PAT COUGHLIN, 617-326-4327
QUALITY IMPROVEMENT

KERRY DONAHUE, 617-326-4277
RESIDENT RECREATION

SALLY GORMAN, 617-326-4299
VOLUNTEER & COMMUNITY RELATIONS

SR. BRIDGET HAASE, 617-326-4298
SPIRITUALITY/WELLNESS COORDINATOR

HELEN HALL, 617-326-4332
ASSOCIATE DIRECTOR OF NURSING

LUCILLE HARATSIS, 617-326-4348
SOCIAL SERVICES

NORMA HARRINGTON, 617-326-4300
CARE MANAGER, BRIDGES

LYNN HOWLAND, 617-326-4333
EVENING SUPERVISOR

MARY JO JOACHIM, 617-326-4349
DIETARY

ROSEMARY KENNEY, 617-326-4280
MDS COORDINATOR

JOHANNA LONGO, 617-326-4335
WEEKEND SUPERVISOR

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HOUSEKEEPING/LAUNDRY

KATHY PAVIDIS, 617-326-4272
STAFF DEVELOPMENT

SHIRLEY PETERSON, 617-326-4346
SOCIAL SERVICES

CYNTHIA WALSH, 617-326-4358
CLINICAL SERVICES

MARK WILLIAMSON, 617-326-4359
HUMAN RESOURCES

DAVID YOUNG-HONG, 617-326-4303
REHABILITATION SERVICES

SNAPSHOTS FROM TODAY & YESTERDAY



Residents enjoy our new outdoor terrace-garden.



The "Original" Boston
Home of 1881

The Boston Home

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WEB SITE

www.thebostonhome.org

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