

#### Our Vision

A world in which adults with advanced neurological disorders lead their best and most independent lives.

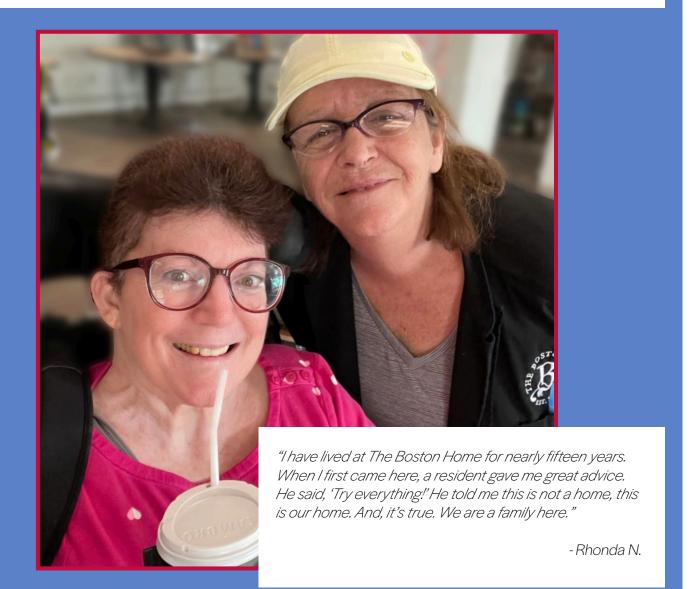
#### Our Mission

We are an innovative, diverse community for adults with advanced neurological disorders. Our state of the art services enable members of our community to lead creative and purposeful lives. We are leaders in achieving excellence in standards of care.

#### Our Values

Be a Good Person. We are compassionate and kind. We honor, respect, and support one another. Build an Empowering Community. We are caring and committed to helping members of our community reach their full potential. We embrace ethnic, cultural, and religious diversity. Pursue Excellence. We achieve high standards of care for individuals with advanced neurological disorders. Hold Each Other Accountable.

We conduct ourselves with honesty and integrity.



Resident Rhonda N. with Dietary Services Aide Marianne Breen Kast

Our Community



Left to Right: Christine Reilly, CEO, Chloe and Gwen Kimble, 1st Floor Nurse Manager, and Josee Louis-Jean, Medical Supply Coordinator.

#### Dear Friends,

In many ways, 2023 was a year of transition at The Boston Home. When the year began, the world was still very much in the grip of COVID-19, but on May 11, 2023 the state of Massachusetts lifted the public health state of emergency that had been in place since the start of the pandemic in March 2020. This ended the full-time masking requirement in long-term care facilities. Residents rejoiced in once again seeing their caregivers smiles and the return to a more homelike environment. Throughout the remainder of 2023, we made up for lost time! We strengthened our staffing by expanding our nursing leadership team and hiring an additional Assistive Technologist in the Wheelchair Enhancement Center. We developed partnerships to strengthen our mental health care resources, as well as on-site and virtual multiple sclerosis clinics. We realized the long-awaited dream of a new accessible garden at the front of campus, doubling our residents' outdoor recreation space. Our 2023 calendar was filled with uplifting events, from a family Garden Party and the Oldtime Baseball Game to the always inspiring Resident Art Show and the joyful Holiday Tree Lighting. Coming together with residents, staff, family and friends at these events never fails to fill my heart with overwhelming gratitude for our incredibly special community!

Finally, and, perhaps, most importantly, The Boston Home's Strategic Planning Committee completed a new strategic plan that will chart our course through 2027. I am incredibly excited about our future and grateful for your support as we move forward.

Sincerely,

Christine Reilly
Chief Executive Officer

Christine Reity

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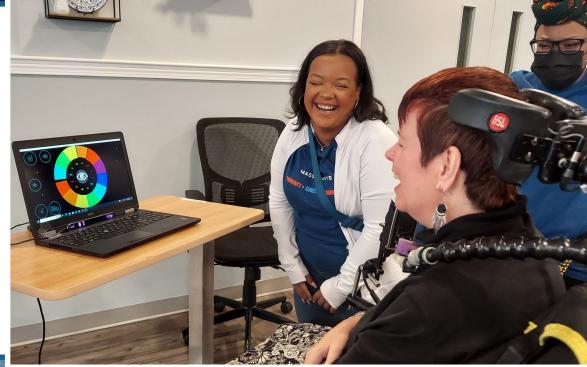
Board Member Carrie Hanover-Martin, CEO Christine Reilly and Board Chair Randy Hawthorne in the John Woodard Living Room.

Transforming Lives, Together



Partnerships play a tremendous role in enriching life at The Boston Home. This year, we teamed up with the Dr. William W. Henderson School in Dorchester to welcome wonderful volunteers from the school's life skills program. The students gain valuable, hands on experience by visiting each week and taking on important tasks to keep The Boston Home sparkling clean and looking beautiful. Resident Annie B. is the students' mentor at The Boston Home.

Blue Cross Blue Shield MA (BCBSMA) partnered with The Boston Home for BCBSMA's annual Service Day, providing both financial support and an enthusiastic team of volunteers for an Adaptive Arts & Recreation Expo. Laurie, at right, learned to play music using eye tracking software.





With the help of Spaulding Adaptive Sports Centers, a few of The Boston Home's most adventurous residents were able to reclaim their love of kayaking, a sport they had enjoyed before their disabilities progressed. Sara, Bonnie and Leah set out from Charlestown and enjoyed the salt air and sea breezes during their summer kayaking sessions.

The love and support of family and friends is an essential part of The Boston Home community. We are continually amazed by the generous and creative ways family members find to give back. Addison, whose grandmother Bridie moved to The Boston Home in April 2023, hosted her own fundraiser. Addison designed and made custom, color-changing water bottles featuring the multiple sclerosis symbol of a butterfly, which she sold to raise over \$580 for residents' life-enhancing activities.



THE MCOURT Foundation

Foundation

FURE SES WILLIAM TO THE WORLD FOR THE

The Boston Home was proud to participate in our second annual team run at The McCourt Foundation Boston Waterfront 5k on June 4, 2023. Thanks to amazing team members like the Lane family, pictured at left, The Boston Home team won the fundraising trophy, raising over \$11,000 to support core programs and care for residents. We are deeply grateful to many families like the Lanes, whose wife and mother Janet was a cherished past resident, who stay connected and continue to support The Boston Home's mission through volunteering, Board and committee service, and charitable giving.

Students from nearby Milton Academy are weekly visitors to The Boston Home, always happy to help where needed, whether it be assisting residents in organizing their rooms, crafting with residents, or serving treats at holiday celebrations. Several students have even provided extraordinary musical performances.



# Oldtime Baseball Game

The Boston Home was honored and grateful to Oldtime Baseball Game and player Aidan Freeburg, who has multiple sclerosis, for choosing The Boston Home as the beneficiary of the 29th Annual Abbot Financial Management Oldtime Baseball Game, played on August 24, 2023 at St. Peter's Field in Cambridge. The game helped to raise awareness of multiple sclerosis and over \$80,000 in much needed funds for life-enhancing programs to benefit The Boston Home's residents and outpatients. We are delighted that organizer Steve Buckley and the Oldtime Baseball Game have invited The Boston Home to again be the beneficiary of the 2024 game!

## A Home Run for The Boston Home



CEO Christine Reilly and Oldtime Baseball Player Aidan Freeburg, who has multiple sclerosis and chose The Boston Home as the game beneficiary, display a set of custom cleats that Aidan handpainted for the pre-game benefit auction.



Red Sox Hall of Famer Fred Lynn , who acted as honorary manager for the 29th Annual Abbot Financial Management Oldtime Baseball Game, poses for a photo with young fans Matteo and John.



Tommy Betschart greets Paul Wahlberg. Betschart, whose mother Annie moved to The Boston Home in 2023, is the owner of game sponsor 360 CPR. Dorchester native Paul Wahlberg grew up near The Boston Home. His Wahlburgers team served up concessions for the game.



Director of Admissions Kristy Ford teams up with resident Bob M. to sell game programs. The Boston Home was proud to have many staff and resident volunteers in attendance, as well as family members and corporate partners to help with all aspects of the fun event.

# Bit! Builds Connections on The Boston Home Campus and Beyond



Above: Virtual B.Fit!
participants Lisa (left) and
Mary (right) get to know
each other in-person at
Lisa's home in Acton, MA.

Right: B.Fit! Program
Director Emily Lakis was
delighted to welcome
Mary to The Boston Home
on her visit from Ohio.

The Boston Home's B.Fit! wellness program first began offering virtual sessions as a necessity of the COVID-19 pandemic. Today, virtual B.Fit! has become a necessity in an entirely different sense. It is a valuable outreach tool, that helps individuals living with multiple sclerosis and other progressive neurological disorders forge strong connections, without the transportation challenges that many people with advanced disabilities face in traveling to in-person programs. Virtual B.Fit! also helps to fill the need for supportive, life-enhancing programming for people who live in geographic areas where no organizations like The Boston Home exist. Victoria Stevens. Director of Communications notes: "We frequently receive inquiries from people across the country who have found The Boston Home online, asking for resource recommendations in their state. Unfortunately, there often isn't anything comparable near their home. It is wonderful that we can offer people who are reaching out for support a chance to connect with our community through virtual B.Fit!, no matter where they live." B.Fit! Program Director

Emily Lakis has seen first-hand the power of B.Fit! to reduce isolation, and make a positive change in participants' lives: "After meeting every Tuesday on zoom over the course of several months for virtual B.Fit!, two strangers from different states developed an immediate connection. So much so that, Mary got on a plane from Cleveland, OH and was welcomed into Lisa's home in Acton, MA for a vacation. Mary ended her stay by coming to meet more of her virtual B.Fit! friends in-person at The Boston Home. Mary and Lisa both said the same thing about each other "She is just as wonderful in person as she is online!"

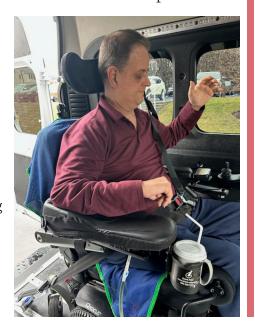
## Moving Forward with a New Van



As 2023 came to a close, The Boston Home celebrated achieving a long-standing goal: the purchase of a multi-wheelchair van for resident outings and activities. Since the pandemic, wheelchair transportation services have become scarce, and generally limited to medical transport. Relying on public transportation is often difficult, slow and frustrating for power wheelchair users. The Boston Home residents and staff have long dreamed of having a van that could transport several wheelchair users at once that could be used for outings to local parks and restaurants as well as special excursions to concerts, plays and museums. With a generous and unexpected grant from our steadfast friends at Cummings Foundation, the dream suddenly seemed within reach. However, The Boston Home still needed to raise over half the cost of the van, as well as the accompanying expenses of registering and insuring the vehicle. The Boston Home launched a Go Fund Me campaign, as well as reaching out to our community for support directly through our newsletters and website. The response was

wonderfully enthusiastic. Thanks to the support of friends and family members who contributed to the van fund, the Gail's Girls Witches Walk fundraiser, and support from EMD Serono, The Boston Home was able to accept delivery of the new van on December 6, 2023. Staff have received training in boarding and securing passengers with a goal of beginning to use the van for spring outings in 2024. Oh the places we'll go!

Above: Staff celebrate receipt of the van. Right: Marc L. assists staff as they learn to board and secure wheelchairs in the new van.



#### CASA-MS Research Updates

One of The Boston Home's most impactful research partnerships is the CASA-MS collaboration with the University at Buffalo Neuroimaging Analysis Center (BNAC). With Phase 1 of this ground-breaking study complete, the research team is sharing the compelling results, which strongly suggest that the volume of brain lesions, the bio marker most widely used to determine multiple sclerosis disease progression, is neither proportional to, nor indicative of, the degree of severe disability in patients. These results were reported in poster sessions at the annual Americas Committee for Treatment and Research of Multiple Sclerosis (ACTRIMS) in San Diego in February 2023, and at the European Committee for Treatment and Research in Multiple Sclerosis Forum (ECTRIMS) in Milan, Italy in October 2023. "The absence of material differences in white matter brain lesion burden means this is not a significant driver of severe disability progression, despite the fact that many MS disease-modifying treatments are focused on slowing accumulation of white matter lesions," said Robert Zivadinov, MD, PhD, principal investigator and Director of BNAC.

A November 2023 article published in Multiple Sclerosis Journal, "Auditory Test of Processing Speed: Preliminary Validation of a Smartphone-Based Test of Mental Speed," highlights an important new assessment tool developed through the CASA-MS partnership. In a presentation at The Boston Home in July 2022, researcher Zachary Weinstock noted that the Auditory Test of Processing Speed (ATOPS) represents an important potential alternative to the Symbol Digit Modalities Test (SDMT), which is considered the "gold standard" for assessing information processing speed. "The SDMT requires sufficient vision to complete the test, which means it is not always usable for people with multiple sclerosis (MS) whose vision may be significantly impacted by optic neuritis. ATOPS takes vision out of the equation, because hearing tends to be better preserved with MS than vision, and with hearing there are options such as hearing aids that can help. This is one new way that we hope to ensure that people with MS are being evaluated regardless of the status of their vision." For more information about CASA-MS findings, please visit our publications page at thebostonhome.org/partnerships.



#### Who Lives at The Boston Home?

Age: Gender: 33'54 17% 33% Male 55'64 36% 67% Female

65-74 34%

75+ 13%

Living with:
Multiple Sclerosis 86%

Cerebral Palsy 2% Parkinson's Disease 2%

Encephalomyelitis 2%

CVA

Neuromyelitis Optica Muscular Dystrophy Leukodystrophy Huntington's Disease Brain Tumor

Traumatic Brain Injury

Veterans-Doctors-Nurses-Teachers-Social Workers-Mothers-Fathers-Writers-Artists-Executives-Engineers-Attorneys-Advocates

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### Resident Paula Di win Barbara Housin, who bought Pages as a singing and the annual resident Att Show.

#### Resident Bob D. and Activities Assistant Entire enjoy a vivi from Ellie's Treats Ice Oream Truck.

8%

# From Daydream to Beautiful Reality

#### New Garden Opening at Front of Campus

On July 26, 2023, The Boston Home celebrated the 33rd anniversary of the signing of the pivotal Americans with Disabilities Act, National ADA Day, with the ribbon cutting of our new, accessible garden, designed as a beautiful, inclusive space where all can enjoy the peace and serenity of nature. Access to nature has been shown to play a powerful role in supporting both physical and mental well-being. With help from Ryan Associates Landscape Architecture and Planning and Phil Mastroianni Corp. Landscape Construction a once unused space has become an accessible oasis!









#### Our staff are dedicated and diverse:

78% Black/African American

17% White

3% Hispanic

2% Asian

27% Male

73% Female

6% 20-29 years

40% 30-50 years

40% 51-64 years

14% 65+ years

In January of 2023, we welcomed new nursing leadership to our team:

Jim Sugrue,
Director of
Nursing, (left)
and Mamata
Maharjan,
Assistant Director
of Nursing (right).









# Congratulations! Our annual Service Awards ceremony recognized twenty

Our annual Service Awards ceremony recognized twentyseven staff members celebrating work anniversaries of 5 to 35 years, with special recognition of Marilyn "Mal" Maloney (center), who retired after over 40 cumulative years of service to The Boston Home.

Award Recipients pictured left to right, top to bottom: Shannon Hills, 10 years, Jean Michel Thomas, 10 years, Marilyn Maloney, 35+ years, Pierre Destin, 5 years.



# Our Board of Trustees



100%
Engaged,
Committed
Passionate!

"The Boston Home's Trustees bring widely varied perspectives that inform our work, from individuals and family members personally impacted by multiple sclerosis to those with a clinical background in neurology and disease modifying therapies. Others represent the diverse communities of our staff and campus neighborhood. In addition to sharing their time and expertise, 100% of our Trustees contributed financially to The Boston Home in 2023. We are proud of this meaningful, unanimous commitment to the fundraising goals that are essential to fulfilling our mission."

- Randy Hawthorne, Board Chair





Top: Trustee Maureen Feeney (right) joins CEO Christine Reilly (center), family volunteer Kathleen MacDonald (top) and Al Davis (left) of Fair Foods for a bi-weekly distribution of free groceries to staff. Above left: Trustee Samantha Budd-Haeberlein and her son Karl Haeberlein serve breakfast to overnight staff during National Skilled Nursing Care Week. Above right: Resident Bob D. and Board Chair Randy Hawthorne enjoy the Oldtime Baseball Game.



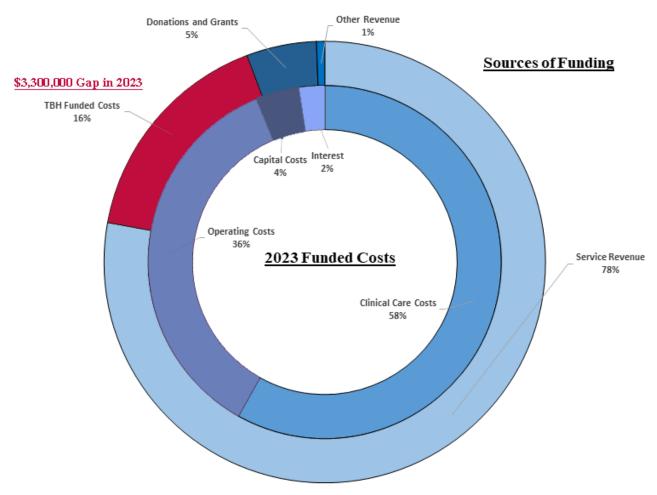
Above: Trustee John Woodard discusses the art of model shipbuilding with residents. Woodard built a model of the locally-built 1885 America's Cup winner Puritan as a gift to The Boston Home, installed in the John Woodard Living Room in celebration of his 50th year as a Trustee of The Boston Home.



Above: Trustee Cherlie Magny-Normilus, Ph.D., whose research focuses on diabetes in Haitian communities, holds an information session for staff of The Boston Home who had questions about new government processes for sponsoring immigration applications.

# Bridging the Funding Gap

#### Sources and Uses of Funding in 2023



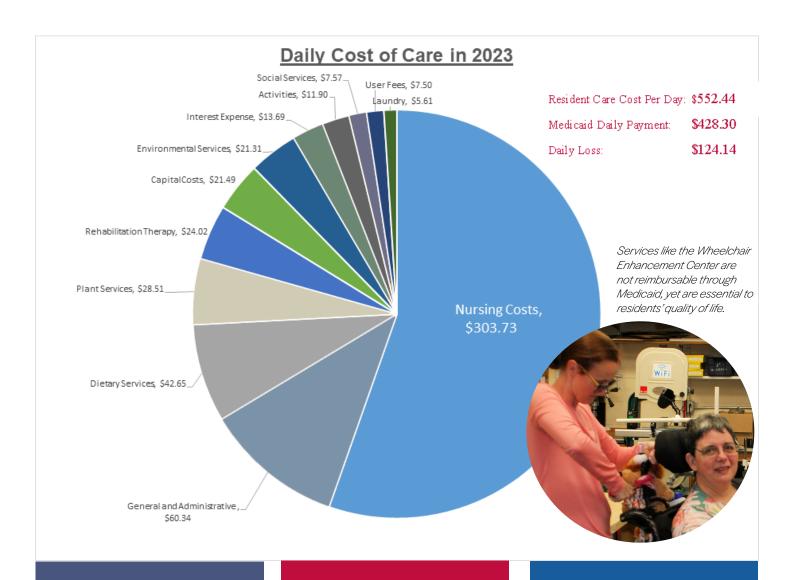


"The Boston Home provides a critical safety net for adults with advanced disabilities who need 24 hour care and assistance with activities of daily living. More than 9 out of 10 residents are recipients of Medicaid, which funds only 3/4 of the cost of care. We are fully committed to bridging the funding gap to provide dignified, lifeenriching care for everyone we serve."

- Fran Murphy, OFO

Left: Resident Suze B. with Kerry Donohue, Activities Director Photo by Joy Macanfoldor

# Providing a Safety Net



94%
of Residents are
Medicaid
Recipients

77%
of the daily cost of care is reimbursed by Medicaid

23%
of daily cost
of care is nonreimbursable, met
by fundraising &
endowment draw

## 2023 Donor Honor Roll Thank You for Your Generosity

\$100,000-\$250,000

Commonwealth of Massachusetts

EMD Serono, Inc.

\$50,000-\$99,999

Cummings Foundation
David & Deirdre Hatch
Rita A. DiMento Foundation

Rosalyn & Richard Slifka

\$10,000-\$49,999

AstraZeneca Pharmaceuticals

Carliss Baldwin & Randolph Hawthorne Geriatric Medical

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National Multiple Sclerosis Society

Sanofi Genzyme

The Jacquemin Family Foundation Water Cove Charitable Foundation

\$5,000-\$9,999

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\$1,000-\$2,499

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Jennifer Veitch

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Susan Volpe

Terri Walleston

Gail Walleston

Cynthia Walsh

Natalie Weare Paul Weisberg

We're All In This Together

R. Thomas & Carolyn Westhoff

Kim Whiteley

Helena Whitney

Victoria Williams

Sean Williamson David Wnuk

Mur Wolf

Erica Wright

Adrienne Zurenko

"What TBH has created for people with disabilities like Brian, is a beautiful sanctuary with dignity and respect. The relief we feel, that Brian is at TBH, is immeasurable. Thank you, from the bottom of our hearts, for all that you do."

-Brian's Grateful Siblings

Below: Resident Brian C. enjoys the June 2023 Garden Party with his family and CEO Christine Reilly.



# The Boston Home Giving Societies

honor those whose generosity and commitment have sustained our mission of compassionate care and innovative life enhancing programs since 1881. While these Giving Societies have been created in appreciation of the philanthropists who helped to establish The Boston Home in its early days, they continue to grow, along with The Boston Home community, through the induction of new members who support our mission today.

FOUNDERS SOCIETY \$500,000+

Yawkey Foundation

LEADERS SOCIETY \$100,000+

Carliss Baldwin & Randolph Hawthorne

The Boston Foundation Mary Catherine Calisto

George Collins

Commonwealth of Massachusetts

Cummings Foundation EMD Serono, Inc.

Gladys Brooks Foundation

The Montani Family Charitable Foundation

National Multiple Sclerosis Society

P.I.Garden Fund

Rita A. DiMento Foundation

Sanofi Genzyme

Rosalyn & Richard Slifka

Water Cove Charitable Foundation

INNOVATORS SOCIETY \$50,000+

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The Carl and Ruth Shapiro Family Foundation

Carol Chicarello

Christopher & Dana Reeve Foundation

Citizens Bank

Fighting MS for Pino Charitable Foundation, Inc.

Daniel Flatley

James W. & Jean C. Hunt Jr.

The Jacquemin Family Foundation, Inc. Massachusetts Rehabilitation Commission Massachusetts Technology Collaborative

MedLaw

The Family of Mary Jo Montani

Francis & Joan Murphy

Marva Serotkin LaRoyce Stevens

John & Linda Woodard

SUPPORTERS SOCIETY \$10,000+

Jon Aldrich

Patrick & Meg Barry

Blue Cross Blue Shield of Massachusetts, Inc.

Boston Evening Clinic Foundation

James & Patricia Brett

Brigham Trust

Cabot Family Charitable Trust

Carney Hospital

Codman Square Health Center Columbia Construction Company Commonwealth Corporation

Dan DiMarzio

Eastern Bank Charitable Foundation

Elizabeth & Frederic Eustis

Patricia Harris

Hartford Provision Company Foodservice Harvard Pilgrim Health Care Foundation

Norma Hatch Arthur Hindman

John C. & Eunice B. Morrison Charitable Foundation

Joanne Kelly Susan & David Levy Liberty Mutual

Dr. Timothy & Roslyn Lowney

Massachusetts Lifespan Respite Coalition Massachusetts Senior Care Association

McKeen Fund Medtronic Inc. David Montani, Sr. Elizabeth Morse John Morse

Dr. Mark & Patricia Ostrem Andrew & Christine Reilly Drs. Nancy & John Richert Robert F. White Associates Debby & Kurt Rockstroh Laura & Alex Saltonstall Lucinda Scott-Kellermeier Thomas & Nancy Sexton Virginia Soybel Steffian Bradley Architects Donna Summer Teva Pharmaceutical Verizon Matching Gift Program David & Louisa West

#### LEGACY SOCIETY

Carliss Baldwin Robert B. Brigham\* Mary Catherine Calisto\* Elizabeth Colburn-Moraites Randolph Hawthorne Karen Quigley Gennie B. Robinson\* The Saberi Family

\*Deceased

#### 2023 COMPASSION SOCIETY

American Provisions Natalie Jean Baptiste **Bred Gourmet** Cedar Grove Gardens Dana Cronin-Kuk Kerry Donohue Claudia Dufresne Ethos Cannabis Liz Fahev Family Medical Associates PC

Sean Flanagan Fratelli's Pastry Shop

Laura Freeman

Kerry Friedman

Fruit Center Marketplace

Tammy Hobart

Iane Hollinrake

Lower Mills Tavern

Frontline Impact Project

Lubetzky Family Foundation

Kathleen MacDonald

Nancy Mahan

Bob Mikolitch

Kathy Ouellette

Pat's Pizza

Red Sox Foundation

Lisa Spacco-Pearlstein

Marie Spindler

Swan Boats, Inc.

The Bowery

Camille Wood-Young

#### A Legacy of Compassion & Innovation

#### The Boston Home Giving Societies

#### FOUNDERS SOCIETY RECOGNIZES LIFETIME GIVING OF \$500,000 OR MORE

Established in honor of Cordelia Harmon who co-founded The Boston Home with Phillips Brooks, Rector Trinity Church, Boston, in 1881. Cordelia Harmon dedicated her life to serving those in need. Cordelia Harmon realized her vision for a more compassionate way of caring for people with long-term illnesses and disabilities through the establishment of The Boston Home. Upon Cordelia Harmon's death, Phillips Brooks wrote, "She was a good, true woman, and the amount of help which she has given to the poor, and comfort to the suffering is incalculable...It was a hard life, but I do not know where we could see a more useful one."

#### LEADERS SOCIETY RECOGNIZES LIFETIME GIVING OF \$100,000 TO \$400,000

Established in honor of Philips Brooks, who was the Rector of Trinity Church, Boston, a well-known author and orator, and the co-founder of The Boston Home. Following Cordelia Harmon's death in 1883, Phillips Brooks was instrumental in securing the long-term legacy of The Boston Home by garnering the support of Boston philanthropists. Upon his death in 1893, Phillips Brooks left a bequest of \$1,000 to The Boston Home, which helped to form the basis of the endowment that continues to provide support today. It was the only such provision in his will.

#### INNOVATORS SOCIETY RECOGNIZES LIFETIME GIVING OF \$50,000 TO \$99,999

Established in honor of the Cotting Family, whose dedication to The Boston Home contributed to decades of growth and innovation. Mrs. Ruth Cotting's 1926 bequest of \$50,000 benefited The Boston Home at a critical moment of growth as the organization embarked on the 1927 capital campaign to construct a new building, which The Boston Home continues to occupy today. Mrs. Cotting's son, Charles E. Cotting was a President of The Boston Home Board of Trustees and served as a dedicated Trustee for many years, from 1927-1984. The Boston Home's Charles E. Cotting Building is named in his honor.

#### BUILDERS SOCIETY RECOGNIZES LIFETIME GIVING OF \$25,000 TO \$49,999

Established in honor of the Codman Family; Charles R. Codman was the first President of The Boston Home Board of Trustees. First established in 1881 in a small house in Brighton, The Boston Home soon acquired the current Dorchester location, which was once the former Codman Farm, and open the doors of its new location on February 6, 1885, under Charles R. Codman's leadership.

#### SUPPORTERS SOCIETY RECOGNIZES LIFETIME GIVING OF \$10,000 TO \$24,999

Established in honor of the Weld Family; Mrs. William Weld's gift of \$10,000, c.1916, served to expand The Boston Home's campus through the purchase of adjoining land, which allowed for future growth with the construction of a new building a decade later.

#### LEGACY SOCIETY

Established in honor of Robert B. Brigham, whose 1900 will left an annual provision which The Boston Home continues to receive today. The Legacy Society recognizes the generosity of individuals who support The Boston Home through a bequest. The Legacy Society carries forward our founders' vision of compassionate care for The Boston Home community today and tomorrow.

#### COMPASSION SOCIETY

Established in honor of Frederick L. Ames, who donated more than twenty acres of land in 1911 for the expansion of The Boston Home campus, the Compassion Society honors those who contribute to The Boston Home through in-kind support and the generous gift of their time and service.

