



# The ROGERSON RECORD

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## From The Desk Of President James F. Seagle, Jr.



Minding my own business, I was on my way to a meeting at Mount Pleasant Home when my cell rang insistently. It was Laurie Trilling. She said, “Jamie you have to get over to Longfellow House right now – we have an old lady up a tree!” Not every day do I get such a call from the unflappable Trilling, but here it was and she was clearly flapped. It seems that while we were removing some trees blocking windows, a requirement of HUD inspectors, an elder woman took exception. She climbed into her favorite tree (blocking her window) and would not come down. Sounds funny; but at that moment – not so funny.

As I raced to Longfellow my mind was zipping along, too. In my thirty-six plus years here, there have been some strange situations presented by elder residents and day program

clients but no one ever took to the trees. Her safe return to the ground was priority number one but what about the precedent and will the media beat me there? One thing I knew for certain, if Katie Couric were going to be interviewing anyone about this act of civil disobedience, odds were way against the large, established housing management corporation being represented. In incidents like this, those reporters go right up the tree!

Walking up the sidewalk, I saw our staff – Laurie, Heather Orodener, Scott Walsh, Jim Kane and Anne Smith – all looking rather strained. There was an array of police officers, some tree people (arborists) and of course one elder person settled into the branches of a tree about four feet up. Laurie whispered to me, “She won’t come down; we have all tried to talk to her and so have the police.” I looked up into the face of a very defiant elder woman who was clearly stressed and hanging on with fingers significantly affected by arthritis.

“I’m Jamie Seagle, President of Rogerson Communities. I want you to know that I built this garden and planted that tree you’re in,” I said, taking the

Continued inside

## Ch-ch-ch changes A Slice of Rogerson Life



Rogerson Egleston ADHP does Oprah! New Rogerson Egleston ADHP Activities Coordinator Cheryl McNeil chats it up with day program participants during the new talk show in the Egleston day program.

People say the only thing that stays the same is change. Although some folks are uncomfortable with change, we here at Rogerson embrace it. Whether that change comes in the form of new programs or activities, or new carpet and upholstery, employees at Rogerson continue to strive to offer a high quality experience to day program participants and residents.

At Rogerson Egleston ADHP, the newest change has been something to talk about – literally. They launched a wonderful new activity: a talk show. The staff play the part of show hosts, and day program participants shine as esteemed guests. Recently, hot topics included: *The Cheating Gene: Real or Not?*, *ADHP Food Review*, and *Exercise: When is it Enough or Too Much*. “Our new Activities Coordinator, Cheryl McNeil, made an awesome host. Ashley Barros, Program Assistant, even did a hilarious advertisement for Maybelline lipstick. When the subject is hot, there’s no need to prompt participants. The subject of food in the program was, by far, the liveliest topic from both angles,” says Paula Tishel, Rogerson Egleston Program Manager.

Another ADHP is planning changes of another kind:

Continued inside

## Employee Profile

### Barbara Flynn

(The following is reprinted with permission from Epiphany School, an independent, tuition-free middle school for children of economically disadvantaged families from Boston neighborhoods. Learn more about it at [www.epiphany.com](http://www.epiphany.com).)

Last spring, Epiphany school graduate Kareem Ferguson (Class of 2004) was searching for employment opportunities, working closely with Epiphany's Graduate Support Team. Through a school supporter, Kareem was connected to Rogerson Communities, where Director of IT Mary Moynihan was in desperate need of assistance. Kareem interviewed and was hired for the summer of 2009.

What followed is a true success story. For Kareem, the Rogerson position allowed him not only to train on the job, but to provide much needed hands-on help and also to take on significant responsibility. For Mary and her colleagues, Kareem proved "invaluable" on a host of projects. Rogerson has 50 computer workstations and a multitude of servers and printers. Kareem upgraded each workstation with new service packs for the systems and software; he built, configured and installed 10 new workstations; and he helped the staff resolve computer problems on an ongoing basis. As Mary puts it, "Kareem exhibited professionalism and a good work ethic, in addition to doing quality work."

Kareem is now studying technology management in his freshman year at Wentworth Institute of Technology. He has continued to work at Rogerson Communities part-time, and worked full-time



**Rogerson Director of IT Mary Moynihan and Kareem Ferguson trade top-secret IT tips.**

during his holiday break. Mary and Kareem look forward to working together in the future during his next school break. "It's wonderful to be given responsibilities and support, and it feels good to be able to help people at Rogerson," says Kareem. "Mary is a great person, and everyone at Rogerson Communities is very helpful and kind."

Epiphany is grateful to Rogerson for giving Kareem such a wonderful opportunity and pleased that he has been such an asset for them. We serve people at opposite ends of the age spectrum, but we clearly share a passion for our respective missions. Epiphany supports many talented and hard-working graduates who seek internships and jobs during their long summer recesses. Most older graduates have completed resumes, and we are reaching out to school supporters to encourage them to learn more about these fine young men and women.

### From the Desk (Continued)

initiative. "So why are you being so stupid as to cut it down," she said, taking it right back. She had heard all the explanations about HUD, the window blocking, the roots undermining the building, etc. The situation was deteriorating, so I said, "What do you want?" "I want proof that it has to come down, and I want it in writing and notarized that there will be no cutting today," she emphasized. I took a pad and let her dictate the terms, only adding that we will be allowed to prune it back from the other people's windows. I signed and she asked the police to witness. They demurred, which caused her to erupt "twenty kids tearing up the park – I call and call and none of you show up – then there's six of you when the old lady goes up the tree – go home!" Anne Smith stepped forward and said "I'm a notary, is this your free act and deed?" I said "yes it is" and our elevated elder accepted the contract.

There proceeded an elaborate process of extracting her intact. Scott and I were helping place her feet while she had trouble unclenching her gnarled fingers and unbending creaky knees. She let me know coming down that she also suffers serious diabetes and heart trouble. (Wonderful!) Once she was on terra firma the sergeant called me aside. "Next time you take trees down, you probably should get a detail" she said, nodding authoritatively. First I thought it was a joke; it wasn't. "Well, if it only happens every thirty-six years or so, how could it hurt?" I said.

Now comes the moral of the story. First of all, if you find an old lady up in a tree, don't leave her there; this is not usual — she does not belong up there. Kidding aside, the true moral is that we should honor real courage when it presents itself, old, young or middle aged: it's rare. This woman, albeit selfishly, took an act of defying authority that might have landed her in the hospital or possibly out on the street. She was willing to risk it all for something she truly valued: that tree, its shade, its privacy, its birds. She demanded and deserved serious consideration; she was engaged at an essential level. We should also honor an elder woman, nearing the end of life, who will grab a limb and hang on until that smart kid in the suit down there gets a clue.



**CALLING ALL TENNIS PLAYERS!**  
Rogerson Egleston ADHP needs your old tennis balls for day program participant walkers. Call or email Paula Tishel today to donate: (617) 427-5505 or [tishel@rogerson.org](mailto:tishel@rogerson.org).

## Sesquicentennial! American Events of 1860



Organized baseball is played in San Francisco for the 1st time (FEBRUARY)

Rogerson Communities founded as The Home for Aged Men in the South End (APRIL)

South Carolina is the first state to secede from the Union (DECEMBER)

# 1860

The Pony Express begins its first run from Saint Joseph, MO to Sacramento, CA (APRIL)

U.S. Secret Service is created (JUNE)

First aerial photo taken, from a balloon in Boston (OCTOBER)

# 1861

Abraham Lincoln is elected as the 16th President of the United States (NOVEMBER)

### A Closer Look (Continued)



Rogerson Roslindale ADHP participants (l) Carol Jones and (r) John Hynes bowl some strikes with the coaching of Program Assistant Kristina Parker(c).

a large-scale face-lift. Rogerson Roslindale ADHP – Rogerson’s flagship adult day health program which serves over 129 participants per week – is in line for new carpet, paint and more. The kitchen has been updated already, and the common areas are next, once adequate funds can be raised. Last year, the Rogerson Roslindale Dementia Day Program got a gorgeous overhaul in the fall, complete with one-of-a-kind artwork donated by The Art Connection. Program participants are enjoying the bright new space, and think the art is a major addition to the decor.

And on the program side of Rogerson Roslindale ADHP, Activities Coordinator Kellee Lee is also on the move with program participants. She’s using a Nintendo *wii* dance game to get people up and boogying! “I have the game at home...and I thought I’d bring

it in and try it. The first day we tried it we invited Program II folks over as well – there was a 90 year old woman doing the mashed potato – it was a riot! All the clients (and the staff) were totally into it, and really sweating!” Kelly says they also bowl and play basketball and skee ball on the *wii*, “They are really competitive – really scary,” she joked, “and when they play...watch out!”

Mahatma Gandhi said “You must be the change you want to see in the world.” Kudos to all you Rogerson folk who truly take those words to heart, all to the benefit of our residents and day program participants. What exciting changes are coming next at Rogerson properties and programs, you ask? Well, that will be up to you.

## News & Events



Rogerson Egleston ADHP welcomes volunteers big (and bearded) and small (l-r): Caroline Williams, her 1 yr. old daughter, Laura Jane Williams, Mike Tishel, and Sophia Maria Anastasoae.



Rogerson House residents (l-r) on a trip to Salem, before the holiday rush: Amy Fitzpatrick, Sylvia Naden, Gilberte Gauthier (Rogerson House RCA), Lois Moore, Dottie Wright, and Gertrude Dubrovsky.

## The Rogerson Review

Books and movies that show elders and those with disabilities living meaningful and engaged lives are all around!

**The Movie** [Away From Her](#), a movie written and directed by Sarah Polley, starring Julie Christie

**The Reviewer** Teresa Boughner

**The Verdict** A couple has been married for 40 years and their relationship appears forgiving and sensually alive. Julie Christie’s character progresses with Alzheimer’s disease and she decides to go to a nursing home. She adapts well, but her husband (Gordon Pinset) is shaken by the fact he is not allowed to visit for 30 days. During that time, she nearly forgets him and she takes up with another resident who “is more like her.” It is an eerie, tender love story as we watch Pinset’s evolution. (Julie Christie earned a Best Actress 2007 Academy Award nomination for her role.)

Want to see this movie? Check out your nearest video rental store, Red Box location or Netflix!

## HR Focus Leyre Gillis

Director of Human Resources



In late January, a powerful earthquake shook the nation of Haiti and caused devastation to an extent the world is struggling to assess. We recognize that many of our

employees are from Haiti and may be experiencing grief and shock over these recent events. Our thoughts are with all of you during these difficult times.

Several employees have asked about how they can help Haiti recover from this disaster - there are many organizations accepting donations of money and items. If you know of any that you think would be particularly helpful, please contact Human Resources. Please be very careful when giving your money to a relief

organization. Unfortunately, scammers do exist in these times of great need - everyone who donates surely wants that money to go where it is intended.

In our work here at Rogerson Communities, we practice kindness towards our clients and residents every day. Let's be sure to take time to practice kindness towards each other, as well. Not just during these times that are difficult for part of our staff, but always.

I'd like to highlight the

Employee Assistance Program one more time. The service is free of charge and available 24 hours a day, 7 days a week. Please call, or have your family members call, if you or they are having a difficult time coping with any personal issues. The EAP can't magically solve your problems, but they can help to put you on a path towards taking control and feeling better. The number is: 1-800-316-2796.

## Healthy Rogerson

Heart Health: Eating & Exercise  
Teresa Boughner

We need fat for warmth but *excess* body fat is a different matter, and can lead to health problems in the future. However, if you burn just 10 extra calories a day, over the course of a year you will lose a pound of fat. If

you burn 150 more calories a day and keep your calorie intake the same, you'll lose 10 pounds.



To burn calories, try walking: start at five and work up to thirty minutes a day. Then turn your attention to nutrition: eating more steamed

vegetables will help lower cholesterol, as will cooking with "good" fats, like olive and canola oil. (Check out [www.mypyramid.gov](http://www.mypyramid.gov) for some guidelines.)

Compare food groups to the different liquids we put in cars. We don't put washer fluid in the gas tank, and we need oil if we want our engines to

run smoothly. In the same way, your body needs a variety of foods to run smoothly, including grains (make half your grains whole), vegetables, fruits, meats, legumes, milk or soy, and a tiny portion of fats and sweets. You'll be surprised: little changes in habits will reap great benefits over time!

## New Hires & Promotions

**Cheryl McNeil**  
Activities Coordinator  
Rogerson Egleston ADHP

**Francesca Ricci**  
Program Manager  
Rogerson Roslindale ADHP

**Monica Bishop**  
LPN  
Rogerson Roslindale ADHP

**Chantale Joseph-Auguste**  
LPN  
Rogerson Roslindale ADHP

**Linda Schreoni**  
Receptionist  
Rogerson House

(RIGHT) Rogerson hosted a luncheon for Florence and Roslindale House residents, after which the residents hosted a clothing drive. Residents seated (l-r) Angie Miller, Helen Jurewich, Joanne Prince, and Marlene Perry, and (standing l-r) Giovanna Russo, and Erica Fernandez, Resident Service Coordinator, and Assistant Property Manager of Roslindale and Florence House.



## Positions Available

Check out the Rogerson properties and programs that are currently hiring and a list of open positions:

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



## The ROGERSON RECORD

A Rogerson Communities Publication For Rogerson Communities Employees

Story ideas? News items? Comments?

Email [news@rogerson.org](mailto:news@rogerson.org) or call 617-469-5847.

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