



The ROGERSON RECORD

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



Well, September has been named “Healthy Aging” month and hopefully some will happen, but don’t hold your breath (especially if you are exercising). It seems with all the talk of healthcare reform and the out-of-control cost of healthcare, no one really wants to engage seriously in keeping people healthy. Only a small fraction of each “healthcare” dollar is spent on prevention, the rest is spent on taking care of people who are already sick.

Most of our residents and adult day health participants are low-income and have no education past high school. Did you know that this population has, on average, a ten year shorter life span than the more affluent and better educated in our society? Why would this

be the case if healthcare is not rationed or only marginally so? It is the case because the sources of healthy living are rationed (i.e. decent housing, nutritious food, avenues for exercise, socialization and mental stimulation). Visit an expensive retirement community some time -- it’s all there. They are lined up at the fitness center or the salad bar or waiting for the limo to the symphony. I say, “Good for them,” but they only account for 5% of the population. We need to spread healthy living if we are to afford healthcare.

Poverty equals poor health in many communities. At a recent presentation at The Boston Foundation, I heard a staggering statistic that demonstrates this. In Detroit, with a population of 800,000, there are just seven supermarkets. Where do people get fresh fruits and vegetables? You can bet it ain’t at Colonel Sanders or the 7-Eleven. You can look at each element of healthy lifestyle choices and find that poverty is a real barrier to accessing them.

But education is also a major factor. Advertisements for various

Continued inside

A Closer Look A Slice of Rogerson Life



Official White House Photo by Pete Souza

President Barack Obama, center, with AARP Chief Executive Officer A. Barry Rand, left, and AARP President Jennie Chin Hansen, right, participates in an AARP tele-town hall on health care Tuesday, July 28, 2009.

The proposed healthcare reform bill seems like more of an exercise in political football than bill writing. And yet, here at Rogerson Communities, it is important that we have a grasp on reform because (as we know) what happens in Washington can have a profound effect on the lives of our residents and day program participants.

In a tele-town hall meeting held on July 28, 2009, President Obama addressed AARP members and answered many tough questions concerning what healthcare reform means for people age 65 and over. Of primary concern to the 65+ crowd was whether they would lose their Medicare coverage, as well as what the phrase “end of life counseling” was all about.

Farnsworth House resident Arthur Levitski explained some of the fears that he has. “We need affordable healthcare, but I don’t want to see socialized medicine,” he explained. Adding, “Terms like ‘end of life counseling’ can be very unsettling,” in reference to the recent media scare claiming “end of life counseling” referred to encouraging euthanasia. Rogerson Roslindale Adult Day Health Program participant Hazel Bennett elaborated: “The bill is so confusing, because it has become a ‘he-said, she-said’ fighting match. You don’t know what to think anymore.”

At the tele-town hall meeting, President Obama calmed fears that

Employee Profile

Wendy Krueger

Rogerson House Music Therapist **Wendy Krueger** is one of those people you want to be around: calm, caring, and creative—it is no wonder why Rogerson House residents flock to her music therapy classes.

Wendy leads ten music therapy sessions a week as part of a larger effort to incorporate expressive therapies into every day life for Rogerson House residents and day program participants. Expressive therapies allow people with memory loss to express themselves through art, music, movement, and other creative means. As part of this initiative, Wendy leads percussion groups, songwriting sessions, spirituality and music groups, and singing groups.

Wendy came to Rogerson House three years ago after finding out about music therapy in a round-about way. “I am from a musical family, so I always thought that I would go in the performance arts,” Wendy explained.

“But then a piano teacher suggested that I might enjoy music therapy, and pointed me to an internship working at Sherrill House [a skilled nursing and rehabilitation center in Jamaica Plain]. It



Photo by: Lisa Natalichio

was at that time that my grandmother, who had Alzheimer’s disease, passed away. The entire experience fostered a deep connection with people with memory loss for me.”

That connection shows in all of Wendy’s interactions with residents. “The best days are the ones when it is so clear that the residents are benefiting from the music,” Wendy explained. “After one session, a resident told me, ‘It feeds my soul when I have music.’ That is why I do what I do.”

When Wendy is not working, she enjoys yoga, hiking, indoor rock climbing, and traveling. She has been to all but five states and has traveled in Europe as well. As far as souvenirs go, count t-shirts out. This Somerville resident collects rocks. “Whenever I go some place new, I like to pick up cool-looking rocks,” she explained. Let’s just hope she doesn’t have to move anytime soon.

From the Desk (Continued)

foods and drugs will never spell out the risk factors or alternatives. So where do you learn about keeping yourself healthy? It could be at school if there were still health or gym classes. Or it could be from your primary care physician if he/she had more than fifteen minutes allowed per visit. Average kids today eat poorly and only exercise their thumbs text messaging. Play is done through a screen not outdoors in the neighborhood. They will be the first generation whose life-span will be shorter than their parents since the founding of the country.

In spite of the foregoing (rant) I am glad that someone named September “Healthy Aging” month. Rogerson Communities can be proud that we think healthy aging is possible. We are working to relieve poverty by providing affordable housing and adult day health services. Also, we are teaching health through programs such as Fitness First, our nutrition classes, and the “A Matter of Balance” program. Our staff is able to spend time assessing health and providing direction often denied at the doctor’s office.

Healthy aging helps everybody. Let’s hope that more support will come so that it happens all year round and in many more places.

A Closer Look (Continued)

Medicare coverage would be affected and promised that people who like their insurance could keep it. Additionally, the President explained: “If [end of life counseling] is something that really bothers people, I suspect that members of Congress might take a second look at it. But [...] the intent here is to simply make sure that you’ve got more information [about hospice, for example], and that Medicare will pay for it.”

While the healthcare reform bill still has a long way to go before it is passed, politicians on both sides of the political fence are urging constituents to get informed. The website www.healthreform.gov is a great place to start. You can also contact your congress and senate members for more information.

Getting to Know Wendy

Favorite Book	Water for Elephants
Favorite Restaurant	FuGaKy in Brookline
Place of Residence	Somerville
At Rogerson Since	September, 2006
Hobby of Interest	Rock Collecting

Dignity, Longevity, Vitality Rogerson's Mission in Action

Grandkids, watch out. Grandma is getting connected! To the web, that is. As part of an innovative pilot program at Rogerson House, MyWay Village—a national leader in computer technologies for the 65+ crowd—is adapting programs usually used in non-dementia communities for a dementia-specific audience.

“There are two parts to this program,” explained MyWay Village Director of Connected Living Anna Hall. “The first part is a web-based communication tool, kind of like Facebook for elders,” she explained. “This piece will allow residents, care partners, and families to connect and communicate with each other. They can even share pictures.”

Hall added, “The second part of the program offers powerpoint presentations that people can either self-navigate or use with a family member or care partner. These presentations are based in expressive therapies and can help people with memory loss express themselves. They also provide a fun way for residents to communicate with their families.”

The final piece of the puzzle is the MyWay Village ambassadors that residents can work with on a one-on-one basis to learn new skills and improve brain health.

Hall explained that Rogerson House was selected to take part in this pilot program because of its excellent reputation for working with people with memory loss and dementia. “Rogerson House has a tremendous reputation in the field, and we are thrilled about the partnership,” Hall explained.

Rogerson House is thrilled as well.



Photo from: mywayvillage.com

Through MyWay Village, residents at Rogerson House will have the opportunity to participate in an innovative pilot program. Pictured here, residents from a different community interact with a MyWay Village ambassador through the program.

Executive Director **Betsy Ross** explained, “Through this program, residents will be able to interact with the computer in a way that is simplified, yet stimulating. Families will be have another tool for communicating, and I think that families will enjoying sharing and receiving photos.”

Residents are getting in on the excitement, too: “When I was living at home, I had an email account, but I didn’t use it a lot,” explained Rogerson House resident Gertrude Dubrovsky. “But I think that I would use the computer program at Rogerson House, especially if email addresses were already programmed in. I have 6 grandchildren, and it would be great to keep in touch with them this way.”

Hall hopes that the pilot program at Rogerson House will become a model for other dementia-specific programs. “I hope that this creates a whole new way for care partnering. I see it as a revolution. Without a whole lot of training, care partners and families will be able to have a really meaningful thing to do with their loved one.”

News & Events

Welcome to the Carnival

The flying Edwin Seda (aka Rogerson Roslindale ADHP Transporation Coordinator) and strong-man Kellee Lee (aka Rogerson Roslindale



Photo by: Lisa Natalicchio

ADHP Activities Coordinator) pose during the Rogerson Roslindale ADHP carnival. The event

was the result of Program Manager Kathy Poissant’s and Lee’s hard work, and featured balloon animals, a fortune teller, carnival games, and of course, the amazing flying Seda.

Who says nothing ever happens at Rogerson? Just the other month, the amazing flying Edwin Seda and strong-man Kellee Lee visited the Rogerson Roslindale Adult Day Health Program.

The Rogerson Review

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

The Movie [Buena Vista Social Club](#)

Director Wim Wenders

The Plot When the (long-since retired) greats of Cuban music decide to create an album, even they didn’t think it would be a success. But it was! This film documents the creation of a grammy-winning album, made by people in their 60s and 70s.

The Verdict This is a loving portrait of a forgotten music that is suddenly remembered again. It shows that a person can retire, and yet still have flair.

To read the book for yourself, check it out from Rogerson’s lending library, located in the Communications and Marketing Associate’s office at One Florence St., Boston, MA 02131.

HR Focus

Did you know that as a member of Tufts Health Plan you have access to their state-of-the-art Web tools (tuftshealthplan.com)? When you register at the secure Online Member Resource Center, you can access personal benefit information with the click of a mouse.

Members can:

- View their claims for services
- Review benefit details and limitations
- View applicable plan deductibles and accumulations to date
- Review copayment and coinsurance information for health care visits and other services
- Confirm applicable out-of-pocket maximum responsibilities
- View and confirm referrals and remaining visits available
- View in-and out-of-network benefits, where applicable
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- Access newsletters, brochures, and benefit-specific documents and provider and fitness center searches
- Visit the Member Discounts page to learn about opportunities to save on acupuncture, massage therapy, Weight Watchers, nutritional counseling, and Fitness Together Personal Training
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- Shipping address
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FastStart calls your doctor to get the prescription set up for mail order. Then you can order refills online or by phone – any day, any time. If you have any questions about Fast Start by Caremark, please call 1-800-462-0224 or visit www.tuftshealthplan.com.

Questions? Contact Human Resources Associate Chelsea Jurena at 617-469-5812.

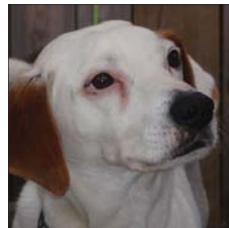
And all members can save time and money on prescriptions through MailOrder with FastStart. Getting started is easy: just call FastStart toll free at 1-866-281-0629 and be sure to have the following:

Healthy Rogerson

At Rogerson, we have always known the benefits of pet ownership. In fact, Rogerson was one of the first elder residences nation-wide to allow residents to bring their furry friends along when they moved into an apartment unit. But beyond being good company, pets can actually

contribute to overall health.

A recent study found that pet owners have lower blood pressure and lower cholesterol—putting them at a reduced rate for heart disease and other potentially fatal illnesses. Additionally, pet owners reported fewer head and stomach aches, less difficulty sleeping, and fewer visits to the



Director of Programs Sheila Place's dog Petie.

doctor. When you look into why pet owners fare better than non-pet owners, you just need to dig a little deeper to find a bone of truth.

Pets encourage exercise. When your dog is begging for a walk or your kitten is looking to play, they are also encouraging you to exercise. You may not think so, but a

simple walk around the block can automatically predispose you to a healthier lifestyle. Pets can also stave off loneliness, provide unconditional love, and give owners a sense of self-esteem and responsibility.

So before you go to sleep tonight, pet your best friend a little longer or take an extra loop around the block, because Rover might just be doing more for you than you think.

Positions Available

HR maintains a list of open positions.

To check out the properties and programs that are hiring and a list of open positions, visit www.rogerson.org.



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Story ideas? News items? Comments?
Email news@rogerson.org or call 617-469-5847.

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