



# Friends of the Russian Bilingual Services Program Newsletter

## The Joys and Challenges of Caring for Your Loved Ones

*Compassionate Care, Strong Community, Exceptional Staff*

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**Русская  
Программа  
HSL**

This issue of the newsletter is dedicated to our outstanding staff going above and beyond in their extraordinary efforts to provide quality care and home environment for your loved ones. For over 23 years, our staff have been the center and the heart of the Russian Bilingual Services Program. Currently, the program is serving 36% of the total patient population at Hebrew Rehabilitation Center (HRC) in Roslindale. The program is widely known and enjoys an excellent reputation in the community. We have created a unique environment for both patients and their families. Beyond excellent medical services, the program offers a strong sense of community and support from the people who provide care to your family members. Our Russian-speaking staff deserve the utmost respect for the exceptional work they do.

For the past three years our teams' strength and compassion have been tested in the most unprecedented way: COVID-19 pandemic, staffing shortages, high acuity of incoming patients, etc. You cannot be there in person to observe them on the floors interacting with your family members, but let me tell you that we should be profoundly thankful for the life-saving work they are doing under such extremely difficult circumstances.

Over the years, we have established a close relationship between HRC and the Russian-speaking community. We are extremely proud and appreciative of the work and support by our volunteers and donors. We believe that with your help we will be able to raise more funds to enrich the lives of our patients by giving them more choices and to support our staff by giving them various options for the professional career opportunities.

Thank you for your trust and support over all these years.

**Alexandra Dashevskaya, Director, Russian Bilingual Services Program**



## Our Featured Staff



**Alexander Kleynerman**

Alex Kleynerman is a skilled and compassionate health care provider with more than 20 years of experience. Since 2010, he has been proud to be a part of Hebrew SeniorLife staff. Born and raised in Orenburg, a city south of the Ural Mountains in the Russian Federation, Alex received his medical degree from Orenburg Medical Institute with a specialty in pediatrics in 1988. Following graduation, he worked as an emergency medicine doctor then volunteered to provide care to children in a clinic for those who were evacuated from Chernobyl after the catastrophic nuclear accident. In 1995, he and his family moved to the United States, settling in Brooklyn, NY until 2000. During this time, he pursued a nursing education at Regis College, graduating as an RN/NP. Since then, Alex worked in a variety of health care settings, including hospitals and rehabilitation centers, and worked as a visiting nurse, bringing years of experience and expertise to every patient treated. Throughout his career, Alex has been dedicated to providing exceptional care, utilizing his skills in acute and chronic medical conditions, long-term care, palliative care, sub-acute care, and hospital environments. He takes a compassionate and

holistic approach to his practice, focusing on comprehensive evaluations and individualized care. In addition to work, Alex's family is a great source of pride and joy for him. He has three incredible daughters and two lovely granddaughters. When he is not working or spending time with the family, Alex enjoys taking their dog for walks, caring for family chickens, and fishing.



**Marina Arye**

Marina came to the US from Moscow, Russia, when she was 13 years old. It was not easy moving to a new country, learning a new language, and adjusting as a teenager. The family briefly lived in NY, then came to Mass. where Marina finished High School. Marina attended UMass Boston, graduated with a BA in social psychology, and later earned an MS in the Gerontology Program, Management of Aging Services. She was a member of the National Gerontology Honor Society. Prior to joining HRC, Marina worked in senior services and enjoyed helping multicultural aging populations. She was able to build exceptional relationships with the elderly clients and their loved ones.

Marina says that after being at HRC for eight years she is honored to work for the organization that provides such exceptional support to vulnerable seniors who need care, and their families. Marina works a good deal with Russian-speaking families and she finds it very gratifying.



**Elena Fevraleva**

Elena and her family moved to Boston from Moscow in 2011. It was a completely new environment with its own share of challenges. Back in Russia, Elena earned a degree in accounting and economics, but here in the US she had to rebuild her life from the ground up. At first, she took English language courses and worked as a babysitter. Then, in 2013 she went to the Salter School and became a Medical Assistant. After graduating, she joined Hebrew Rehabilitation Center where she currently works as a Personal Care Assistant. Elena enjoys HSL's-provided training programs, which have helped her receive four professional certifications.

Elena takes her job seriously and always follows through. She is kind, compassionate, and knowledgeable. Patients love her. Elena says, "I like to care for my patients making sure they are comfortable and look beautiful. It is also very important that they feel at home and are happy here at HRC."

## Our Featured Staff



*Filipina Lopushanova*

Born and raised in Ukraine, Filipina worked as an accountant for two hospitals and a tuberculosis treatment sanatorium. During this time, she started a family and had three children. Those were challenging years, but Filipina did her best to give the kids what they needed even during the economic collapse of the former Soviet Union. After her children grew up, Filipina moved to Cyprus to seek better employment because the economy in Ukraine was weak. She worked as a caregiver for an elderly person for 10 years. During this time she learned the local Cypriot language, Greek. In 2012, Filipina moved to the US to live with her daughter and continued working as a caregiver. In 2016, she came to work for Hebrew Rehabilitation Center as a full-time Patient Care Associate. She likes her job at HRC very much. She is very compassionate and enjoys helping her patients. In 2022, she received an Employee of the Month award. Filipina is quite social and enjoys the work atmosphere where she gets to interact with patients and co-workers throughout the day. She has developed close friendships with several co-workers over the years. She feels the management of HRC is attentive, considerate of employee problems, and tries to accommodate their schedules. She especially likes how they organize holidays with special lunches and recognize birthdays with mini-celebrations. In her free time, Filipina likes to cook, and to grow vegetables and flowers. She enjoys going to Ukraine annually to visit her son's family and friends.



*Irena Spasova*

In 2015, an exciting moment happened in Irena's life --she and her husband won a green card lottery through the Diversity Immigrant Visa Program. Of course, the most difficult part was leaving family and friends behind in Bulgaria. Upon arriving to the US, Irena felt that she and her husband lucked out by getting jobs at Hebrew Rehabilitation Center. When they started their careers here, everything seemed so familiar: the hospital environment, patients, and a similar culture. Just like it was in Bulgaria where they had worked in the medical field. Irena shares, "working at HRC was a safe space for us." Irena and her husband live in the US by themselves. The rest of the family resides in Bulgaria. They have a son who is a pharmacist and a daughter-in-law who is pursuing an MBA degree. They are also proud grandparents of two. Irena says, "Bulgaria is our motherland and we go on vacation there every year. It is a wonderful country with beautiful nature, tasty food, and kind people". When Irena comes to work, she feels that HRC is her home. She says, "Every day I talk to people with whom I share a similar language and values. It is very important to me." Irena enjoys caring for patients, listening to their stories, and comforting them. The family members are grateful for her compassion, kindness, and empathy toward their loved ones.



*Anzhela Reshetnyuk*

Anzhela was born in the Donetsk region of Ukraine. She graduated from Odessa State Academy of Civil Engineering and the National Shipbuilding University of Nikolaev, majoring in Economics. In 2004, her family came to Michigan in the US. Three years later Anzhela and her husband relocated to Boston where their son was accepted to UMASS Boston. Anzhela says that it was like a wish coming true as she always wanted to settle in Boston. In 2009, she found a job at Hebrew Rehabilitation Center that allowed her to do what she enjoys the most – helping people. She passionately takes care of the elderly and appreciates the warm and collaborative work environment. Anzhela adds, "This stable career gave my son a chance to successfully finish the university and start his own independent life here in Boston. I will always be grateful for this opportunity." She admits that working at HRC also allowed her to rethink the meaning and purpose of life. Anzhela says, "God guides us throughout our lives. He directs our paths to a place where we belong, a place where we can be most helpful. Often times, we do not even realize it. I believe that God created men and women with a lot of potential. Our task is to discover that inner potential and carry it out in both our personal and professional lives."

# Happy Moments



*"Thank you for the exceptional care and for creating a positive and loving environment"*



*"You made our mom and dad happy on their Birthdays in our absence and created a real party for them! This is very hard to overestimate! "*



*"I would like to express deep appreciation for what you have been doing for my mom and other patients"*



*"It is your great achievement to bring together such a wonderful team of dedicated professionals"*



Bilingual Russian Program  
 Alexandra Dashevskaya  
 Program Director  
 1200 Centre Street  
 Roslindale, MA 02131

Phone (617)363-8425  
 Fax (617)363-8910  
 Email:  
 dashevskaya@hsl.harvard.edu

[www.hebrewseniorlife.org/russian](http://www.hebrewseniorlife.org/russian)

## Caring For Our Caregivers

Dear HSL Families and friends of the Bilingual Russian program. We appealed to you in the middle of the COVID-19 pandemic to show your appreciation to HSL staff and asked you not to take their work for granted as they cared for your loved ones through severe staffing shortages, at the great risk to their own health. HCL emerged from this experience stronger than ever, with a deepening commitment to protect our patients and support their families. However, as the pandemic is winding down and the federal and state governments are preparing to lift the Public Health Emergency in May, staffing shortages remain extremely challenging. In fact, Bureau of Labor Statistics (BLS) data indicates that nationally, nursing homes have lost more than 200,000 workers over the course of the pandemic and the nursing home workforce is at levels not seen since 1994. Although nursing homes added an average of 3,700 jobs per month over the last 9 months, at the current pace, nursing homes would not return to pre-pandemic levels until 2027. While all health care sectors are impacted by these staffing shortages, the impact on Long-Term Care is the most severe.

Here at HSL, we strive to provide the best work environment for our staff, offer competitive salaries and generous benefits, including career growth opportunities and tuition reimbursement. Although these conditions are generally much better than in other similar places, this work is very hard and we continue to experience staff shortages to this day. We rely on the funds generously donated by our supporters to cover the staffing gaps, provide additional services to our patients, hold appreciation events, and pay bonuses to our staff. In June of 2023, the Friends of the Bilingual Russian program will be initiating a special Fund Drive to support HSL staff who care for your loved ones. We urge HSL families and friends to come together as a community and support this effort. If you have any questions or want to volunteer for this fundraiser, please contact Galina Khatutsky at [gkhatutsky@yahoo.com](mailto:gkhatutsky@yahoo.com). Please put **HSL FUND DRIVE** in the subject line.

### **SUPPORT US FINANCIALLY - HELP IMPROVE OUR PATIENTS' LIVES**

- **Give a gift in honor of a special caregiver**
- **Donate in memory of a loved one**
- **Give to help us honor special occasions like birthday & holidays**
  - ⇒ **Give online (make a quick, secure online donation).**
  - ⇒ **Mail a check**
  - ⇒ **Double your gifts through Matching Gifts**

### **THANK YOU FOR YOUR GENEROSITY!**

Check our website at: [www.hebrewseniorlife.org/giving](http://www.hebrewseniorlife.org/giving) or  
[www.hebrewseniorlife.org/russian](http://www.hebrewseniorlife.org/russian)