



# Friends of the Russian Bilingual Services Program Newsletter

## Learn More about Hebrew SeniorLife Services

*“At every age and stage, HSL is here to provide you with the right care, in the right place, and at the right time.”*

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- **Thank you for your support:**  
[www.hebrewseniorlife.org/russian](http://www.hebrewseniorlife.org/russian)
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<https://careers-hebrewseniorlife.icims.com>

Русская  
Программа  
HSL

In this issue we describe **Outpatient Memory Care Services and Volunteer Services** at Hebrew SeniorLife (HSL).

**The Wolk Center for Memory Health** opened on our Roslindale campus in 2018. The Wolk Center provides Harvard Medical School-affiliated outpatient memory care services, in-person and virtually, for people living with cognitive symptoms or disorders, and for their families and caregivers, at any stage of the disease. We know that caring for a person who shows signs of dementia, whether due to Alzheimer’s disease or another cause, can be overwhelming. The Wolk Center is here to help you cope with the stress of a loved one’s condition and provide the resources you need to make informed decisions.

**The Volunteer Services Department** enriches the lives of our patients through all kinds of meaningful activities. Let’s support this department by volunteering time for either personal engagement or to share creative ideas. Even a brief activity brightens the day for patients, staff, and families. Volunteers play a vital role in improving our patients’ quality of life.

Volunteer Services needs your help, so please join the growing group of Russian Program supporters who serve as volunteers!

We welcome your questions, feedback, and suggestions. Thank you for your trust and support.

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



## THE VOLUNTEER ENGAGEMENT DEPARTMENT

The Volunteer Engagement Department at Hebrew SeniorLife is thrilled to be welcoming volunteers of all ages, backgrounds, and abilities, individually and in groups to all of Hebrew SeniorLife's communities. At HRC-Roslindale we have over fifty volunteers making a difference in the lives of our seniors by leading life-enhancing programs (including artistic performances), visiting patients one-to-one, assisting in the gift shop, working with occupational therapy, and more.

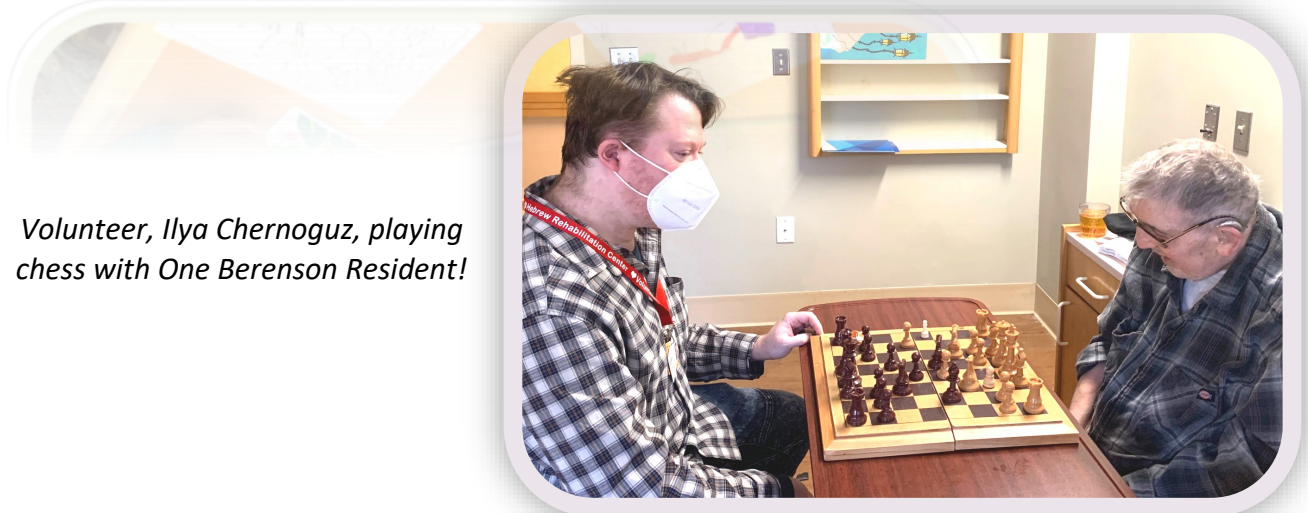
Olga Sokiran is one of our Russian-speaking volunteers who comes to HRC-Roslindale on Friday mornings to spend time with 1 and 2 Berenson residents through friendly visits. Working as an EMT showed Olga the isolation that seniors felt throughout the pandemic, so she chose to volunteer so that "more Russian speaking seniors can have someone to talk to, and hopefully brighten their day."

Olga says "My favorite thing about Roslindale is seeing how excited and happy residents get when they see me come and set up for arts and crafts activities, especially those that were more withdrawn and refused to participate when I first started coming."

If you or someone you know is interested in volunteering, please apply [here](#) or email



*Volunteer, Olga Sokiran, enjoys coloring with One Berenson Resident!*



*Volunteer, Ilya Chernoguz, playing chess with One Berenson Resident!*

## OUTPATIENT MEMORY CARE SERVICES

### FOCUS ON BRAIN HEALTH

It is really important to identify the signs of memory loss early. The problems may be caused by medication side effects or other chronic conditions unrelated to dementia and may be treatable. Early diagnosis is key, and lifestyle modifications, such as specific diet and exercise, can have a positive protective effect in early stages of cognitive impairment. Medications that slow the progression of some types of memory impairment are now available. And caregivers of people with memory loss can also benefit from care coordination, support, and help in navigating the available services and treatments.



In 2018, the CDC published a staggering statistic, derived from self-reported survey data: More than half of people with memory loss have not talked to a health care professional about this condition! Reluctance to seek care, along with the shame and stigma associated with loss of memory, as well as lack of knowledge about where to get help, often lead to unnecessary delays in care.

To address this huge need in the community, Hebrew SeniorLife established the Deanna and Sidney Wolk Center for Memory Health, which offers a unique set of services to support those with memory impairment and their caregivers—all in one location. The Wolk Center for Memory Health provides comprehensive outpatient care related to brain health and memory loss. The Wolk Center is committed to providing families and patients with answers, hope, and personalized interventions designed to slow the progression of symptoms and maximize quality of life.

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## OUTPATIENT MEMORY CARE SERVICES

### FOCUS ON BRAIN HEALTH

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Our interdisciplinary team includes specialists in cognitive neurology, geriatrics, psychiatry, palliative care, and social work who offer:

#### Assessment & Diagnosis

- Comprehensive assessment to identify contributing factors
- Facilitation of advanced diagnostic testing to guide treatment
- On-site cognitive behavioral neurologist and nurse practitioner

#### Clinical Treatment for Memory Loss

- Lifestyle modifications to slow cognitive decline
- Medications for dementia
- Palliative care for Alzheimer's disease and other forms of dementia
- Participation in clinical trials

#### Resources and Support for Living with Dementia

- Personalized resource coordination
- Individual and family counseling
- Support groups and caregiver education

So help is available for those who suffer from memory loss. Please learn more about the Wolk Center and tell your friends and family about this important community resource. Few other places offer such an incredible concentration of expertise and provide health care services that address the social and psychological needs of patients and their families.

#### ***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)