



Friends of the Russian Bilingual Services Program Newsletter

Promoting Emotional Health and Well-Being

In this Issue:

- **Editorial:** *Promoting Emotional Health and Well-Being*
- **Our Featured Staff:** *Vadim Bitskiy*
- **Our Featured Patients:** *Emmanuel Rashba*
Ioana Gorohovschi
- **Staying Engaged:** *Joys of Summer*
Patients' Testimonials
- **Staying Connected:** *A Change in Medical Record Documentation*
- **Thank you for your support:**
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Русская
Программа
HSL

One of the most commonly asked questions about Hebrew Rehabilitation Center is about the activities we offer to our patients. This should come as no surprise since activities create a stimulating environment, encourage socialization, increase patients' energy, improve their mood, and reduce depressive symptoms.

We can proudly say that at HRC we offer a full spectrum of group and individual activities and events tailored to our patients' interests. It is all about giving them a choice. The physical and cognitive abilities of our patients may vary, and we make every effort to support all functional levels appropriately. Our extraordinary Life Enhancement Team, Expressive Therapy Department, Nursing team, and Volunteers have helped make programming rich and enjoyable.

During the summer months, our main focus for programming is to get patients to our beautiful outside patio as much as possible so they can enjoy fresh air, entertainment, and cookouts. It takes a village to coordinate various outside programs. In addition, we are able to provide extra outside and inside concerts thanks to our donors' support. Kudos to our multidisciplinary teams who make it work seamlessly!

Alexandra Dashevskaya, Director, Russian Bilingual Services Program



OUR FEATURED PATIENT: EMMANUEL RASHBA



Emmanuel was born in Kiev, Ukraine. He was 13 when the war started in June 1941, and his family was able to escape the city just before it was occupied by the Nazis. After the war Em returned to Kiev and graduated from Kiev University in 1947. Unfortunately, these were the worse years of the state's antisemitism, and he had a very difficult time finding a job in the professional field. For five long years he worked in a factory, taught at a night school, and worked random jobs until he was able to join the Institute of Physics in Kiev as a researcher in 1957. He quickly became well known in the field of Semiconductor Physics, publishing a number of important papers. Em married his childhood friend Erna, and they have been married for 65 years. In 1966 the family moved to Moscow where Em was invited to join the famous Landau Institute of Theoretical Physics. In 1991 the family moved to the US. Em was blessed to have a successful professional career in this country working at the University of Utah and at Harvard. Unfortunately, Em contracted a debilitating neuromuscular disease, Guillain Barre Syndrome while attending a scientific

conference in Russia in 1997. He was fully paralyzed for more than a year, but was able to partially rehabilitate as the result of the amazing work of therapists at Utah rehab and also due to his own perseverance. In spite of severe limitations, he continued to live independently and carry out his professional work. For 15 years Em worked in the field of theoretical physics and travelled to conferences around the world with his wife, Erna. In 2022 he was awarded the prestigious American Physical Society award. Em contracted COVID-19 earlier this year and his health deteriorated fast. After a hospital and rehab stay he moved to Hebrew SeniorLife in May. Em loves to follow politics and to read about history. You may see him listening to his iPad Podcasts or books on tape. Thanks to the staff of Hebrew SeniorLife and family support Em is able to maintain his quality of life!

OUR VALUED STAFF: VADIM BITSKIY



Vadim graduated from Leningrad Medical Institute. After receiving his medical degree, he worked as an Infectious Diseases Doctor in the Arkhangel'sk region, city of Onega in northern Russia. Vadim admits that his experience helped him tremendously to acquire a lot of practical skills in various medical specialties.

Three years later he returned to Leningrad, now St. Petersburg, where he continued his career as an Infectious Diseases and Prophylactics Doctor. In 1996, Vadim moved to Boston, where for many years he has worked as a Certified Nursing Assistant helping elders. In November of 2015, he joined HSL where he has provided the same type of assistance since. Patients love him and appreciate his professionalism, kindness, and care.

Vadim has great communication skills and is the person to go to for many family members. Working at HSL has been a rewarding experience for Vadim and he is highly regarded by his coworkers. Being a true gentleman, he always brings flowers and cakes on Women's Day and other holidays. Vadim says, "The team camaraderie here helps nourish the development of trust relationships and build a better rapport with patients and their families." Vadim is an asset to the Bilingual Russian Program and Hebrew Rehabilitation Center.

OUR FEATURED PATIENT: IOANA GORHOVSCHI



Ioana was born in 1931 in a small village of Vasilkau, Moldova, which was part of Romania at that time. After graduating from high school, Ioana began studying at the Pedagogical University in pursuit of becoming a Biology and Chemistry teacher. She lived all her adult life in Ungheni, Moldova, a small beautiful town where she met and married the love of her life. Ioana reminisces how they built their own house and raised three wonderful children together. Ioana also shares that she had a true passion for growing flowers. Her garden was always blooming from early spring to late fall. After Ioana's husband passed away and all her children moved to the United States, she felt lonely. So she reunited with her family in Boston and has lived here for the last eight years. At first, she stayed with her daughter. Later, as her health deteriorated and she required round-the-clock care, she came to live at Hebrew Rehabilitation Center. Ioana really likes the Hebrew Rehabilitation Center and says, "The quality of the medical care I receive is excellent. Doctors and nurses follow me closely, helping me with everything. There are many interesting activities here and people to socialize with."

JOYS OF SUMMER: PATIENTS' TESTIMONIALS



We had lots of interesting activities outdoors this summer: both sport and cultural. They were amazing!



Acia is a very kind, responsive and tender person. She is a sunshine, always smiling and creating warm and loving environment.



Outdoor activities were great, especially when we all could gather together to talk, to listen to music. One of my favorite activities is playing domino and my permanent domino partner is Boris!



Our Life enhancement coordinator, Yana, has many wonderful ideas how to engage and entertain us. She is very creative!



It is important that representatives of culture could be invited more often. This summer I enjoyed Evtushenko's poetry.



We are outside every day enjoying exercises with the group on the patio and being among people. It's wonderful to have an opportunity to be outside for a good period of time during the day.

A CHANGE IN MEDICAL RECORD DOCUMENTATION

MEDITECH Expanse is a new HSL information technology system that goes into effect on October 1. It consolidates a patient's medical records into one so each patient has a comprehensive record that captures all documentation through our continuum of care. This means that the system will capture all medical data from outpatient services right through to inpatient admission and reduce duplication of medical records.

We have set up in-person, Zoom, and learning management trainings to ensure our more than 800 in-house and front-line employees are successfully trained, and ready for a seamless transition of care on October 1. In addition, more than 50 super users throughout the organization are trained to assist their coworkers as they all become comfortable with the new system during the first weeks of October.

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