



FRIENDS OF THE RUSSIAN BILINGUAL SERVICES PROGRAM NEWSLETTER

In this Issue:

- **Editorial:**
Looking to the Future
- **Post Pandemic:**
Thoughts from Our Staff
- **Staying Engaged:**
Victory Day Celebration
- **Staying Connected:**
Letter from Friends of the Bilingual Russian Program
- **Thank You for Your Support:**
www.hebrewseniorlife.org/russian
- **Explore Careers:**
<https://hebrewseniorlife.applytojob.com/apply>

Русская
Программа
HSL

Looking to the Future

While it has been an incredibly challenging year, I would like to share the reasons why we believe our community is stronger than ever, with life continuing to improve each day, here in Roslindale.

From the very beginning we have been very transparent about what we know and don't know about the pandemic. Today, because of the thorough COVID-19 testing program and a near-universal vaccination rate among our patient population and staff, we are thrilled to say that normal life is coming back. This includes having meals together in the dining-room, group activities on the floor, live concerts in the Synagogue, and most importantly, family members who are vaccinated may visit their loved ones on the unit any day without an appointment.

We will continue to use our newly acquired technological skills, such as FaceTime and Zoom calls, to update you about the latest policies and to answer your questions.

I truly feel more grateful than ever for your ongoing support of our program, and very proud of our amazing staff. They stepped in and did what they needed to make sure your loved ones were safe, while staying engaged and connected with each other and their families.

Alexandra Dashevskaya, Director, Russian Bilingual Services Program.



SOME THOUGHTS FROM OUR STAFF IN THEIR OWN WORDS

At Hebrew SeniorLife, it's in our DNA to constantly look at how we can improve our care for seniors. However, during this pandemic, our staff took that commitment to a whole new level, in ways that will have a dramatic and lasting impact – for the better. A once-in-a-generation, monumental challenge like this requires nothing less than a complete commitment. HRC staff poured their hearts and souls into supporting our patients, not just their physical health, but their morale, trying to reduce the sense of isolation and ease their loneliness, all at the same time as worrying about their own health and the well-being of their families.



I tried to stay ahead of the virus from the perspective of infection control practices, resource management, available treatment options, and now vaccination. All in order to protect our patients, our amazing staff, family, and friends. We gained valuable experience and now we know that we are much more resilient and adaptable than we thought before.

- Dr. K. Bakaev



It was a lot of work, and everyone stepped up to the plate to keep our patients safe. We were learning something new every day. I feel grateful to all my wonderful co-workers. I am looking forward to seeing families back together, walks outside, concerts in the synagogue. - Bozhena



I will never take washing my hands for granted, again! The camaraderie and willingness to help each other overcame obstacles we faced. Looking forward to not having to wear a mask, being able to enjoy a nice meal with friends at a restaurant, and just everyday living. - Evoney

Everyone tried to stay positive and support each other. I reconsidered my understanding of the advanced age. During this time helping patients with hair services, made me feel good. I stopped worrying and my faith keeps me going. - Valentina



All my life habits and daily routines changed in different directions. I managed to pull myself together and helped my teams remain calm for everyone's sake. We learned to respect and appreciate each other and to keep only positive emotions in our hearts and minds. - Nadejda



Initially, it was fear and panic, because of so much uncertainty surrounding the virus. Now, that it's almost over, we hope that little by little we will return to normal life. I am optimistic about the future. - Irena

“

I had a feeling of uncertainty and fear. The lesson we learned is that people should follow the guidance of medical professionals and ignore hearsays. I missed in-person communication. Once the pandemic is over I plan to meet with my friends again and travel abroad to spend time with my family. - Nargiz

FROM VIRTUAL EVENTS TO LIVE CELEBRATIONS!

VICTORY DAY CONCERT

Never missed a year to honor our veterans! We are very happy to take care of them now!



"I recently moved to Hebrew Rehab. I attended my first concert here and I loved it!. Thank you so much from the bottom of my heart, it was pure joy!"



"What a wonderful celebration we had for Victory Day. We all enjoyed familiar songs and music. Everyone was singing along and some were dancing. Looking forward to more events like this! Thank you to our Russian Program for this memorable event."



Letter From Friends of the Bilingual Russian Program!

Dear HSL Families,

Please show your appreciation to the most remarkable staff at HSL!

The heroism and commitment staff members showed your loved ones during this pandemic was completely unprecedented. In general, health care workers bore the brunt of this pandemic, and cared for our loved ones at a great personal sacrifice. Nationally, more than 3,600 U.S. health care workers perished in the first year of the pandemic, countless others got sick and suffered serious physical and mental health challenges. Many, especially frontline caregivers, are burned out and are leaving the profession in droves. Please do not take their work for granted! When you visit your families, please stop and say thank you and let staff know how much you value their work and their commitment to their patients. To show our appreciation for the nurses and aides who care for our families, the Friends of the Russian Program are beginning to plan a series of staff recognition events, in addition to other fundraising activities to improve their working environment, morale, and to show gratitude for their hard work.



We would very much appreciate if you participated in these efforts. Even a small donation counts! If you decide to make a donation for this cause, please mark it "for staff appreciation event" and let Alexandra know about it.

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 or www.hebrewseniorlife.org/russian

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

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