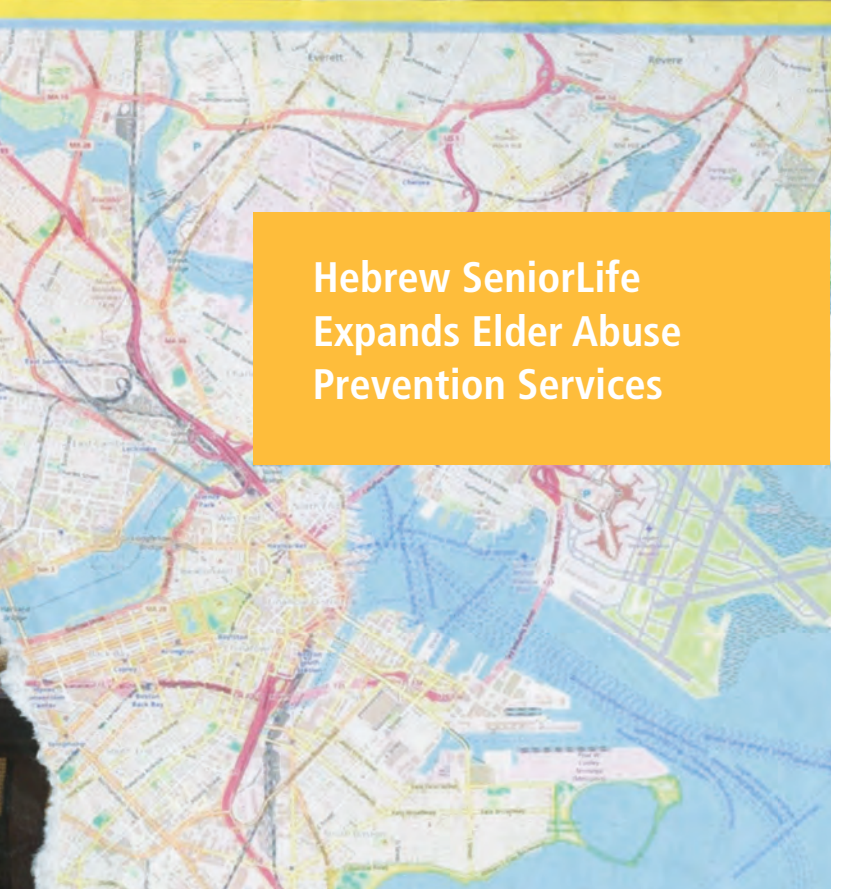


inspire

A publication for Hebrew SeniorLife supporters



Hebrew SeniorLife
Expands Elder Abuse
Prevention Services

inspire

Inspire is published by Hebrew SeniorLife.

Katelyn Quynn
Chief Development & Board Relations Officer
KatelynQuynn@hsl.harvard.edu
617.363.8295

Dena Groutsis
Executive Assistant
DenaGroutsis@hsl.harvard.edu
617.363.8206

Laura Katz
Sr. Director, Institutional Giving, Digital Fundraising, & Special Projects
LauraKatz@hsl.harvard.edu
617.971.5785

Amanda Leberman
Assistant Director, Annual Giving
AmandaLeberman@hsl.harvard.edu
617.971.5792

Teresa V. Lisek
Sr. Director of Philanthropy
TeresaVLisek@hsl.harvard.edu
617.971.5788

Tina Manuel
Development & Strategic Planning Manager
TinaManuel@hsl.harvard.edu
617.971.5783

Anne Powers
Sr. Director, Development Operations
Powers@hsl.harvard.edu
617.971.5782

Carol Snow
Manager, Major & Planned Giving
CarolSnow@hsl.harvard.edu
617.971.5780

Stacey Weinbaum
VP of Board Relations, Events, & Leadership Engagement
Weinbaum@hsl.harvard.edu
617.971.5790

Editor:
Ilana Coolidge

Writers:
Ilana Coolidge
Cricket Kaminski

Photography:
Leise Jones
Jenna Joyce
Tom Kates
Christine McShane
Matt Teuten

Design:
kor group, Boston

Mural artist:
Alex Cook, Stonebalancer Art



“Your contributions enable us to keep growing as we provide our diverse array of services to those who need them the most.”

As I look back on 2024, I am proud of the milestones we've reached thanks to our dedicated donors. Your support has helped us to continue to redefine aging and ensure that older adults in the Boston area and beyond are living their best lives.

Here are just some of our accomplishments from 2024:


- We significantly expanded our affordable housing footprint with new apartments in Randolph and Dorchester, as well as plans for expansion in Brookline and Stoughton.
- Our 2024 EngAGE event drew 250 attendees who heard from Governor Maura Healey, TV host Andy Cohen and his mother Evelyn, and our honoree Howard Cohen.
- The Hinda and Arthur Marcus Institute for Aging Research continued its groundbreaking research on aging. Among the grants received from the National Institute on Aging was one to explore the impact of probiotic/prebiotic medical foods on bone health.
- Hebrew SeniorLife Hospice Care commemorated ten years of service bringing meaning and fulfillment during the final stage of life.
- Our elder abuse prevention services have continued to expand to provide services to the greater community, which you can read about in this issue of *Inspire*.

This issue also includes recognition for those who generously donated to Hebrew SeniorLife during Fiscal Year 2024. Your contributions enable us to keep growing as we provide our diverse array of services to those who need them the most.

Thank you again for your loyal support. We hope you enjoy this issue of *Inspire*.

Katelyn Quynn
Chief Development and Board Relations Officer

EngAGE 2024



“What I admire most about Hebrew SeniorLife isn’t just the work you do, but how you do it...You’ve redefined aging as a positive, well-supported, and communally valued experience.”

– Massachusetts Governor Maura Healey

Wolk Center Launches Free New Brain Health Guide

Are you keeping your brain healthy?

Brain disease is a greater cause of disability than cancer and cardiovascular diseases combined. Aging is the top contributor to brain-related disability, with one in three people over age 65 diagnosed with a degenerative brain disease. Hebrew SeniorLife’s Deanna and Sidney Wolk Center for Memory Health is working to change this by empowering individuals and their families to maintain the highest possible level of brain function as they age.

The Wolk Center provides comprehensive outpatient care related to brain health, cognitive and behavioral problems, and memory loss, whether due to Alzheimer’s disease, other dementias, or other neurological or psychiatric conditions. The Center welcomes patients and their families at every stage, whether they’re interested in sustaining brain health, seeking a diagnosis, managing mild cognitive impairment, or navigating advanced stages of memory loss.

The experts at the Wolk Center recently released “Optimizing Your Brain Health,” a free guide to help anyone, regardless of age, find personalized pathways to brain health. This guide features indispensable advice on memory health and practical tips to improve brain health and overall well-being, from nutrition to mental wellness to staying active. It also includes valuable information and advice for caregivers of loved ones with cognitive challenges. The guide was made possible thanks to the generous support of the Herbert H. Fletcher Charitable Trust, the Eleanor and Herbert Bearak Memory for Life Program, and Deanna and Sidney Wolk.

“Our message is simple: There are things that you can and should do today and every day to help optimize your brain function and improve your brain health,” says Wolk Center Medical Director Dr. Alvaro Pascual-Leone. “It is never too late to start, but it is best to not delay.”



One of the main goals of the Wolk Center is to empower people with tools and knowledge to maintain cognitive function as they age.

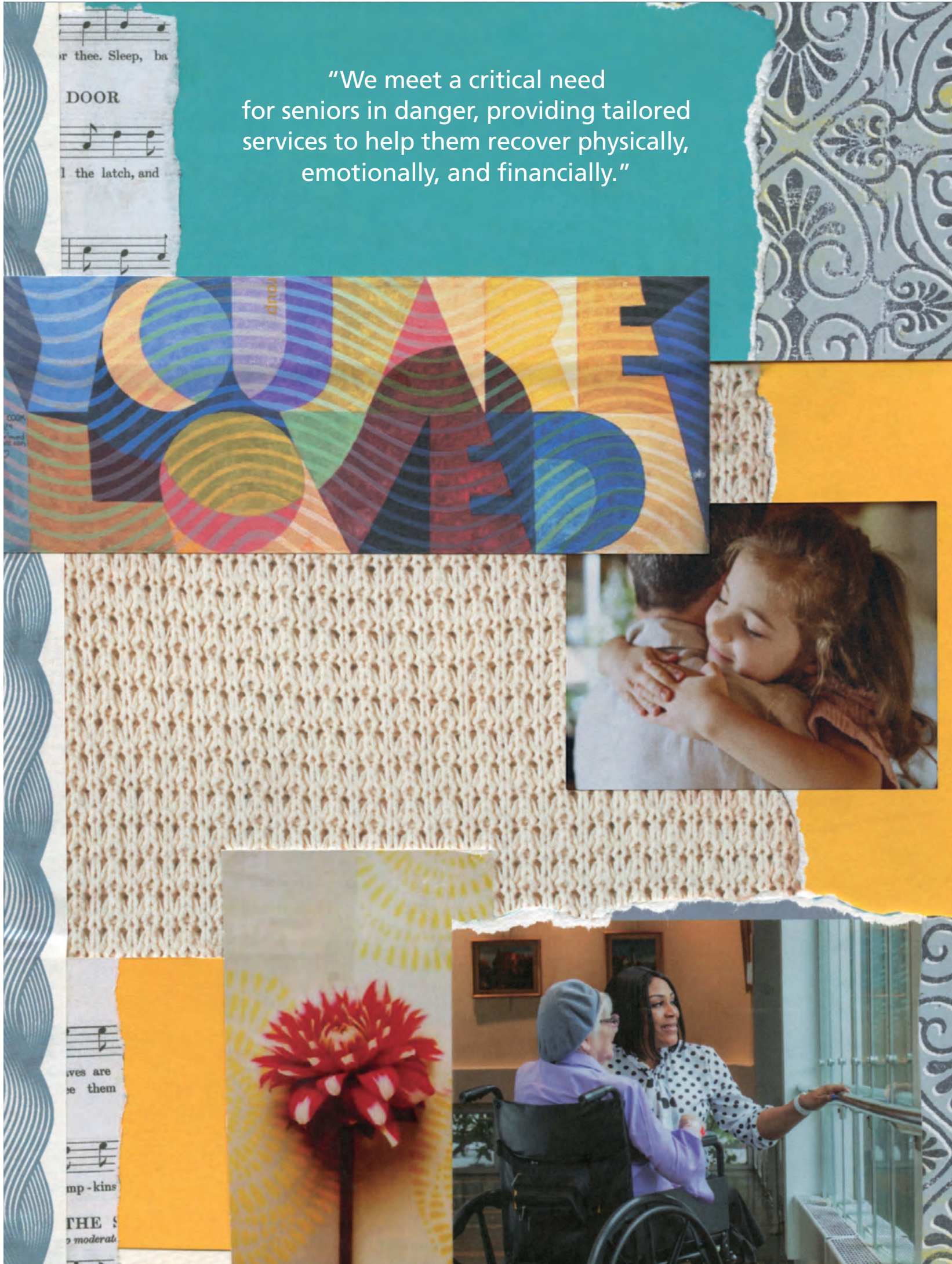
The multidisciplinary professionals at the Wolk Center take a holistic approach to help assess and treat each person. They are committed to providing families and patients with answers, hope, and personalized interventions designed to minimize disability, slow the progression of symptoms, and maximize quality of life. Each year, the Wolk Center has approximately 3,000-3,500 patient visits. Sharing the expert advice in their free guide allows their invaluable knowledge to reach even more people.

Anyone can optimize the potential of their brain health by using the guide to take a whole person view of their health and engage in behaviors that help minimize cognitive risk and maximize cognitive health.

Get your free copy of “Optimizing Your Brain Health” by scanning the QR code or visiting www.hebrewseniorlife.org/brainhealthguide



“There are things that you can and should do today and every day to help optimize your brain function and improve your brain health.”



“We meet a critical need for seniors in danger, providing tailored services to help them recover physically, emotionally, and financially.”

Hebrew SeniorLife Expands Elder Abuse Prevention Services

A new federal grant will allow the Center for the Prevention of Elder Abuse and Neglect to reach more seniors in need.

In 2018, Hebrew SeniorLife launched the Center for the Prevention of Elder Abuse and Neglect to provide safe shelter and services for older people suffering from abuse, neglect, or financial exploitation. Now, the Center is poised to grow its impact thanks to a new federal grant.

The Center provides shelter for older adults who are in an unsafe situation due to abuse, supportive services to those experiencing abuse, as well as training, education, and community awareness. It's the only senior-specific shelter in Massachusetts.

“We meet a critical need for seniors in danger, providing tailored services to help them recover physically, emotionally, and financially. Older adults who face abuse or neglect often fall through the cracks in the system, as traditional domestic violence programs and homeless shelters aren't designed to address seniors' unique needs,” said Rachel Lerner, chief legal officer at Hebrew SeniorLife and executive director of the Center for the Prevention of Elder Abuse and Neglect.

Last fall, Hebrew SeniorLife received a rare two-year grant from the U.S. Department of Health and Human Services Administration for Community Living to increase the Center's reach and effectiveness. Funding in the first year alone will total \$475,000.

“The grant will help us increase capacity, hire more staff, and further develop the services we offer to support older adults in crisis,” Lerner said.

In one recent situation, an older adult who was trapped in a physically and verbally abusive environment was referred to us for services. The Center's staff helped the individual secure income through a state assistance program and got her priority access to affordable senior housing for victims of domestic violence, where she now lives happily. The person who referred her now reports that the individual looks ten years younger

and is functioning more independently. She praised the Center's program as “life-changing.”

There are no financial eligibility criteria for those seeking services. The Center charges insurance or other assistance programs on the rare occasion that coverage is available, and the remainder is funded by this federal grant and the generosity of Hebrew SeniorLife donors. Clients are never charged for our services.

Our shelter units, located in age-friendly settings with on-site services and amenities, are furnished and decorated with the needs of older adults in mind. We also offer supportive services to help individuals transition to a safer environment whether or not they stay in our shelter.

We work closely with community partners and colleagues across the Hebrew SeniorLife continuum to provide supportive services such as financial planning and benefits applications, medical care, trauma-informed counseling, transportation to and from appointments, personal care assistance, housing placement, case management, legal representation, and more.

Lerner notes that “by addressing the trauma and unique challenges the individuals face, we can offer more than just shelter. We can provide a path to long-term stability and healing.”

Donor support is critical to keeping these services available, at no cost to those we serve. To learn more about how you can support this vital work, please contact Teresa V. Lisek, Senior Director of Philanthropy, at TeresaVLisek@hsl.harvard.edu or 617.971.5788.

Scan the QR code to learn about the types and signs of elder abuse and how to reach out for assistance.



The Mitzvah of Supporting Community



Susan Benjamin

Susan Benjamin's experience with Hebrew SeniorLife goes back decades. Ida Warsaw, her paternal grandmother, was cared for at Hebrew Rehabilitation Center in Roslindale in the late '80s until her passing in 1991. She remembers visiting Grandma Ida there and how the Warsaw family was comforted as Ida lived out her final days.

In 2008, when Susan's father Mark passed away, her mother Joan Warsaw decided to apply for housing at NewBridge on the Charles, which was still being built at the time. One year later, she moved into a beautiful independent living apartment, where she has lived for the past 15 years.

"It speaks volumes in terms of the services that have been available to her at NewBridge, being involved in book groups, movie groups, and other community activities," Susan explains. "Our family will never forget when she moved in, feeling secure that our mother successfully transitioned to an independent community."

More recently, Susan's husband Cary and his family moved his parents, Alfred and Lorraine, into Orchard Cove. Shortly after they moved in, Lorraine was diagnosed with a late stage terminal illness and passed away in early 2024. The family's decision to move their elderly parents into an independent living community was a blessing. Alfred recently turned 100 and has been thriving at Orchard Cove, making many new friends, eating well,

and taking advantage of the activities available to him. The family had wanted Lorraine to be able to experience living at Orchard Cove as well, but were comforted that she was able to spend her last two weeks in palliative care there.

"We can't say enough about the care she received there," Susan continues. "The nurses were just so loving and caring, just a really special group of people. She died with dignity."

When Susan was asked to join Hebrew SeniorLife as a trustee in the summer of 2024, it was an easy decision. Along with her extended family, Susan has further demonstrated her commitment to Hebrew SeniorLife's mission by supporting hospice outreach efforts. She is also a member of the Power a Dream committee, which helps residents of Hebrew SeniorLife's supportive senior living communities as well as hospice patients fulfill their often lifelong dreams.

"It's wonderful to be part of all of these *mitzvot* [good deeds] for people who live in these communities," Susan says. "To brighten people's days with things that mean a lot to them, to enrich their lives, it's truly special."

Instilled in her since her early childhood, Susan has always felt the importance performing acts of *tikkun olam* (repairing the world) in the Greater Boston Jewish community, and she is looking forward to expanding her participation in performing *mitzvot* at Hebrew SeniorLife.

"To brighten people's days with things that mean a lot to them, to enrich their lives, it's truly special."



Help Older Adults Live With Joy

Leave a charitable bequest to Hebrew SeniorLife in your will... and you create a personal legacy that will help older adults live with independence, dignity, and happiness, and ultimately will ensure a bright future for all of us as we age.

For more information on bequests or other giving opportunities, contact Carol Snow at 617.971.5780 or CarolSnow@hsl.harvard.edu.

hebrewseniorlife.org/bequests

A Hospice with Loving Arms

Years before Hebrew SeniorLife established its own hospice program, Harriet Warsaw saw the need for end-of-life care that displayed an understanding of different spiritual and cultural traditions. Witnessing her brother's final days in a Catholic hospice in New York City while he was very sick with AIDS in the early '90s, Harriet saw firsthand the need for compassionate end of life care through a Jewish lens.

"He got wonderful care there, but there was a cross over his bed, which was wonderful for the Catholic patients but didn't feel quite right for us," Harriet explains.

After her brother passed away, Harriet thought that the Boston area could benefit from a hospice program informed by Jewish practice that served people of all backgrounds. That vision would eventually come to fruition with the creation of Hebrew SeniorLife Hospice Care in 2014. Harriet and her husband Melvin, NewBridge resident Joan Warsaw's son, have a long history of connection with Hebrew SeniorLife. Harriet is now a trustee and serves on the Hospice Care Visiting Committee.

After a career in health care management, Harriet became executive director of the nonprofit The Conversation Project, which focuses on fostering end of life discussions, as executive director. After her experience with her brother, as well as with both of her parents

at the ends of their lives, Harriet understood the importance of these difficult conversations.

When asked to describe the hospice program at Hebrew SeniorLife, Harriet says that it "has a Jewish soul." She is especially effusive about the staff and volunteers who do everything that they can for all of their patients and their families, with love.

"The holistic package that's been put together transcends many of the hospices that are available," Harriet continues. "We bring in music therapy and pet therapy, and so many pieces that on paper look insignificant. But to a patient approaching the end of their lives, this has so much meaning to them."

Harriet is passionate about bringing awareness to the broader community about Hebrew SeniorLife, and she and her husband were the founding donors in her family's generous commitment to support hospice outreach. She believes that the individualized care every patient receives is invaluable. Clergy of multiple faiths and other support staff are available not only to the patient but to the family as well, so they are fully supported during the patient's time with hospice and after.

"To me, this hospice feels like family and friends supporting each other through a very sacred time," Harriet says. "The support that the family receives is like a pair of loving arms. That's just what I would have hoped for my brother."



Harriet Warsaw

"To me, this hospice feels like family and friends supporting each other through a very sacred time."

Welcome to Our Newest Trustees!

We thank and welcome the following volunteer leaders who are among our newest trustees:

- Phyllis Adelson
- Evan Benjamin
- Susan Benjamin
- David Flad
- Irving Fox, M.D.
- Lurleen Gannon
- Dan Gusenoff
- Jamie Harris
- Karen Novakoff
- Robert Wainer, M.D.
- Harriet Warsaw

Trustees serve on committees that provide strategic guidance on how HSL fulfills our mission, serve as ambassadors for the organization in the community, make HSL a philanthropic priority, and connect us to new volunteers and supporters.

Milestones for Our Affordable Housing Communities



Leyland Community Ribbon Cutting

Hebrew SeniorLife, along with partner Dorchester Bay Economic Development Corporation, celebrated the opening of our new Leyland Community in Dorchester with a ribbon-cutting celebration. The Upham's Corner community offers 43 apartments with service-enriched affordable housing for seniors.

Leyland Community residents cut the ribbon with state and local officials, funding partners, and representatives from Dorchester Bay Economic Development Corporation and Hebrew SeniorLife.



Gustavo Quiroga, executive director of Local Initiatives Support Corporation, Massachusetts, and Kenzie Bok, Boston Housing Authority administrator, enjoy the 5th floor terrace.

"Hebrew SeniorLife was founded 122 years ago in 1903, right here in Dorchester, and we have been excited from day one at the prospect of returning to where it all started."

Hebrew SeniorLife President and CEO
Louis J. Woolf

Jack Satter House Receives HUD Grant

Jack Satter House celebrated its receipt of an up to \$20 million grant that will allow the Revere supportive housing community to improve energy efficiency and climate resilience. The U.S. Department of Housing and Urban Development awarded this grant as part of its Green and Resilient Retrofit Program.



Representative and Democratic Whip Katherine Clark addressed the crowd at Satter House (top) and presented the grant with state and local officials (left).



Fireman Community Celebrates 40th Anniversary and Expansion

The Simon C. Fireman Community in Randolph celebrated its 40th anniversary with the opening of 45 new affordable housing units. The new apartments are in addition to Fireman Community's existing 160 senior apartments and offer coordinated services to residents.



From left to right: Fireman resident Patricia Marag, her son, Randolph Police Chief Anthony Marag, and Fireman residents Mary Daye and Stephanie Sher.



Hebrew SeniorLife President and CEO Lou Woolf, Board Chair Rick Henken, State Senator Walter F. Timilty, Hebrew SeniorLife staff, and representatives from the town of Randolph, Massachusetts Housing Investment Corporation, and Massachusetts Housing Partnership cut the ribbon.