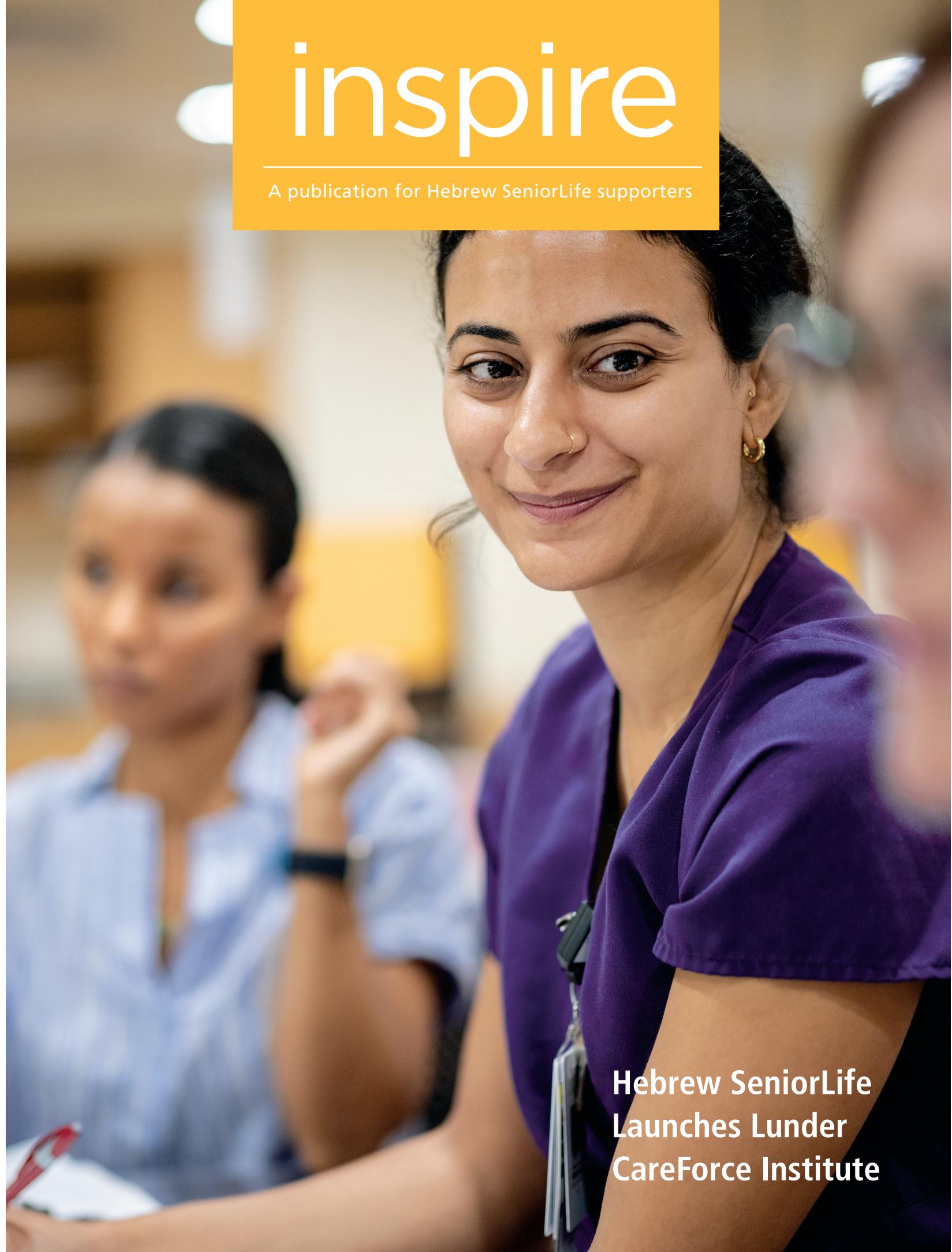


inspire

A publication for Hebrew SeniorLife supporters



Hebrew SeniorLife
Launches Lunder
CareForce Institute

inspire

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“...Housing provides a foundation for health, well-being, and community.”

Every day, Hebrew SeniorLife aims to support older adults in the Greater Boston Area and beyond, determining what matters most so that we can best serve them. In Fiscal Year 2025, this included significantly expanding our affordable living footprint.

Center Communities of Brookline's new 108 Centre Street building opened with 54 affordable units designed specifically to promote health and social engagement for older adults. Our Simon C. Fireman Community in Randolph added 45 units of affordable housing to our existing 159-unit supportive housing community, and our Leyland Community in Dorchester is up and running with 43 affordable apartments.

At Hebrew SeniorLife, we believe that housing provides a foundation for health, well-being, and community. Our Right Care, Right Place, Right Time Initiative (known as R3 for short) integrates health care and social supports into our communities, empowering older adults to focus on what matters most to them and helping them live their best lives. This includes providing extra support for those who have previously been unhoused. For some residents, moving into Hebrew SeniorLife is the first time they've had a key to an apartment of their own. Ensuring that support is available for any needs that may arise during and after this major change helps set up all of our residents for success.

Looking forward, we are working to bring this service-enriched housing model to Stoughton, with 96 units of permanently affordable housing with supportive services for older adults. Plans are also underway for an affordable housing community on our Roslindale campus.

All of our progress this year was possible thanks to our donors who generously gave to Hebrew SeniorLife during Fiscal Year 2025, whose contributions are recognized in this issue. Your support enables 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

Four Questions for Hebrew SeniorLife's President & CEO

In June 2025, Adam B. Scott became Hebrew SeniorLife's President and CEO. He is an experienced executive and former CEO with operating experience in health care services and senior housing. Most recently, he served at Point32 Health, first as senior vice president of health care services and then as president of diversified businesses.

Q: What drew you to this role at Hebrew SeniorLife?

A: While I've been in this job for less than a year, Hebrew SeniorLife already feels familiar. My wife's grandmother was cared for at Hebrew Rehabilitation Center, and I have fond memories of visiting her in the '90s. That experience, along with my career in health care and volunteer work in senior housing, meant I was familiar with Hebrew SeniorLife's stellar reputation.

During the interview process, I was struck by Hebrew SeniorLife's combination of health care, housing, research, and teaching. You rarely find all of those elements under one roof, and that's what makes this organization so special. We don't just react to the needs of older adults — we're shaping the future of aging itself.

I'm also deeply drawn to Hebrew SeniorLife's spirit of community and curiosity — values I see come to life in every conversation I've had with staff, residents, patients, families, and supporters.

Q: Why do you think Hebrew SeniorLife's work is especially important right now?

A: We're living through one of the most complex moments in the history of aging. The number of older adults is growing rapidly, but the systems meant to support them — from health care to housing — are under enormous strain. Federal funding for research and critical social programs is also shrinking.

Hebrew SeniorLife is proving that better models exist. For example, our health



From left to right: Musu Fofana-Solebah, certified nursing assistant at Orchard Cove, Adam Scott, President and CEO, and Hirkani Padhye, home health occupational therapist

navigation teams bring preventive care, wellness, and other place-based services into affordable housing. Studies have shown that this approach reduces ER trips and hospitalizations. This results in a better quality of life for older adults and significantly reduced health care costs for Medicare and Medicaid.

Our research is just as vital. The Alzheimer's Association expects that cases of the disease in the U.S. will nearly double between 2020 to 2040. At our Hinda and Arthur Marcus Institute for Aging Research, we're exploring how to prevent, slow, and treat dementia to reduce its impact on both individuals and society. We aim to be the world's leading research and treatment organization for the study of dementia and care for patients with the disease, and we're well on our way.

Q: What are the biggest areas of opportunity that you see for Hebrew SeniorLife?

A: Our biggest opportunity is to scale what we do best. Our expertise can be shared far beyond our current reach.

Through the new Lunder CareForce Institute, we're addressing one of the

most urgent issues facing health care: the shortage of nurses and nurse aides. We're not just training people for jobs; we're building career paths that provide

stability and purpose while improving care for older adults. That's transformational work.

We also envision continuing to expand our affordable housing footprint. And with the right resources, our Deanna and Sidney Wolk Center for Memory Health could grow far beyond the 400 patients we treat with 3,400 visits annually.

Q: What are your goals for the next three to five years?

A: My priority is to ensure Hebrew SeniorLife continues to grow and thrive — not just survive — in a changing world. We're currently in a strategic planning process that will help us set bold goals for the future. While it's too soon to say exactly what those will be, many of the areas that I've already mentioned will almost certainly play a central role.

Just as important, we'll continue to invest in our employees. We have a reputation as a place where people are inspired to do their best work at a tremendously high quality and have opportunities to grow professionally. Without our incredible colleagues, none of the work would be possible.

Ultimately, I hope people will look at Hebrew SeniorLife and see the national model for what's possible in aging.



"A brighter tomorrow in health care is possible, and it starts here."



This project is also funded by the Senator Kenneth J. Donnelly Workforce Success Grant (Workforce Competitiveness Trust Fund FY'24-25 Appropriation). This grant initiative is administered by Commonwealth Corporation on behalf of the Executive Office of Labor and Workforce Development and the Workforce Skills Cabinet.



By the numbers:

- One in five Americans will be over the age of 65 by 2030.
- 70% will require long-term care.
- There are currently over 450,000 open nursing positions nationally.

Lunder CareForce Institute Builds Tomorrow's Health Care Work Force

The Institute will address the growing shortage of frontline health care workers by offering comprehensive training and career advancement.

Across Massachusetts and the country, the health care workforce is stretched thin. The population in the United States is aging, and it is projected that one in five Americans will be over the age of 65 by the year 2030. Of those older adults, 70% will require long-term care. The health care system needs to keep up with this growing demand. Instead, there are currently over 450,000 open nursing positions.

This is why Hebrew SeniorLife launched the Lunder CareForce Institute, to address this growing shortage of health care workers in Massachusetts and beyond. The Lunder CareForce Institute represents one of the most urgent and inspiring parts of our mission: preparing the next generation of health care professionals. It will grow the pipeline of frontline caregivers through hands-on training, wraparound support, and strong partnerships with employers and training sites.

The Lunder Foundation, established in 1988 by Peter and Paula Lunder, has been a generous supporter of Hebrew SeniorLife for many years, including through its support for the Anne Lunder Leland Fund, which primarily provides nursing scholarship programs. The Foundation furthers that legacy with the establishment of the Lunder CareForce Institute.

"The Lunder CareForce Institute's mission of education and training aligns with the mission of the Lunder Foundation," says Margie Lunder, a trustee of the Lunder Foundation. "Providing opportunities for training and career advancement is of great importance to deal with present and future workforce shortages in caregiving fields. The Lunder Foundation is proud to partner with Hebrew SeniorLife."

The Lunder CareForce Institute builds on the success of Hebrew SeniorLife's nurse aide training program, which was established in 2021 to help employees and others seeking to change their career paths. By offering comprehensive training and career advancement in health and aging-related programs, the Lunder CareForce Institute

provides a strong foundation for the next generation of health care workers. While nursing is an incredibly rewarding career, it's difficult work, and the industry faces high turnover and burnout rates.

The Lunder CareForce Institute is committed to supporting students who may face language, technology, or financial obstacles to pursuing education, making a health care career more accessible for them with added training and guidance. Academic and life coaching is also available to further reduce barriers to success.

While the first session took place at our Roslindale campus, the Lunder CareForce Institute plans to expand to additional locations and introduce a practical nurse program in the coming years. We also intend to partner with other hospitals and skilled nursing facilities to train more student groups using remote learning technology. This will expand the Lunder CareForce Institute's reach across and beyond Massachusetts. Over the next ten years, Hebrew SeniorLife estimates it can reach more than 3,000 students in Massachusetts alone, including current employees, through a variety of training programs.

The Lunder CareForce Institute will also partner with employers to guarantee job placement for students who have successfully completed their training and certification. Ideally, it will expand further to offer programs for more advanced nursing degrees, creating even more career pathways for interested individuals.

A brighter tomorrow in health care is possible, and it starts here. The Lunder CareForce Institute isn't just about job training — it's about opportunity, confidence, and preparing a workforce that will transform care for older adults across the state, and ultimately, we hope, across the country. We are creating career paths that provide personal and professional growth while ensuring older adults have access to skilled, compassionate caregivers.

Honoring Loved Ones Through Philanthropy



Ruth Ann and Dr. Edward Feinberg

Supporting the Future of Aging

Diane Ehrlich has never lived in the Boston area, but the longtime California resident feels strongly about supporting Hebrew SeniorLife. Her late husband William's parents, Richard and Sophie, spent their last years at Hebrew Rehabilitation Center in Roslindale.

"We used to visit them at least once a year there and we were very impressed with the care they received and the activities that were provided for the patients," Diane explains. "The fact that they were there took a lot of responsibility and worry off our shoulders."

Hebrew SeniorLife provided a safe, caring environment for William's parents, who had lived in Berlin prior to World War II. In 1939, the Ehrlichs were able to secure passage for William on the Kindertransport to London. Richard and Sophie were sent to a concentration camp until the war ended, and eventually immigrated to Boston where they were reunited with William.

Ruth Ann and Dr. Edward Feinberg first became familiar with Hebrew SeniorLife when Ruth Ann's cousin, Eugenie, needed memory care. Eugenie moved into Hebrew Rehabilitation Center in Roslindale, and she thrived in her new community, attending as many events and classes as possible. When it was time to transition Eugenie to end-of-life care, Ruth Ann says that the process was a "beautiful, respectful experience."

The family had another cousin cared for at Hebrew SeniorLife, and these positive experiences led Ruth Ann and Ed to stay involved with Hebrew SeniorLife after Eugenie's passing. They made a generous contribution to name a patient room on the newly renovated 6th floor of the Berenson Allen building on the Roslindale campus.

Ed became further involved when he joined as a trustee in 2021, utilizing his experience as a physician and in medical education to serve on several committees.

After naming the patient room, the Feinbergs wanted to give back to the Hebrew SeniorLife community even more.

Through a bequest, they were able to name a living room on the same floor. "We wanted to be a part of something useful for patients and their families," Ruth Ann explains. "To see people enjoying the space is really nice."

Philanthropy is an important value for Ruth Ann and Ed, and one that they have instilled in their children, who have developed their own philanthropic goals. "We tell them what we're doing and why and share with them, and expect them to support the organizations that they feel are important," Ruth Ann says.

After seeing their beloved family members receive the best care for them, the Feinbergs now recommend Hebrew SeniorLife to any friends or family looking for care.



Diane Ehrlich

A Family of Artists Gives Back

The Gách Peelle family has "art in their genes," according to Robert Peelle. His father-in-law was Hungarian-born painter and sculptor George Gách, and his, wife Susie Gách Peelle, is also a prolific artist. The family now resides on Long Island, New York and has donated many of their works of art to Hebrew SeniorLife.

"We love that Hebrew SeniorLife displays original artwork," Robert explains. "With so many artists in our family and creativity woven into our upbringing, we have a deep appreciation for the way Hebrew SeniorLife showcases and celebrates original art."

George Gách studied art with his father, sculptor Stephen Gách, before attending the Fine Arts Academy in Budapest. George was a pilot with the Hungarian Air Force during World War II and escaped Russian captivity. He moved his family to the United States in 1951 and devoted his time to both creating and teaching art.

His daughter Susie carried on his legacy, creating more than 2,000 portraits as well as works in sculpture, printmaking, and photography. The family hopes her artwork will bring beauty and warmth to the living spaces of patients and residents for years to come.

"As seniors, Susie and I understand the questions that come at this stage of life and the challenges of navigating the next steps - what will you do, will you lean on your children, what kind of community do you want to call home?"



The Gách Peelle family

Robert says. Hebrew SeniorLife's use of art to transform spaces resonated with them.

"When choosing art and design for a senior living community, it's important to keep in mind subject matter, scale, and other practical factors," says Jill Perkins, Hebrew SeniorLife's creative projects designer and art curator. "With thoughtful choices, you can create a true sense of home that supports patients' and residents' well-being while surrounding them with original artwork that brings its own unique benefits."

The Gách Peelle family's donated artwork joins other original pieces displayed throughout our communities. Studies have shown that viewing art provides benefits for both brain and emotional health.

"We love that Hebrew SeniorLife displays original artwork."

At Hebrew SeniorLife, we strive to enhance every aspect of our patients' and residents' lives. Thanks to donations like those from the Gách Peelle family, they can enjoy meaningful art without ever leaving home.

Are you interested in donating original artwork to Hebrew SeniorLife? Contact Jill Perkins at JillPerkins@hsl.harvard.edu for additional information.

Lipsitz Family Endows Advanced Fellowship in Geriatric Medicine

Hebrew SeniorLife has received a \$1 million gift from Dr. Lewis and Louise Lipsitz to establish the Lipsitz Family Endowed Advanced Fellowship in Geriatric Medicine at the Hinda and Arthur Marcus Institute for Aging Research. This fellowship will provide sustained support for postdoctoral scholars dedicated to improving the quality of life and care of older adults.

The fellowship celebrates Lew's 45 years of service to Hebrew SeniorLife and his leadership as director of the Marcus Institute, chief academic officer at Hebrew SeniorLife, and former chief of gerontology at Beth Israel Deaconess Medical Center. It also honors his wife, Louise, an accomplished educator whose lifelong dedication to teaching mirrors the values that define our mission.

We are inspired by Louise and Lew's generosity and their belief in the power of education to change lives. To make the fellowship fully self-sustaining, we will be raising an additional \$2 million — almost a third of which we've already raised.

If you are interested in supporting the fellowship, please contact Teresa Lisek at TeresaVLisek@hsl.harvard.edu.

How Brain Stimulation Could Change How We Age

For almost 60 years, the Hinda and Arthur Marcus Institute for Aging Research has led the way in addressing the most urgent challenges of aging. Even before geriatrics was formally recognized as a specialty, Marcus Institute researchers were developing innovative treatments to help people live longer, more active, and more fulfilling lives.

Dr. Alvaro Pascual-Leone, senior scientist at the Marcus Institute, medical director of our Deanna and Sidney Wolk Center for Memory Health, and professor of neurology at Harvard Medical School is recognized as one of the world's top fifteen neuroscientists for his ground-breaking research into the use of non-invasive brain stimulation. This treatment uses gentle electrical currents as a non-surgical, pain-free option for older adults who have problems with memory, thinking, or movement due to various conditions.

"Brain diseases are the greatest cause of disability in older adults, greater than cardiovascular diseases and cancer combined," Dr. Pascual-Leone says. "The risk of brain diseases continues to increase as we age, but we can do something about it. We can develop ways to help our brains cope with these diseases."

One promising area of study being led by Dr. Brad Manor, senior scientist at the Institute, explores how brain stimulation can be used safely at home, making it more accessible and convenient. His team is now evaluating the extent to which brain stimulation can improve balance and the ability to walk safely in older adults with cognitive impairment. He is also studying the potential of this therapy to improve mobility in older adults diagnosed with Parkinson's disease.



A Marcus Institute study participant wears a brain stimulation cap

Assistant Scientist Dr. On-Yee (Amy) Lo recently completed a pilot study showing that combining brain stimulation with personalized coaching significantly increased physical activity in older adults, with lasting effects. She is now seeking funding for a larger clinical trial.

Many of these brain stimulation studies are ongoing, and new breakthroughs are waiting to be discovered. With renowned senior scientists and a new generation of talented researchers bringing exciting new ideas, skills, and energy, the Marcus Institute is poised to continue making important contributions to the health and well-being of older adults for decades to come.

To learn how you can support Hebrew SeniorLife's innovative programs through your giving, contact Teresa Lisek at TeresaVLisek@hsl.harvard.edu or 617-971-5788.



From left to right: Hedy Samet, Andrea Sussman, Jamie Rogers, Sharon Gouveia, Carolyn Guseenoff, Susan Benjamin, Committee Chair Jayne Lampert, Margie Glou, Lisa Fireman, Barbara Glazerman. Not pictured: Barbara Bello, Mimi Karlyn, Naomi Osher, Jeffrey Winnick

Power a Dream

Hebrew SeniorLife's Power a Dream program funds long-held or deeply meaningful dreams for the residents of our supportive senior living communities and patients at Hebrew Rehabilitation Center. Family members and staff can nominate patients and residents to experience their dream, whether it's a trip to the beach or attending a ball game.

The Power a Dream committee, chaired by Jayne Lampert, consists of long-time volunteers, trustees, and supporters of Hebrew SeniorLife.

To learn more or donate, visit www.hebrewseniorlife.org/poweradream