

The Brookhaven Buzz

A Newsletter For Residents, Employees and Friends of Brookhaven at Lexington



I think we can all agree that the weather was a breeze this winter considering the winter of 2015. It has been a very

busy season for those of us on the Master Planning Task Force. Harry Foden has led this group of about 30 members (residents, trustees and staff) who are planning out the future of Brookhaven. Brookhaven will be repositioning and adding more residents. This will provide the finances for more Assisted Care Units, all private Gardenview rooms, and more meeting space. We will also be adding to our outdoor sidewalks and trails. Updates will be shared as they become available.

Brookhaven will be going through the Lexington Town Meeting to get approval for our plans. We look forward to continuing our work with the town and the Town Meeting Members. Brookhaven is a great asset to the Town of Lexington, hosting many outside groups.

This season changes have come about on the Brookhaven Board.

JEANNE KRIEGER is our new Board Chair. Jeanne is a

graduate of Bryn Mawr College, Boston College School of Management and MIT. She has retired from Bristol Myers Squibb where she managed production of radiopharmaceuticals. She has served as a Selectman in Lexington and continues to be active in many local organizations. She resides in Lexington with her husband, Allen.

Introducing new members:

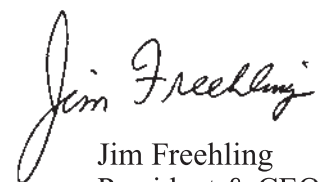
PHYLLIS STRIMLING recently retired as Director of Academic Events Management at the Radcliffe Institute for Advanced Study at Harvard University. Prior to that she had served as Director of Educational Programs at the Institute and as Director of Radcliffe Seminars. Phyllis holds a BA from Vassar College, a graduate certificate in management from Radcliffe College, and an EdM from the Harvard Graduate School of Education. Phyllis has three children and five grandchildren, and is a resident of Lexington.

PAUL THAYER is an Associate Professor of Child Life and Family Studies and Chair of the Department of Child Life and Family Studies at Wheelock College. He teaches graduate courses in bereavement care, cross cultural perspectives on grief, care of the hospitalized child, and medical ethics. Paul has a Master's Degree in counseling psychology

from Assumption College, a Master of Divinity Degree from Yale University, and a Doctor of Ministry degree from Boston University. Paul lives in Newton with his wife Donna and their three children.

PETER LEE earned a Marketing degree from the Isenberg School of Management at the University of Massachusetts in Amherst. During his career, Mr. Lee has worked with nonprofit organizations, currently with MassHealth of the Commonwealth of Massachusetts, and as President of the Board of Directors for Chinese Family Camp, Inc. He is an active volunteer in Lexington, serving in Town Meeting, with the Cary Memorial Library, and the Chinese American Association of Lexington (CAAL). He resides in Lexington with his wife, Jiliana.

Spring will be here before we know it and we will start to clean up from winter. We look forward to the planting of the raised beds and gardens. New Englanders truly experience all four distinct seasons and we are fortunate to live in such a beautiful part of the country.



Jim Freehling
President & CEO

Look Back and Spring Forward!

We are welcoming the spring by bringing a fresh look to some of our favorite indoor areas – the Guest Suite and Anne Marie’s Beauty Salon.



The Guest Suite is being used by more and more residents who want their families to stay close when they visit. New bedding and new paint combined with the stylish decorating eye of the Art Committee has given guests a

soothing place to lay their heads. The Guest Suite books up quickly so pick up a form from the Front Desk to request your dates. Shannon in Community Living will contact you to confirm your reservation.

Anne Marie’s Beauty Salon has a new look!

Come down and see the fresh decor and make an appointment with your favorite team member. Anne Marie has been managing the salon here for 16 years. When not at Brookhaven Carmella manages the hairdressing services for The Little Sisters of the Poor. Susan has had her own salon in Belmont for 35 years and comes to us part-time. Mary Lou has worked for Hair Cuttery for over 20 years but still manages to fill in when we need her. All are seasoned hairdressers eager to work with you!



Pictured left to right: Anne Marie, Carmella, Susan and Mary Lou.



The TIG (Technology Interest Group) has contributed to new improvements to the **Residents Only Website**. Residents are enjoying new features that appear on the home page: local **weather**

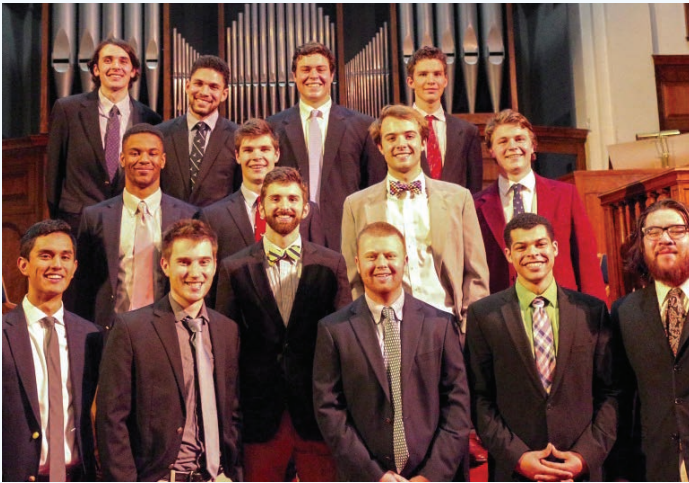
updates, and an **expanded Calendar of Events**. Residents can now click on a date in the calendar to see the day’s events. They can even click on a specific event to get that program’s details. All of the information residents are used to finding in the monthly Calendar Supplement is now included in this online calendar.

Brookhaven’s Community Living Department hosted some entertaining and insightful programs and lectures this winter! A New Year’s Eve concert was held with performer Jack Craig who took

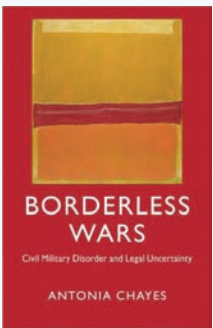


resident suggestions to put together a program of *Brookhaven’s 40 Favorites*.

In early February, the **Middlebury College a cappella group, The Dissipated 8**, was welcomed. The singers performed a mixture of songs, including Rodgers and Hart’s *Blue Moon* (1938) and the more current song, Jason Mraz’s *I Won’t Give Up* (2012). **Director of the Cary Memorial Library Koren Stenbridge** stopped by to give an update on the transformation project at the library which is slated



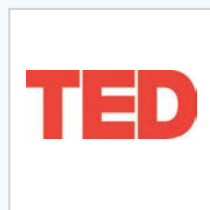
to begin at the end of June. Working with resident **Liz Toupin**, Brookhaven hosted a lecture by **Antonia Chayes, Professor of Practice and International Law at Tufts University**, who spoke about her book *Borderless Wars*. In mid-March, residents enjoyed a bharathanatyam performance by **Jayshree Bala Rajamani**. Bharathanatyam is a centuries-old dance form - known for its



graceful and sculptural poses. It originates from the Hindu Temples of Southern Indian.

Babson programming is busy! The exercise classes are so popular that even by doubling the classes they are all well attended. Art projects this winter focused on free paint using stretched canvas, decorating glass bulbs and sponge painting, all using acrylic paint. This spring we will explore different art mediums such as charcoal and using polish to marble glass.

As an additional activity, we are experimenting with sharing different podcasts for group discussion. **TED** talks (Technology, Entertainment, and Design) have been popular.



A recent session featured the mother who started the ALS Ice Bucket challenge. She shares her

experience of bringing ALS awareness to the public through trying to find a cure for her son.

As we say goodbye to an unusually mild winter, we look ahead to a vibrant spring and summer. Toward the end of June we will hold our biennial **Clean Sweep** yard sale. Proceeds will go to local charities chosen by resident volunteers. In 2014, \$1332 was raised from the event, with the funds distributed to FISH, the Lexington Food Pantry and the Brookhaven Scholarship Fund.

In August, we will embark on our first Brookhaven overnight trip, which many residents have signed up for!

We will be heading to **Western Massachusetts** for a performance by cellist Yo-Yo Ma and the Boston Symphony Orchestra at Tanglewood.



While on that trip, travelers will have the chance to visit the **Clark Art Institute, Mass MoCA and Jacob's Pillow**. Additional day trips are also planned throughout the spring and summer to **Martha's Vineyard, Portland, Maine and the Wadsworth Athenaeum in Hartford, Connecticut**. Stay tuned for details!

The Fitness Department continues to expand its programming. In addition to the two-mile **Outdoor Walks** on Wednesday mornings, staff now lead a one-mile walk on Tuesday afternoons for those residents



looking for a less strenuous pace. A new **Gentle Yoga** class has a strong following, and **Brain Game** offerings are expanding. In addition to brain teasers, trivia and various word games, **Jeopardy** is offered twice a month, and Brookhaven's first **Spelling Bee**, held in January, was so popular it will be repeated this spring. **Step and Reflect** is a new program that allows a small group of residents to compete in cognitively challenging activities while on a bike or the NuStep.

Team Core Value Award

Brookhaven recognizes the importance of collaboration and teamwork in upholding our Core Values. Departmental teams have the opportunity to nominate themselves for this award based on efforts they've made to uphold and enhance our Core Values. Recipients are treated to their choice of a breakfast, pizza or ice cream party to celebrate their selection.



A group of **Community Living, Dining Services, Reception, and Security** staff received the Team Core Value Award for their joint efforts when the Brookhaven bus broke down while residents were on a trip to western Massachusetts. Richard Bentley, Marylou Colozzi, John Tierney, Shannon Maguire, Jen Lambert, Tina Owumi, Karin van'tNoordende, and Matt Reilly all worked together to keep the residents safe, comfortable and returned to Brookhaven as quickly as possible. Congratulations and thanks for upholding our Teamwork and Customer Service Core Values!

The day shift **Gardenview Nurse Aide Team** is the most recent recipient of the Team Core Value Award. They received the award for the assistance they provided the Gardenview activity staff while the Program Manager was on leave by ensuring that Gardenview residents were able to participate in program offerings. Congratulations and thanks for upholding our Teamwork and Customer Service Core Values!

Congratulations to the recipients!

Cathy Woodward
Sr. Vice President/Chief Compliance Officer



Brookhaven's Above and Beyond Award

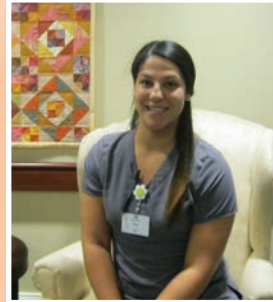
The Above and Beyond Award recognizes employees who have made a difference to co-workers and residents by reaching beyond normal responsibilities and expectations to ensure employee and resident needs are met. The most recent recipients include:

Mike Ferraina, First Cook



Mike is a talented member of the Production Team who has taken a leadership role in the Bistro by creating menus and specials that have been very well received by our residents.

Vanessa Vega, Gardenview Registered Nurse



Vanessa is a strong performer on the Licensed Nurse Team in Gardenview who is always finding ways to make the day a little better. She helps other staff reach their goals and is very responsive to resident needs.

Brookhaven is fortunate to have developed partnerships with two job training programs that prepare young adults for employment opportunities, **More Than Words** and the **New England Center for Arts & Technology**. We have hired two outstanding graduates from these programs:

More Than Words



Jaynah Jimenez joined Brookhaven as a Home Health Aide after graduating from the **More Than Words (MTW)** program for high school aged youth who are empowered to take charge of their

lives by taking charge of a business. MTW believes that when system-involved youth are challenged with authentic and increasing responsibilities in a business setting, and are given high expectations and a culture of support, they can and will address personal barriers to success, create concrete action plans for their lives, and become contributing members of society. Brookhaven sponsored Jaynah in a Certified Nurse Assistant training program which she recently completed and is doing a fantastic job in our Resident Health Department!

New England Center for Arts & Technology



Alex Colas joined Brookhaven as a Cook after participating in the **New England Center for Arts & Technology (NECAT)** culinary arts training program. NECAT is working to provide

industry-relevant skills necessary to secure career-ladder positions for the most unemployed and underemployed individuals. NECAT's intensive 28-week Culinary Arts Job Training Program launched in October 2013 and serves roughly 100 students per year. NECAT's program is offered at no tuition cost to the students so they may start their careers without the burden of debt. Alex just graduated from the NECAT program and is also doing a fantastic job in our Dining Services Department!

Update on Fundraising

Brookhaven's Development Committee is pleased to announce the end of active solicitation for the J. Keith Butters Benevolent Fund at the end of this fiscal year, September 30, 2016. This is our 10th and final year of fundraising for our community's benevolent fund. The Benevolent Fund, known as the **J. Keith Butters Benevolent Fund** since 2006, was established at Brookhaven's inception to assist residents who through no fault of their own will outlive their financial resources. This fund helps residents to continue to receive the healthcare and support services they need within the Brookhaven Community.

Through a combination of donations, matching and bequests our community has raised close to a million dollars through February of this year. Though we are short of our goal of a Two Million dollar fund balance, we are confident of eventual success. The Development Committee will match all donations through the end of this fiscal year.

Why a \$2 Million Dollar Fund Balance? Simply, based on projected draws, the fund balance will generate enough income to support approximately three partial subsidies, and more importantly, **the fund will be self-sustaining.** In addition, the benevolent fund supports our mission as a nonprofit lifecare community dedicated to servicing over 350 seniors.

How did we achieve this milestone? Residents' generosity. Residents recognize that the retirement planning horizon is substantially longer due to longer lives. On average more than 35% of the community has supported the benevolent fund regularly through annual giving. In addition to annual giving, two generous Resident Bequests boosted the balance by \$75 thousand.

In appreciation of the community's ongoing support of the **J. Keith Butters Benevolent Fund**, the Development Committee will host a 'Thank You' luncheon on Wednesday, June 15 at 12:30PM. Please look for an invitation this month.



Thank you from the Brookhaven Development Committee:

Harry G. Foden, Chair	Joy Gilbert	Burt Perlmutter
Robert Cohen	Nancy Hubert	William Pounds
Jim Freehling	Sue Kirkpatrick	Cathy Woodward

Fundraising Update

Brookhaven Giving At 2/29/2016	Year To Date	
	Donations	Fund Balance
J. Keith Butters Benevolent Fund	\$8,873	
Bequests	\$0	
<i>Brookhaven Match</i>	\$8,873	
Total J. Keith Butters Benevolent Fund	\$17,746	\$1,809,158
Brookhaven Employee Scholarship Fund	\$11,975	
Bequests	\$0	
Total Employee Scholarship Fund	\$11,975	\$52,755
Brookhaven Fund*	\$5,606	
Grants	\$0	
Total Brookhaven Fund	\$5,606	\$15,511
Nature Trail Fund	\$1,000	\$7,250
Total Donations plus Match	\$36,327	

**Please note that \$5,450 of The Brookhaven Fund is restricted for musical performances. Your contributions are tax deductible to the extent the law allows.*

Brookhaven Employee Scholarship Fund



The **Employee Scholarship Fund** provides financial assistance to employees in good standing seeking intellectual growth and career advancement. Prospective scholarship recipients are approved by the Chair of the Staff Appreciation Committee. Residents and families regularly make donations to this fund as a way of thanking staff, when remembering and honoring friends, both past and living.

Residents' consistent support of the Employee Scholarship Fund has enabled the Board of Trustees to support more generous awards for degree and certificate programs, at the \$2,000 and \$1,000 level respectively. This year, the Development Committee has again recommended that the Board support a second scholarship opportunity to this year's scholarship recipients.

The Power of Bequests

Making a bequest is a powerful and easy way to make a gift for something that matters to you.

Bequests:

- Are easy to arrange,
- Do not impact your current lifestyle,
- Can be modified if your needs or interests change, and
- **MAKE A DIFFERENCE!**

Are you thinking of making a bequest?

Let us know by completing a Bequest Intention Form. This form is voluntary, confidential and non-binding, but it helps us get some measure of the support we may count on in the future. **If interested, please contact Sue Kirkpatrick, Executive Vice President at 781.372.0208.**

Community Outreach

PAINT NIGHT with Bentley's Delta Sigma Pi Fraternity




An energetic group of Bentley students from the Delta Sigma Pi fraternity organized a "Paint Night" for Brookhaven residents on March 4. This event helped fraternity members to fulfill their mission of fostering growth in professionalism, community service and brotherhood. 16 residents and 10 students enjoyed a delightful evening together with canvases, brushes and paints. One of the students provided instruction and all materials were supplied by the fraternity!



Brookhaven Friends of Music (BFM)

Students from Project STEP (String Training and Education Program)

 This amazing concert was presented on Sunday afternoon, February 28. **Project STEP** was founded in 1980 by members of the Boston Symphony, who observed that students of color are underrepresented in symphony orchestras, and they were not getting the training necessary to take auditions. Project STEP offers musically talented students from diverse backgrounds the opportunity to develop skills to a high level through expert teaching, parental support, and personal dedication. By the time they graduate from high school, these students will have spent 10,000 hours with their instruments. The appreciative Brookhaven audience of 127 attendees thoroughly enjoyed the concert and Project STEP's artistic director said it was a very positive experience for the students and they would love to return next year.

Music for Food – The Omer Quartet

The Omer Quartet performed on Sunday, March 27. The Omer Quartet started in 2009 and has won awards including the Grand Prize at the Fischhoff National Chamber Music Competition in 2013. Currently the quartet is in residence at New England Conservatory's prestigious two-year professional string quartet training program. **They are also the fellowship ensemble for the educational program of Music for Food**, a musician-led initiative for local hunger relief started by renowned violist Kim Kashkashian, cousin of Brookhaven resident Helen Hagopian. Through Music for Food, the musicians donate their concert fees to local Food Pantries. In this case, the Music for Food



organization asked the Brookhaven Friends of Music to select the recipient of the donation. **BFM members unanimously chose our local Lexington Food Pantry** to support the important work they do for those in need in the Lexington community.

Bentley University Service-Learning

Ever since our enthusiastic Bentley students enjoyed their holiday break in Dec. 2015/Jan. 2016, residents have been asking; "When will our students be back?" It's not just about the programs that residents and students participate in together. It's the joyful relationships shared between them that are the underlying benefit of these intergenerational collaborations.



BROOKHAVEN AT LEXINGTON

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