

# The Brookhaven Buzz

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



As I write this, we are experiencing all that New England offers. The days are getting shorter, the trees are

turning bright orange and red and the temperatures range from 32-80 degrees. I guess that is why we all enjoy living in New England.

It has been a very busy and productive summer. We have spent a great deal of time meeting with the Town of Lexington. The good news is that we were able to demonstrate that Brookhaven truly serves a charitable mission and therefore will remain property tax exempt. I want to thank all of the residents who met with the Town and helped them to pay attention to who Brookhaven is and who we serve.

We will now be able to move ahead with the rest of the town approval process. We are hoping to be at the Annual Town Meeting in the spring of 2017. We anticipate approval by the Town Meeting and then we will need to meet with a few other boards in town. Our goal would be to start the project late in 2017 or early 2018. We will keep

everyone informed as we get further along. I want to thank the resident members of the Master Planning Task Force for all of their efforts. This project will ensure that Brookhaven remains the community of choice.

At the LeadingAge Massachusetts annual meeting in October, Brookhaven was proud to be part of two major awards. The first was an award for our social accountability efforts. Brookhaven is so proud of all that residents, staff and trustees do for the greater Lexington community. The second award was in recognition of Harry Foden as statewide Volunteer of the Year. We are so proud to have Harry as part of the team. Harry has been volunteering at Brookhaven in many ways, as a Trustee, the Chair of the Master Planning Task Force, Chair of the Development Committee, and as a founding member of the Technology Interest Group.

Brookhaven held the Lexington Community Senior Wellness Fair on October 18, 2016, through a generous grant from the Dana Home Foundation. Building on the success of the event in 2015, Brookhaven staff from several disciplines worked together for several months to plan and organize the fair which was once again held at the Scottish Rite Masonic Museum & Library in Lexington. Attendance was

approximately 175 seniors who visited booths by local Not for Profit Organizations who provide services for seniors. Many also took advantage of the Flu Clinic, entered their names for a chance to win several raffle prizes and enjoyed some healthy snacks. A complimentary box lunch, prepared by Brookhaven's Dining Services department, was provided. While enjoying lunch, attendees were delighted to hear special guest speakers Senator Mike Barrett and Robin Lipson, Chief Strategy Officer from the Massachusetts Executive Office of Elder Affairs. Our sincere thanks to the Dana Home Foundation and all of the community resource organizations who participated this year.

I hope you continue to find *The Buzz* to be enjoyable. We are all looking forward to what winter 2016-17 will bring, and I can assure you that our staff will be ready to deal with all types of weather.

A handwritten signature in black ink that reads "Jim Freehling". The signature is written in a cursive, flowing style.

Jim Freehling  
President & CEO

This summer **Community Living** hosted our **first-ever overnight trip**. Over thirty residents travelled to western Massachusetts for a weekend of music,



museums and ballet. First stop: **The Clark Art Institute** where residents could view the exhibit: *Splendor, Myth, and Vision: Nudes from the Prado* or just relax by the reflecting pools. Then it was on to **The Williams Inn**. Saturday continued to be a busy day as residents had an early dinner so that they could head to **Tanglewood** for the Boston Symphony



Orchestra concert with **Yo-Yo Ma** and **conductor Michael Stern**. The performance included Haydn's *Cello Concerto in C* and John

Williams' *Heartwood* for cello and orchestra, and *Rosewood and Pickin'* for solo cello. The program also included Bernstein's *Symphonic Suite from On the Waterfront* and Respighi's *Pines of Rome*. On Sunday residents had the option of going to **Mass MoCa** to see the exhibit: *Explode Every Day: An Inquiry into the Phenomena of Wonder*, or going to **Jacob's Pillow** to see the **Pacific Northwest Ballet** close out the Festival season. From the reviews given by residents upon our return, a good time was had by all, sharing interesting venues and time with friends.



Residents (left to right) Marie Roberts, Judith Singer, Ursula Turano and Pat Perry follow Jeanne Kelly as she leads them in a yoga demonstration at the recent Lexington Community Senior Wellness Fair.

Talk already includes where to go next!

The weather was on our side this summer as residents took to the water on a variety of **boat trips**.

From a **whale watch** off the coast of New Hampshire and Maine with the **Seven Seas Whale Watch Company**, to leisurely cruises on the **Concord and Sudbury Rivers**, there was something for everyone. Residents were able



to enjoy the Maine coast with a day in **Ogunquit** that included the option to join a **lobster boat ride** on the ship *FinestKind*. A **harbor tour of the Isles of Shoals** off the coast of Portsmouth, New Hampshire tied in well with plans to see the Peabody Essex Museum show: *American Impressionist: Child Hassam and the Isles of Shoals*. A few new boat trips added this year were the **Cape Ann Harbor Lighthouse Cruise** and the **Architectural Boat Tour of Boston with the Charles River Boat Company**, which filled up so fast we had to add a second trip!

Residents have been behind several new additions to programming this year. After a handful of residents attended the **Concord Museum's 4th Annual Sally Langan Lecture: A Pumpkin All to Myself: Henry David Thoreau and The Wyeth Family of Artists**, one resident approached the speaker and now **Elliot Bostwick Davis, MFA John Moors Cabot Chair**, will be coming to repeat her talk here later in November. Also, after hearing **David Ramsay, a local NH historian**, give a riveting talk on-board the Isles of Shoals harbor tour, residents connected the Community Living Office with him, resulting in his lecture here on **Three Famous Women of the Piscataqua River region of Portsmouth, NH**. Additionally, a resident has put Community Living in touch with a **Huntington Theatre Playwriting Fellow** who is looking to bring her cast here to do a **reading of her new play**. Details to come!

It's not all lectures and boat rides. New to the calendar was a **Boston Public Library Art and Architecture Tour**, a **wine-tasting lunch at the Nashoba Valley Winery**, a trip to the **Museum of**

**Russian Icons**, and a tour of the **Moakley Courthouse**. The private tour of the **Franklin Park Zoo** was so popular in years past that it was repeated, as was a trip to the **Currier Museum** to see the exhibit **Mount Washington: The Crown of New England**. Planned soon is a trip to see the exhibit: **First Light: A Decade of Collecting at the ICA**. Proving that much fun can be had without even leaving Brookhaven, many turned out for the **Fairfield Oval Garden Party** to share some fun and food with fellow residents, and the **Local Craft Beer Tasting Event** received such high marks from attendees it has become a frequently requested event. Look for something similar in the winter calendar!

By popular demand, the **Fitness Department** has added a **second Gentle Yoga class**. Yoga incorporates a variety of standing, sitting and lying yoga poses that will enhance your flexibility, mobility and balance, while producing a deep sense of rest and relaxation. After seeing a yoga demonstration at the **Lexington Community Senior Wellness Fair** by our instructor Jeanne and several of our residents, more signups from residents have come in. Our Fitness Department is also undertaking a trial period with a program called **“Bike Labyrinth”**. Bike Labyrinth is an interactive bike touring program designed for seniors on a stationary bike. Residents may ride our stationary bike and choose from a variety of extensive tours of cities around the world, all while choosing the path on which they want to go.



Based on resident participation **Babson programming** has shifted focus from art and video podcasts to brain health. Weekly you can find the white board of the Babson Living Room filled with Brain Teasers, Word Games and Crosswords. As we head into fall residents will have the opportunity to learn about fall foliage and decorate pumpkins in our once a month horticultural program that began this summer. These programs give residents the chance to participate and then take home their creative flower arrangements to brighten up their apartments. Although we have moved away from an art based

programming model you can find free painting about once a week in the afternoon. Using objects like flowers, bubbles, soda bottles, water colors and acrylic paint, residents have the opportunity to explore different ways to use paint and paper to create a picture. Looking forward, we hope to continue testing our brain health, exploring new art mediums, as well as journeying to interesting places from the comfort of Brookhaven with weekly Armchair travel videos.

The expansion of the **electronic door access system** has been successfully implemented throughout the community. The project went smoothly thanks to residents’ patience and the diligent work of the maintenance team. Residents have been overwhelmingly positive about the new system and are pleased with the easy door operation and the attractive hardware.

The electronic system will provide Maintenance with a high level of access control and security. Courtesy phones have been installed at residents’ request on each level by elevator 3 Amherst/Exeter, by elevator 7 Brandeis/Cambridge/Dartmouth, by elevator 12 Harvard and in the Fairfield bridge vestibule. If you are locked out of your unit, you will be able to contact the Front Desk staff for assistance utilizing these phones.

Second Key Fob Request forms and Lock and Unlock instructions are available at the Front Desk.



*Residents (1 to r) Eleanor Lane, Judith Wilson, Gwain Griffin and Susan Leland celebrate the new fob-controlled door access system by dressing as the ‘Fabulous Fobs’ at the recent Halloween Social.*

## 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.



The **Human Resources Staff** received the Team Core Value Award for their strong recruitment efforts which resulted in 45 new employees over the past year. Jamie Bugler and Piper McPherson worked together to fill these positions which supported the operational needs of Brookhaven. Congratulations and thanks for upholding our Teamwork and Customer Service Core Values!

The **Gardenview Nursing Staff** received the Team Core Value Award for the commitment to completing dementia training for all staff. This training improved the staff's understanding of dementia and developed new skills by teaching the positive physical approach while providing services to Gardenview residents. Congratulations and thanks for upholding our Teamwork and Developing Self and Others Core Values!



The **Gardenview Leadership Staff** received the Team Core Value Award for their collaboration and enthusiasm in identifying staff training needs, improving clinical assessment skills, and problem solving skills. Congratulations to Diana Zampell, Terry Kirumba, and Vanessa Vega for upholding our Teamwork and High Performance Results 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:



### **Agnes Busingye**

Agnes is a Certified Nursing Assistant in Babson who has worked for 16 years at Brookhaven. She works the overnight shift, is very engaged in her job, and always makes sure the unit runs smoothly and is ready for the day shift. She provides excellent care to Babson residents and is appreciated by her co-workers for her ideas to improve the unit.



### **John Severe**

John is a Cook in Dining Services and started working for Brookhaven as a Waiter 12 years ago when he was in High School. John has developed into a talented member of the Production Team in Dining Services and is always willing to assist in any capacity when it's needed.



### **Christine Bouchard**

Christine is the Social Service Supervisor for Brookhaven and pitched in to help while we recruited a replacement for the Gardenview Social Worker position. Christine continued to provide services to the independent community and Babson during this period and worked exceptionally hard in advocating for the needs of all Brookhaven residents and families.

**Congratulations to the recipients!**

Cathy Woodward  
Sr. Vice President/Chief Compliance Officer

## Update on Fundraising

The Development Committee ended this year on a high note. It reached the \$2 million dollar goal for the **J. Keith Butters Benevolent Fund**, our community's benevolent fund. We are proud to have generated an endowment fund that supports our commitment to provide life-time care to all of our residents and strengthens our financial position as a charitable not for profit.

Other accomplishments this year include \$91,681 in donations for all funds, a grant from the Dana Home to support Brookhaven's second Lexington Community Senior Wellness Fair, and an elegant *thank you luncheon* for our generous J. Keith Butters Benevolent Fund donors. Stay tuned for information on the Employee Scholarship Luncheon this June.

The **Brookhaven Fund** was established to support innovative programs and services, specialty equipment and other "extras" that may not be in the budget but are of special interest to residents. Residents have used this fund for several community enhancing initiatives like the Steinway Piano. This year we received several donations to support the music programs at Brookhaven. Currently \$6,670 is restricted for Brookhaven music programming and the interest seems to be growing with another \$1,400 donated to the Brookhaven Friends of Music. The Brookhaven Friends of Music is an Interest Group which supports music programming at

Brookhaven. Members arrange weekend concerts by professional musicians, talented students and Brookhaven residents. Recent and upcoming concerts include the Parker Quartet, String Quartet from A Far Cry, Sarasa Chamber Ensemble, Vento Chiaro, Cantata Singers and our own Jack Hornor. If you would like to support more of these wonderful concerts, consider making a donation to the **Brookhaven Fund**.

*Thank you from the Brookhaven Development Committee:*

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

## Fundraising Update

| Brookhaven Giving At 9/30/2016                | Year To Date     |                    |
|---|------------------|--------------------|
|   | Donations        | Fund Balance       |
| J. Keith Butters Benevolent Fund              | \$28,664         |                    |
| <i>Brookhaven Match</i>                       | \$28,664         |                    |
| <b>Total J. Keith Butters Benevolent Fund</b> | <b>\$57,328</b>  | <b>\$2,023,495</b> |
| <b>Employee Scholarship Fund</b>              | <b>\$22,169</b>  | <b>\$49,918</b>    |
| Brookhaven Fund*                              | \$6,159          |                    |
| Grants  | \$5,000          |                    |
| <b>Total Brookhaven Fund</b>                  | <b>\$11,159</b>  | <b>\$15,267</b>    |
| <b>Nature Trail Fund</b>                      | <b>\$1,025</b>   | <b>\$1,025</b>     |
| <b>Bequests</b>                               | <b>\$0</b>       | <b>\$0</b>         |
| <b>Total Donations plus Match</b>             | <b>\$ 91,681</b> |                    |

*Your contributions are tax deductible to the extent the law allows.*

### If you are considering making a bequest

Let us know by completing a Bequest Intention Form. This form is voluntary, confidential and non-binding. **Please contact Sue Kirkpatrick, Executive Vice President at 781.372.0208.**

## LeadingAge Massachusetts Achievement Awards

Brookhaven was the proud recipient of two LeadingAge Massachusetts Achievement Awards in October, 2016. LeadingAge Achievement awards acknowledge the accomplishments and contributions of member organizations.

### Harry Foden, 2016 Volunteer Award



*Chris Sintros, CEO of Abundant Life Communities in Concord, MA, and Elissa Sherman, President of LeadingAge Massachusetts, congratulate Harry Fodden on winning the 2016 Volunteer Award at this year's awards dinner.*

At 92, Harry Foden is a vital member of the Brookhaven community, contributing to many of our successes, programs, and social and intellectual life. Harry's contributions have shaped and positively impacted Brookhaven since 1982 when he was a member of the Symmes Hospital Health Services Board which was responsible for research that led to the opening of

Brookhaven in 1989. He and his wife Fran have been residents of Brookhaven since 2006 and he has been a member of the Brookhaven Board since 1994. Harry has chaired the Development Committee for many years and led the initiative to raise two million dollars for our Benevolent Fund. He is a founding member and coordinator of the Technology Interest Group which assists residents to utilize technology effectively. Harry is also the co-author of a history of Brookhaven which commemorated our 25th anniversary. Harry is a very active resident attending Tufts Osher Lifelong Learning classes, daily fitness classes, singing tenor in the Lexington Chorale and partnering with Fran to play against other resident Wii bowlers. He is an amazing example of active aging and aging well. He has always been a strong supporter of Brookhaven events whether he was a participant or not. Lastly he provides untiring counsel and support to the senior management team and his fellow board members.

### Brookhaven at Lexington, 2016 Social Accountability Award

Brookhaven has a wide variety of community outreach efforts that range from opening our community to local not for profits that need meeting space, organizing intergenerational events with local youth and our senior resident population, partnerships with Bentley University and Tufts Osher Lifelong Learning, partnerships with local employment training organizations, and hosting an annual Lexington Community Senior Wellness Fair to connect Lexington seniors who live outside of Brookhaven with local not for profit organizations that promote healthy aging. These services and activities all involve offering partnerships to other area not for profits that need resources Brookhaven is able to provide. They also ensure that Brookhaven is supporting other organizations that promote the health and well-being of the seniors in our community or offer employment opportunities to those who are most in need of jobs. When local groups meet at Brookhaven it defrays their operating cost and supports their mission; when Brookhaven residents interact with local youth from scout troops and colleges, an intergenerational bond is formed that benefits both parties; when we provide employment resources to vulnerable populations, we are providing the opportunity for career growth and economic stability; and when we organize the local Senior Wellness Fair, we are connecting area seniors with limited resources to not for profits that support their needs.



## THE LEXINGTON CHORALE – A BUSY SEASON!

The Lexington Choral began its second year with their dynamic new director Debra Basile and talented Brookhaven resident accompanist Fern Abrams. Rehearsals began on September 6 in anticipation of an early season performance and sing-along at the Bedford, MA Council on Aging on October 4. The afternoon was lots of fun and was thoroughly enjoyed by a wonderful group of Bedford seniors. On Monday evening, November 14, Brookhaven and the Choral will be hosting the annual joint exchange concert with Lexington's Sing-Along Singers, a group from SNAP, the Special Needs Arts Program in Lexington. This is always a heart-warming evening for both singers and audience! Choral members were also delighted to receive an invitation from the staff at the Lexington Community Center to perform a holiday concert which has been scheduled there on Wednesday afternoon, December 7. The busy fall season will conclude with a holiday concert and social at Brookhaven on Tuesday, December 13. The Lexington Choral includes singers who are Brookhaven residents and others from Lexington and surrounding communities. If you like to sing – consider joining the group in January! New members are most welcome.



## HOLIDAY STOCKINGS FOR THE TROOPS

A great big THANK YOU to Brookhaven residents, **Lexington Cub Scouts, Lexington Girl Scouts**, leaders and parents for coming together on Saturday, October 1 in Brookhaven's Auditorium. The goal of this huge volunteer effort was to decorate 1,000 holiday stockings destined for military personnel serving abroad over the holidays. Stockings and decorations were provided and volunteers were tasked with creating festive designs. The result of the 4-hour workshop was that over 900 stockings were decorated which set a new record in this 5th year of Brookhaven partnering with The Pease Greeters organization. Projects include the annual decorating of holiday stockings, making valentines and also writing "notes to the troops" at various times during the year. The Pease Greeters are a group of patriotic Americans who welcome men and women in our Armed Forces who pass through Pease International Airport in Portsmouth, NH when either deploying or returning home from Afghanistan, Iraq or others areas of conflict. The group has met over 1,000 flights and welcomed over 200,000 troops since 2005.



### BROOKHAVEN AT LEXINGTON

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