

CELEBRATING 40 YEARS



BEHAVIORAL HEALTH PARTNERSHIP



ATLANTIC PUBLISHES PHOTO ESSAY



Lives Transformed: A Celebration of 40 Years of Service

Springwell staff and volunteers have touched thousands of lives over the years, but each story in our 40-year history is special. You can see some of them when you page through the old newsletters and annual reports. There's Walter and Ida, who met at a family picnic in 1937 and kept each other young sixty years later walking to Springwell's Watertown Community Dining site for lunch. There's a picture of Ruth White, who began volunteering for Springwell in 1987 and won the Silver Devoted Outstanding Volunteer for Elders from the Executive Office of Elder Affairs in 1998. Some of the stories are bittersweet, like that of Sandra and Richard, who pledged to stick by each other "for better or for worse" in 1967, and how Springwell helped them cope when the worst came in in the form of a stroke that struck Sandra in 2007. Together, each of these stories build a narrative of an organization that has transformed lives.

In honor of our fortieth anniversary this year, we will gather our community together to celebrate some of the stories and all of the people who have made our history possible. On November 16th, Springwell is hosting a reception following our annual meeting at the Stonehurst Estate in Waltham. We will hear from families whose lives have been touched by Springwell, staff who work directly with people who depend on



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our programs, and members of our leadership team to recap our recent accomplishments and preview upcoming opportunities. The evening is being generously supported by the community, including Cambridge Trust Company and Friendly Care Home Care,

who have signed on as presenting sponsors of the event. Recently, Roma Mayur of Cambridge Trust Company (right) joined us for an event photo with Springwell CEO, Ruth Beckerman-Rodau (left). For the complete list of event sponsors, visit our event page on the Springwell website at www.springwell.com.

If you are interested in joining us for this celebration, or have a story of how Springwell helped or is helping your family, please call our development office at 617-972-5687.

Teaming Up for Healthy Living

In September, Springwell will collaborate with Beth Israel Deaconess Needham and the Charles River YMCA on Great Plain Avenue to bring one of our evidence-based healthy living workshops to the Needham YMCA. The workshop, “My Life, My Health: Chronic Disease Self-Management,” is designed for adults who are living with the challenges of one or more chronic conditions, or for people living with or caring for someone with a chronic condition. Participants learn techniques to help take control of their health and life, including healthy eating and exercise, how to deal with difficult emotions, and relaxation practices.



The workshop series will run for six weeks on Thursdays from 10:30 until noon starting on Thursday, September 28th. For more information or to register, contact Springwell’s Healthy Living Coordinator, Kathy Byrne, at 617-926-4100 or at healthyliving@springwell.com.

Bringing TeleBehavioral Health to Seniors in Their Homes

Springwell was recently named as a collaborating partner in a Health Care Innovation Grant from the Health Policy Commission of Massachusetts. This 12-month pilot program is using video conferencing to bring mental health and substance-use services to older adults in their homes. Springwell has hired two

TeleBehavioral Health Care Advisors for the project. Hope Tobin (left) and Meghan Stanton (right) identify and refer seniors needing TeleBehavioral Health services and help them access the technology they need to teleconference with clinicians.

Many seniors with mental health and substance use needs have physical or emotional challenges that prevent them from accessing behavioral health services. By using a cost-effective video-conferencing model, this program expands access to high quality behavioral health services and can prevent the need for more intensive services.

The partnership, led by Riverside Community Care, a behavioral health care provider, brings together experts in the fields of behavioral health, aging services, and technological innovation to deliver better health and better care at a lower cost through this pilot program.



DID YOU KNOW?

Depression is Not a Natural Part of Aging. Ten Signs You Should Talk to Your Doctor:

- Sadness lasting longer than two weeks.
- Unexplained fatigue, energy loss, or sleep changes.
- Excessive worries about finances and health problems.
- Frequent tearfulness; feelings of worthlessness.
- Increase or decrease in appetite; changes in weight.
- Confusion, disorientation, problems concentrating.
- Pacing and fidgeting.
- Changes in appearance or dress.
- Physical problems that can’t otherwise be explained: aches, constipation, etc.
- Withdrawal from regular social activities.

Source: Geriatric Mental Health Foundation

Springwell Featured Nationally in *The Atlantic*



In January, Springwell was featured in a national online photo essay series by *The Atlantic* called, “Americans at Work.” Photographer Amanda Swinart spent five weeks immersed in our work, shadowing two care advisors, Hillary Tarr and Marius Zakarauskas. The resulting photo essay, “Caring for Our Elders,” documents the complex nature of the work that goes into helping seniors who want to age in place and shows personalized stories of seniors whose lives are better because of our dedicated staff.

Amanda documented the complex nature of the work that goes into caring for seniors who want to age in place. More than 4,000 seniors every year benefit from the regular attention and expertise of a Springwell care advisor.

To view the online article, visit www.springwell.com/atlantic

Springwell Receives Aging Innovation Award

Springwell was delighted to learn that our Health Partnership Program with Beth Israel Deaconess Care Organization would receive recognition from the National Association of Area Agencies on Aging (n4a) in the form of an Aging Innovations Award, the highest honor presented by n4a to member agencies. Springwell's Director of Health Partnerships, Jo White (center) received the honor during the n4a Annual Conference in July from Kathy Boles, n4a President (right) and Pamme Taylor, Vice President, Advocacy and Community-Based Programs, WellCare Health Plans (left).



Springwell Reaches Staffing Milestone

As we mark our 40 anniversary this year, we have another milestone to celebrate: we have hit and surpassed the 150 staff member mark, with a full staff tally that reached 159 this year. The last five years have seen a significant growth in services and a corresponding increase in staff.



Cathy Prendergast, Springwell's Director of Human Services, was one of the agency's first hires in 1977. Today, she leads a Human Resources department of three full-time staff members who recruit individuals who are passionate about helping people get the support they need to live independently. Cathy remarks that, "It has been a joy to introduce work-life balance supports like flex-time, 4 day work weeks, and telecommuting into the agency. We are always looking for ways to ensure staff have the resources they need for their job and whenever possible the flexibility to enjoy life to its fullest. We never forget that our staff are the agency's most important asset."

Solutions for Seniors, Individuals With Disabilities & Those Who Provide Care

Springwell is committed to providing services that help people live independently. Services are made possible in part by contracts with the Massachusetts Executive Office of Elder Affairs and MassHealth. Additional services are made possible through contracts with insurance and health care providers as well as through the generosity of individuals and institutions that provide critical support.



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