



# Abundant Life

A Newsletter Celebrating Community for Older Adults  
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## Visions Become Realities

Expansion projects are underway at the New England Deaconess Association to better meet the needs of the communities we serve. At **Rockridge** in Northampton a new 30-suite Assisted Living Building and 12 cottages opened in October. These beautiful and spacious units, along with Rockridge's reputation for high quality care and service, have resulted in great interest with many people already moved in.

In Concord, the expansion of the **Newbury Court** Independent Living Community has begun. Each of the 35 new suites has already been secured by future residents, and a waiting list of interested people continues to grow. This expansion in the location of the Chamberlin House continues the legacy of Dr. Theodore Chamberlin whose desire to provide housing and care for older adults in the Concord area helped to bring the New England Deaconess Association to Concord in 1911. These new suites have been specifically designed to meet the needs and wants of older adults today and in the future.



Rockridge's grand entrance to the Assisted Living building.

A **Construction Commencement Celebration** was held at Newbury Court on August 17<sup>th</sup>. The NEDA Board, present and future residents, as well as town dignitaries were in attendance to signify the beginning of this new project. A delightful reception followed a welcome by Reverend Herb Taylor, CEO of NEDA. Construction is expected to be completed at the end of 2005.

Planning is underway for the development of a **new Alzheimer's care program at Rockridge** based on the "Habilitation" approach to care pioneered by the Mass. Alzheimer's Association. We hope to begin renovations early next year so that we can offer an innovative program in a beautiful environment which promotes optimal capability and emotional comfort to those living with dementia.

If you are interested in more information about any of these projects, please call any of the locations and they would be glad to provide you with more specifics.



Present and future residents came together to celebrate as construction began on 35 new suites at Newbury Court in Concord.



Rivercrest/Deaconess  
Skilled Nursing/Residential Care  
80 Deaconess Road  
Concord, MA 01742  
Tel: 978-369-5151



Newbury Court  
Retirement Community  
100 Newbury Court  
Concord, MA 01742  
Tel: 978-369-5155



Rockridge Residences  
Retirement Community  
25 Coles Meadow Road  
Northampton, MA 01060  
Tel: 413-586-2902



Shore Cliff  
By The Sea  
14 Cliff Avenue  
Magnolia, MA 01930  
Tel: 978-525-3456

## New Deaconess Sunroom



The new sun porch at the Deaconess is well under way.

A new sunroom has been added to the Deaconess House and all residents of the Concord campus will be able to enjoy this new four season porch overlooking the river. The Deaconess House, built in 1913, provides residential assisted care and had an open porch on the back that was badly in need of repair. Many of our residents have mobility issues that kept them from using the old porch and some have difficulty going out at all.

The fully enclosed heated porch will give residents a front row seat as the leaves change color and adds to their quality of life. Great thanks go to all who supported the fundraising effort to pay for this new sun porch, especially Iris Barten in honor of her mother, Belle, and Rev. & Mrs. Don Williams. We still actively seek donations and every gift is welcome.

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## Developing a New Independent Living Community in Gilford, NH

In the beautiful Lakes Region of New Hampshire, at the foothills of Gunstock Mountain, the First United Methodist Church of Laconia/Gilford has asked the New England Deaconess Association to develop an independent living community on 20 acres of land behind their church. There is a need for independent living for older adults in this area and we are working with the church to help respond to this need. Wetland and engineering surveys are presently underway to determine where to best locate this new project. The initial plans include 41 cluster homes.

Another interesting aspect of this project is that we are working with The Preachers' Aid Society of New England to ensure that some of the cluster homes would be available to retired pastors. As is the case on our Concord campus, retired pastors and their spouses are wonderful members of any community and offer a support network of care for all.

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## Expanded In House Rehab Program Now Available on the Concord Campus!



Why is this resident smiling as she sits on the floor on all fours? She is practicing "fall recovery" skills before she returns home. This is part of the final phase of her comprehensive therapy for safe discharge planning. We hope that she will not need this skill but it is a skill that will empower her to feel safe at home.

Whether the therapy team provides treatment to someone needing short-term rehab or a long term care resident, the team focuses on an individual plan of care for each person after a comprehensive evaluation is completed. Our purpose is to provide the best quality care possible to improve the quality of life of all of our residents and their families in a holistic manner. This may include physical, occupational, and/or speech therapy. When residents can communicate, perform their daily activities more independently, live with less pain or stress, and mobilize either by walking or wheelchair, it enhances their sense of "well-being." Supporting the highest level of functioning through remediation or environmental modification helps residents stay as independent as possible whether they are going to live at home or in a New England Deaconess Association setting.

During this past year, we completed the overhaul of the rehabilitation program and gym. As a result, demand for physical and occupational rehab services has tripled. Residents are recovering faster! We are able to be pro-active and intervene with people at risk for falls, potential loss of mobility or other life skills.



Resident Mr. Guenther enjoys coffee in the new Rivercrest Bistro. A former copy room was renovated by our staff to create the Bistro!

## NEDA's First Golf Outing to Benefit Alzheimer Care

Over 100 people joined together at Sterling Country Club on August 24<sup>th</sup> to play golf and raise funds for Alzheimer/dementia care programs at New England Deaconess Association. More than \$16,000 was raised on this sunny day filled with goodwill and good fun.



Getting ready to tee off, this fearless foursome includes (left to right): Richard Calvert, Diane Raposa, Ed Kelly, and Steve Doneski

The day also featured a putting contest and distinction for the longest drive. A silent auction of donated prizes occurred, as well as a live auction which included coveted sports memorabilia, a weeklong stay in the Bahamas, and a weekend stay at the Colonial Inn in Concord, MA.

Round up a foursome now for next year! Special thanks to coordinators Tom Kachadoorian and Rich Calvert and all volunteers who helped make the day a huge success. We are already looking forward to 2005.

## \* SENIOR OLYMPICS \*

With the Summer Olympic Games dominating much of August, Rivercrest caught the spirit and designated August 5 Senior Olympic Day. The official Opening Ceremony was complete with colorful handmade flags, the Olympic hymn, and a lighting of the torch.

After reciting the Olympic oath, 60 Rivercrest residents declared, "Let the Games begin." Events included volley ball, javelin darts, swimming, and discus Frisbee, and the games ended with an Olympic exercise class for all. The Award ceremony was held on Wing 3 where gold, silver and bronze medalists were lauded and every participant received a ribbon.

Meanwhile, out in the parking lot an Olympic Car Wash took place. The Activity staff rolled up their sleeves and raised almost \$100 for the residents' activity fund. Kudos to Beverly Andrews-Rivas, Joan Geldart, Jim Kingsbury, and Laurie Melendy for all their hard work.



Rivercrest resident Al Butler proudly carries the Olympic torch.

At the Closing Ceremony, the Olympic torch was extinguished and praise was given to all Rivercrest Olympians for their efforts. An informative round of Olympic trivia (the five interlocking rings symbolize the five continents and the five ring colors are blue, yellow, black, green and red) ended the day.

"Some residents are still wearing their medals, they are so proud of themselves," said Diane Raposa, Program Director. "This event was a highlight of the summer."

### Tournament Sponsors

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West Concord Pharmacy



Three cheers for this gold medal winner! Rosly Walter sports her well deserved award at the end of a day of Olympic events.

## Future Events

Residents • Families • Volunteers • Friends • Neighbors • Employees

**Sunday, November 7th, at 2 p.m.:**

**115<sup>th</sup> Anniversary & Memorial Service** at the Concord campus in Duvall Chapel. Come join us as we celebrate the lives of all those who died in the past year. The new Bishop of the United Methodist Church in New England, Rev. Peter Weaver, will be our guest speaker.

**Tuesday, November 9th, 3 p.m.-7 p.m.:**

The **Official Grand Opening at Rockridge** in Northampton! Come and tour our beautiful new assisted living building and cottages.

**Friday & Saturday, November 12th and 13th, 9 a.m.- 4 p.m.:**

Don't miss our annual **Holiday Fair** at the Concord campus in MacKay Hall. All day long you can visit the diverse craft tables, visit the holiday café and get a jump on your holiday shopping.



Thank you to the Calvary church family for their generous gift!

### Rehab Program, cont. from 2

Every day activities like decorating a Christmas tree or re-planting a geranium can be used to reduce functional decline and enhance existing skills. Please call us if we can make a difference to you or a loved one. (978-369-5151 ext. 328)



*The Rockridge Cottages provide a new innovative model of senior housing; very similar to a single family home, with easy access to quality care and services.*

### Calvary Church Makes Grant to "More Like Home" Program

We are deeply grateful to Calvary Church, United Methodist of Arlington, MA for the very generous grant of over \$10,000 given to our "More Like Home" program in the Rivercrest skilled care center. These funds are helping NEDA create a more "home-like" environment in one of our living & dining rooms through the purchase of new wing chairs, settees, dining room chairs and tables. Old, worn-out institutional furniture is being retired from a room which was completely renovated by our staff so that residents can enjoy a setting which feels more like their own home. We especially thank Rev. John Mueller, Calvary's Church Council and Missions Committee for making the older adults we serve such a priority.

### Staff Honors Beloved Colleague on Giving Tree

When former Director of Staff Development, Justine Graham, succumbed to cancer this year, her colleagues wanted to honor her memory on the Concord campus. One friend, Chris Croteau, gathered donations from staff in every department. In recognition of Justine's life of service, an engraved leaf has been permanently added to the **Giving Tree**. **K**

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### Making a Bequest is Easy -- The Legacy Society

The Legacy Society recognizes a special group of our supporters whose bequest intentions, gift annuities or other planned gifts will benefit the programs of the New England Deaconess Association in the future. The legacies of visionaries like Mr. Charles Emerson in 1910 and Mrs. Mary Faucher in 1913 still benefit NEDA today. Through the years, many more people have included NEDA in their estate plans. We can include you in the **Legacy Society** too; just send in the coupon below or call us at 978-369-5151 ext. 370.

I wish to become an important part of NEDA's present and future by becoming a member of the **Legacy Society**. My gift to New England Deaconess Association is being made through:

Bequest in my/our will                       Other

I am considering including NEDA in my estate plan and would like more information.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Town: \_\_\_\_\_

State: \_\_\_\_\_ Zip \_\_\_\_\_

Phone: \_\_\_\_\_

E-Mail: \_\_\_\_\_