

NEWBRIDGE ON THE CHARLES



Dr. Miriam and Sheldon G. Adelson Campus

March 10, 2023

Hello NewBridge Community,

What a wonderful Purim celebration! It was so fun to see everyone in costumes and a big thank you to the departments that made it happen. Specifically, culinary, programming, and housekeeping. For those of you who were not in attendance, you missed quite a sight.

As a reminder, the Copper Beech Community Room is open for all. It is a self-serve buffet and reservations are not needed. It is first come, first served, and seats cannot be held for others. The feedback so far has been wonderful and this venue provides a casual dining opportunity for those who do not want to make reservations. Between Centro, Nosh, and Copper Beech we are working hard to meet everyone's needs.

We are COVID-19 free in Independent Living for the first time in a while. In fact, for months on end, the norm has been one or two cases. For that reason, as we go forward, I will not be updating the COVID-19 count in my letter unless there is a spike or a reason for increased precautions. The reality is that COVID-19 is here to stay. The case counts we have seen have normalized and do not warrant their own section in my letter. For some, I know you rely on this information. But please rest assured if there is an increased risk either in the community or the county, I will make mention of it in future letters, or send a separate letter if necessary.

HSL Did You Know?

Of all the activities that can benefit us as we age, one of the most effective is the creation and appreciation of art. A study, funded by the National Institute on Aging and published in the journal, Neurology, reports that "the risk of mild cognitive impairment [can be] reduced with engagement in artistic, craft, and social activities in

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both midlife and late life.” Experiencing art may be linked to improving cognitive function and memory and improving self-esteem and well-being. *This impact is so powerful that researchers liken creating art with exercise for the brain!* For more information, please see the attached summary, *Art and the Aging Brain*.

Hebrew SeniorLife’s art programming is available to residents and patients throughout our campuses. If you are interested in making a gift to support these life-enhancing activities, please contact Teresa V. Lisek, Director of Development, at 617-971-5788 or TeresaVLisek@hsl.harvard.edu.

Lastly, my wife Lauren has returned so all is back to normal!

Enjoy your weekend.

Sincerely,

Matt