



Friends of the Russian Bilingual Services Program Newsletter

AT HSL, PATIENT AND FAMILY WISHES COME FIRST

At Hebrew Rehabilitation Center, we accept special responsibility for the frailest and neediest members of our community. We strive to provide the best possible care to your loved ones, making sure that they live at home-like atmosphere and are able to enjoy life, regardless of what kind of physical and cognitive limitations they have.

However, it is also very important to make sure that the care we provide is aligned with patient and family wishes. These wishes are highly individualized and vary from person to person.

At HRC, we truly believe in patient-centered and family-centered approach to care; it is extremely important for us to know that patients and families always feel that they are being heard. Continuous family involvement is crucial in communicating patient wishes to the health care team. We work hard to encourage your participation in health care decisions through care plan meetings, documenting, reviewing, and updating patients' Advance Care Directions, and, most importantly, listening to your feedback. We consider it vital to educate families regarding choices their loved ones have when it comes to options and approaches to treatment and care. Our teams work hard on developing materials and supportive documentation for families so they understand why we pursue certain choices in treatment or patients' care. We make sure these resources are available in both English and Russian languages and we are always ready for conversations and support.

Your questions, feedback and suggestions are welcome.

Alexandra Dashevskaya, Director, Russian Bilingual Services Program

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**Русская
Программа
HSL**



FEATURED PATIENTS AND STAFF



Alexander Kamenetsky, RN

Alex was born and raised in Moscow, Russia. There he studied percussion at a Music college which included instruments like xylophone, drums and others. He remembers how he played in wind and military orchestras at many state events, including the parades in Red Square next to the Kremlin. Fast forward to 1992, he found himself in Boston, Massachusetts, grappling with his limited English skills while delivering pizzas for Papa Gino's. Eventually, he decided to hit the books, earning his Nursing degree in 2002. Now Alex is an RN, working at the Hebrew Rehabilitation Center (since 2018), living in Sharon with his wife and two sons. His spouse enjoys a career of a preschool/Hebrew teacher at the private day care. She is originally from Israel. His older son studies biomedical engineering in college, while the younger one is still in high school. Alex adds that the last six years at HRC have been a rewarding experience for him. He shares that the work environment here is great. He feels a sense of camaraderie and support. Patients love him. Alex says, "There is something satisfying about helping others. Whether it is administering medications or giving a listening ear. My job is hands on and very fulfilling. Knowing that I make a positive difference in our patients' lives motivates me to come to work every day".



Pesya Turyan

Pesya was born in the Moldovian city of Beltsy. As most people of her generation, she doesn't particularly like talking about painful memories of WWII horrors: her house being destroyed by bombing and Pesya's family lengthy evacuation in cargo trains, barely avoiding Nazi Germany shelling. After the war Pesya's life got settled and she moved to Chernovtsy, Ukraine where she earned a medical degree and met Yakov, the love of her life. They were happily married for 67 wonderful years. In 2021, Yakov fell seriously ill, his mobility being affected most. Both Pesya and Yakov required around the clock care, so they decided to move to Hebrew Rehabilitation Center. Pesya says that they liked the medical care and the recreational activities. However, in 2023 Yakov's condition deteriorated and, unfortunately, he passed away. Pesya says that everyone at HRC has been very supportive of her and treated her with utmost respect and compassion. "Yana is very sympathetic and kind. Five days a week she keeps us busy with activities that help us move on with our lives, feel good and not being lonely". Pesya especially enjoys book club discussions, attending concerts and playing Bingo. She adds, "I also want to express my gratitude to all aides and nurses for the care and empathy. They give us medications on time and monitor our well-being. Many thanks to all staff, interpreters, and our doctors".



Viktor Klimov

Viktor was born in the small Siberian town of Uzbur, but lived in Bogdanovich (Sverdlovsk region, Russia) most of his life. He had countless cherished memories related to Bogdanovich that he even dedicated a book to it. Viktor also reminisces of the past, how he met his sweetheart, Valya, in the second grade. They carried love in their hearts over many-many years. Viktor also shares that in 1945, at the age of 18, he got called up to the military service. After a boot camp in Chebarkul, he was stationed in Port Arthur (China), where he served for 7 years until discharge.

Upon leaving the armed forces, Viktor realized that he did not have any specialized training for a civilian career. So, he took an entry level job during the day continuing his evening studies. Later, after graduating from the Ural University as a journalist, he accepted an editor position at the local newspaper.

When speaking of the meaning of life, Viktor contemplates, "God gave us life and then Adam took a bite of an apple and that changed everything... But for me, personally, the meaning of life is my late wife Valya. I wish she were still here. I miss her dearly every day. Thank you to all Hebrew Rehabilitation Center staff for being there and supporting me. I feel well taken care of here".

HONORING CHOICES

Hebrew SeniorLife provides comprehensive **palliative care** services to seniors in the Boston metropolitan area. Their dedicated team of physicians, nurse practitioners, and patient care associates specializes in palliative care and collaborates closely with geriatricians, nurses, therapists, social workers, and spiritual specialists. The goal is to offer supportive care alongside active treatment, focusing on mitigating unwanted symptoms and aligning care with patients and families' wishes. Most importantly, they respect cultural preferences and tailor care accordingly.

Here are some key aspects of Hebrew SeniorLife's palliative care program:

- **Holistic Approach:** The team takes a holistic view, addressing medical, spiritual, psychosocial, and emotional components during every encounter.
- **Patient Comfort and Quality of Life:** Starting from the first encounter, the emphasis is on the patient's comfort and overall quality of life.
- **Collaboration with Geriatricians:** Palliative care providers work closely with geriatricians to create personalized care plans.
- **Symptom Management:** Recommendations and orders for symptom management are discussed and implemented.
- **Patient Preferences:** Each patient's preferences and wishes are considered. For example, if a patient desires independence in mobility despite pain symptoms, the team devises a plan to maximize fulfillment of that wish.

Cultural Competence: Our healthcare providers are culturally competent. They realize that our community may need special approaches when it comes to palliative care and they respect our seniors' values, and beliefs. Tailoring care to individual backgrounds ensures better outcomes and patient satisfaction. Cultural sensitivity is vital for providing compassionate palliative care to all. Our Palliative Team commitment to this principle ensures that our seniors receive the support they need throughout their health journey. **For more information please click on the link:** [Home - Honoring Choices](#)



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PALLIATIVE CARE MYTHS AND MISCONCEPTIONS

Palliative care is a misunderstood branch of medicine. National Institute of Health in 2021 defined *palliative care* as specialized medical care for people living with serious illnesses, such as cancer or heart failure. Patients in palliative care may receive medical care for their symptoms or palliative care, along with treatment to cure their serious illness. The focus of palliative care is to enhance a person's current care by focusing on the quality of life for them and their family. Palliative care is for all patients diagnosed with serious illness, including chronic obstructive pulmonary disease, cancer, heart failure, dementia, Parkinson's disease, and many others. The benefits of palliative care have been researched and determined to reduce the burden of physiological (pain, shortness of breath, etc.) and emotional symptoms (depression, anxiety, etc.), decrease the number of emergency room visits and hospitalizations, improve patient outcomes, healthcare cost, and quality of life. Multiple resources are available for the patients and families to learn about what palliative care is and how to access this type of care. In Massachusetts, "Honoring Choices" organization clearly presents the definition and description what palliative care is. The evidence supports the information provided. In summary, palliative care is dedicated to providing evidence-based, person-centered care aligned with the goal of supporting older adults with serious illness to decrease their symptom burden and improve their quality of life.

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