



# BOSTONRISE

BostonRISE is...



BOSTON  
RISE



rehabilitative  
impairment  
study of the  
Elderly



Front Row (L to R): Braidie Campbell, Nicole Holt, and Paige Landry  
Back Row (L to R): Julia Thomas, Jonathan Bean, Laura Kurlinski

## Hello! Welcome to BOSTONRISE...

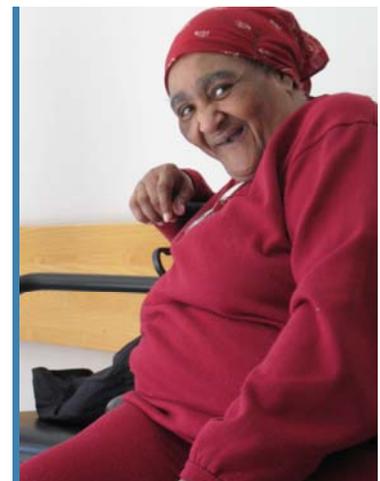
### Designing rehabilitative care to help prevent late life disability

We at BostonRISE would like to welcome you to our program. We hope that you have enjoyed your experience so far. Even before we started working with participants in November 2009, we have been working to create a friendly, competent, and courteous environment where you can feel safe and comfortable. We welcome you to share your time and your energy with us.

We are so happy to have you involved and we are excited to continue working with you in the future. Each and every one of you is providing a

valuable service to future generations. We hope that you are learning a little something about what you can accomplish. We truly hope that you enjoy your interactions with us as much as we enjoy working with you.

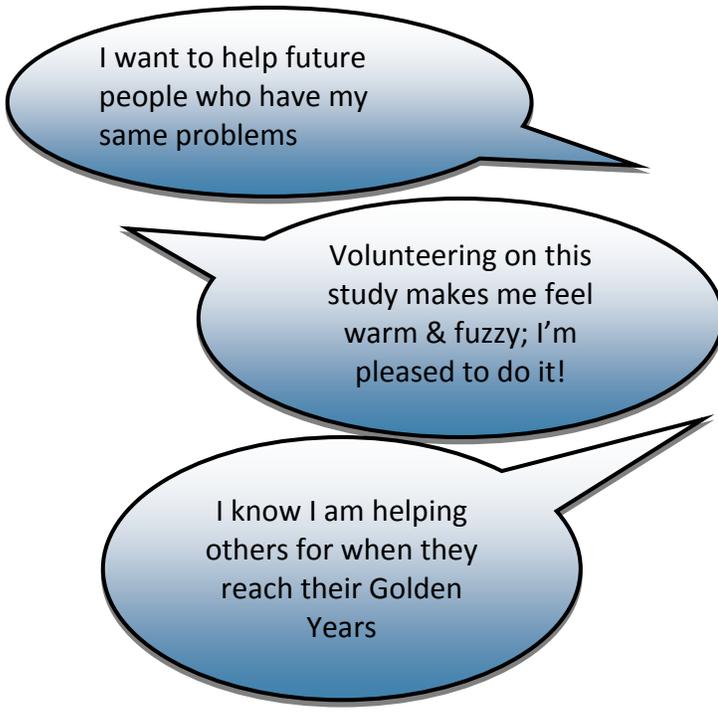
The BostonRISE project could not be completed without your involvement. Every participant helps us get closer to our final goal of 420 participants, so if you have any interested friends or family, please invite them to contact us. We hope that this newsletter finds you well and again we extend a hearty



welcome to all of you who are participating in BostonRISE!

--the BostonRISE research team

### What participants are saying...



### BostonRISE participants are...

- EVERY RACE AND ETHNIC BACKGROUND
- ALL EDUCATION LEVELS
- US CITIZENS & RESIDENT IMMIGRANTS
- 65 to 94
- LIFE-LONG BOSTONIANS & RECENT RESIDENTS
- STORY-TELLERS
- LIVING IN THE HOUSE THEY WERE BORN IN
- JUST MOVED INTO A NEW PLACE
- HARD-WORKERS
- PROUD
- MOBILE
- BETTERING LIFE FOR FUTURE GENERATIONS

420 Participants + 6 Research Team Members = 

**We can't do it without you!!**

### What Don't You Know About Our Staff?!



**Laura Kurlinski** is an avid skier and just got married in August



**Nicole Holt** loves animals and has an orange cat named Satsuma



**Dr. Jonathan Bean** loves being physically active and was on the golf team in college



**Paige Landry** spends her weekends surfing on the Cape



**Julia Thomas** loves expressing herself through music and can play 7 instruments

### Boston RISE Upcoming Events

December 2010 – Beginning of year one visits  
 Bimonthly MGH Senior Healthwise health talks –  
<http://www.mgh.harvard.edu/geriatrics/seniorhealthwise/>



<http://www.gocomics.com/doonesbury/2004/06/22>

## What is a Physiatrist?

Rehabilitation physicians, also known as physiatrists are nerve, muscle, and bone experts who treat injuries or illnesses that affect how you move. Physiatrists have completed training in the medical specialty physical medicine and rehabilitation (PM&R).

Physiatrists treat a wide range of problems from sore shoulders to spinal cord injuries. Their goal is to decrease pain and enhance performance without surgery. Physiatrists take the time needed to accurately pinpoint the source of an ailment. They then design a treatment plan that can be carried out by the patients themselves or with the help of the rehabilitation physician's medical team. This medical team might include other physicians and health professionals, such as neurologists, orthopedic surgeons, and physical therapists. By providing an appropriate treatment plan, Physiatrists help patients stay as active as possible at any age. Their broad medical expertise allows them to treat disabling conditions throughout a person's lifetime.

Physiatrists are medical doctors who are:

- **Experts at diagnosing and treating pain.**
- **Restore maximum function lost through injury, illness or disabling conditions.**
- **Treat the whole person, not just the problem area.**
- **Lead a team of medical professionals.**
- **Provide non-surgical treatments.**
- **Explain your medical problems and treatment plan.**
- **Work not only on treatment but also prevention**

<http://www.aapmr.org/condtreat/what.html>



Dr. Jonathan Bean, the principal investigator of Boston RISE, is a physiatrist. His clinical care focuses on geriatric rehabilitative care.

## Meet our newest RISE team members!



**Paige Landry** is a Research Assistant for Boston RISE at the Spaulding Cambridge Outpatient Center. Paige received her Bachelors degree from Connecticut College, where she majored in Behavioral Neuroscience and Psychology. Her undergraduate research experience included studies focusing on environmental psychology and the combined effects of nicotine and antibiotics on pain tolerance. She was the student representative on the Institutional Animal Care and Use Committee, which examined ethical concerns associated with animal testing at the college. Paige spent her senior year working as a physical therapy aide at a local clinic.

**Braidie Campbell** is a Summer Student Intern for Boston RISE. Braidie is a rising senior at Amherst College and studies economics and pre-medical studies. She is a Co-Captain of the Amherst College Women's Ice Hockey Team. Braidie hopes to apply for medical school following her graduation in 2011 and specialize in family medicine. She spent her junior year shadowing a sports medicine doctor at University of Massachusetts Amherst health services and athletic center. Braidie spent the first part of her summer in China teaching local university students English and studying Chinese.



*Visit us at:*

<http://www.bostonrise.org>

### **BostonRISE**

Spaulding Cambridge Outpatient Center  
1575 Cambridge St  
Cambridge, MA 02138

The logo for BostonRISE, featuring a stylized blue graphic of a person climbing a set of stairs to the left of the text "BOSTONRISE" in a large, blue, serif font.