



# BOSTONRISE

**BOSTONRISE hopes you had a wonderful holiday season and wishes you the very best in 2011!**

**WE NEED 420 PARTICIPANTS**  
**300 HAVE COMPLETED THEIR FIRST VISIT**  
**3 HAVE COMPLETED THEIR YEAR 1 VISIT**

**92 MEN—30 %**  
**208 WOMEN—70 %**

**OUR YOUNGEST PARTICIPANT = 65**  
**OUR OLDEST PARTICIPANT = 94**  
**AVERAGE AGE OF OUR PARTICIPANTS = 75.8**

**420** Participants + **5** Research Team Members = 

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



**Laura Kurlinski** was recently married and spent her honeymoon in Bali.



**Nicole Holt** has a new family member, Amos, her Brittany Spaniel puppy.



**Dr. Jonathan Bean** has a new chocolate Labrador puppy, Shira.



**Paige Landry** is looking forward to spending a weekend skiing in Vermont.

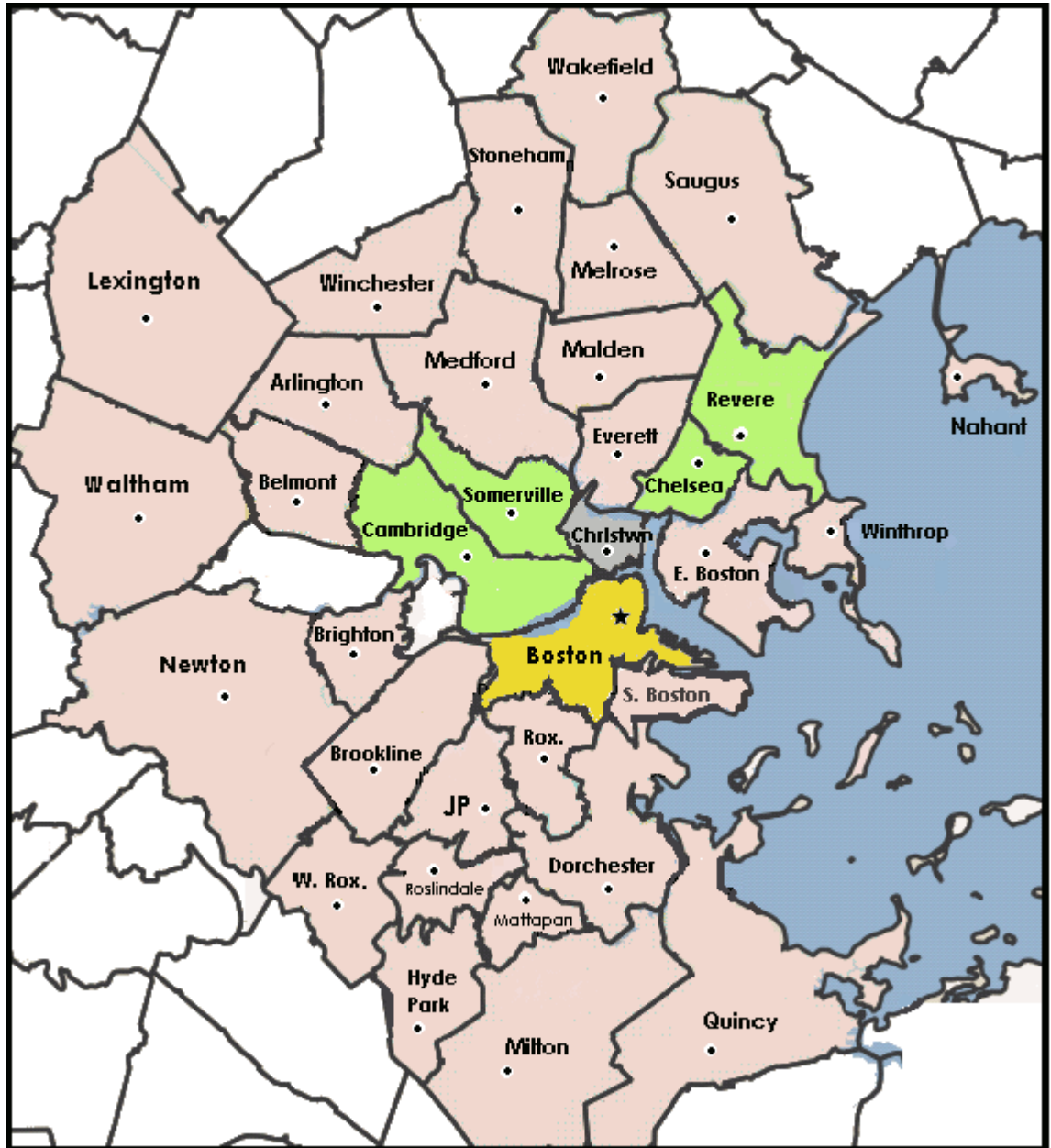
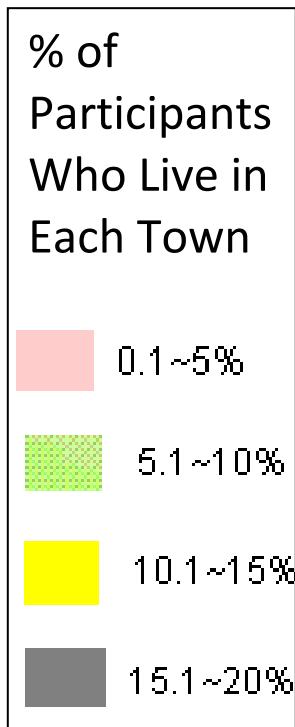


**Julia Thomas** had a wonderful (& warm) holiday with her family in California.

### BostonRISE participants are from all over the Boston area!

Charlestown, Boston, Cambridge, Somerville, Chelsea and Revere have contributed the most participants, but Boston RISE represents **24** different communities in the greater Boston area!

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#### Boston RISE Upcoming Events

Fall 2011 – BostonRISE event for all participants

MGH Senior Healthwise health talks –

<http://www.mgh.harvard.edu/geriatrics/seniorhealthwise/>