



# BOSTONRISE

**BOSTONRISE hopes you had a safe winter and wishes you a sunny spring!**

**WE DID IT! THANKS TO EACH AND EVERY ONE OF YOU FOR YOUR CONTINUED SUPPORT. WE ARE HAPPY TO ANNOUNCE:**

**ENROLLMENT IS COMPLETE!!!**

**ALL 430 PARTICIPANTS HAVE COMPLETED THEIR BASELINE VISITS.**

**OVER 50 PEOPLE HAVE COMPLETED ALL STUDY VISITS!**

**430** Participants + **5** Research Team Members =  **BOSTONRISE**

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



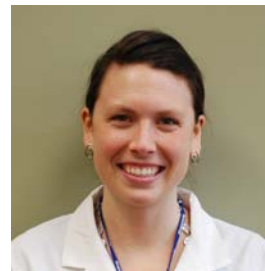
**Laura Kurlinski** had fun running a half marathon in the fall and looks forward to a spring break ski trip with her family.



**Nicole Holt** went snowshoeing with her family and her dog in the White Mountains this February.



**Dr. Jonathan Bean** in addition to being Study Director is now the Director of Research for the Spaulding Network.



**Paige Landry** is happy to share that she will be starting Northeastern's Physician Assistant program in August.



**Braidie Campbell** enjoyed spending her holidays at home in Vancouver and being able to get in a beautiful day of skiing up a Whistler.

## Update on Julia:

Julia is in her first year at Wake Forest University School of Medicine, Winston-Salem, North Carolina. She is enjoying her classes, interviewing patients, and hopes to return to the Boston area in the near future for a visit. Julia reports that her experience with Boston RISE has enhanced her learning and served as a strong foundation for medical school. In her spare time Julia is enjoying hiking, biking and camping.



### MEET OUR ADVISORY BOARD

**Jack Guralnik, MD, PhD, MPH**, spent 25 years doing epidemiologic research at the National Institute on Aging and is currently an adjunct professor at the University of Maryland School of Medicine.

**Steven Atlas, MD**, is the Director of the Primary Care Research and Quality improvement Network at Massachusetts General Hospital. His clinical interests include diabetes, heart disease, HIV and hypertension.

**Jeff Katz, MD**, is a rheumatologist and internist at Brigham and Women's Hospital and a professor in the department of Epidemiology and Environmental health at the Harvard School of Public Health.

We welcome **Jessica Wolfe, PhD, MPH, LEED GA**, the newest member of our Advisory Board. Jessica is the Director and Founder of BluePond Wellness LLC, a company that integrates best-in-class wellness and fitness offerings. Additionally she is the Chair of the Governance and Nominating Committee of Partners Continuing Care and Spaulding Rehabilitation Network.

### **Concerned about future care needs and support?**

**Geriatric Care Managers (GCM) are trained to assist older adults in maintaining independence and planning for the future**

**What do they do?** Connect you and your family to available resources within the community regarding housing and homecare services. They can help you build a support team and develop a comprehensive care program.

**Who are they?** Social workers, nurses, counselors, gerontologists or other professionals.

For more information about GCM visit: <http://www.caremanager.org/>

#### Local Resources:

Somerville/Cambridge Elder Services (617) 628-2601

Jewish Family and Children Services (781) 647-5327

Central Boston Elder Services (617) 277-7416