



Connect to Wellness is a partnership between Massachusetts General Hospital and Boston Senior Home Care that offers on-site health and social services to residents living in three apartment buildings surrounding the hospital campus – Beacon House, Blackstone Apartments, and Amy Lowell Apartments.

Through a part time staff that includes a registered nurse, licensed independent clinical social worker, and community resource specialist, the Connect to Wellness program is a resource available to over 400 elderly and disabled adults who are living in these buildings in Boston’s West End and Beacon Hill neighborhoods.

The aim of this community collaborative is to assist all residents in maintaining independence as they age in place by identifying social and health related needs and providing intervention.

Team Schedule

The Connect Team spends one day per week in each building. The schedule is as follows:
Tuesday – Beacon House, Wednesday – Amy Lowell, and Thursday – Blackstone.
 Nursing and Community Resource Specialist office hours are held 9a-1p while Social Work hours are 10a-2p.

Team Member Roles

Registered Nurse

- Provides education on self-management of health conditions
- Answers health and medication related questions
- Assists residents to communicate with providers
- Vital signs/weight monitoring
- Networking and planning health promoting activities
- Does not provide direct hands-on care or emergency services

Licensed Independent Clinical Social Worker

- General counseling and advocacy
- Leads discussion groups
- Acts as a liaison and provides support to Boston Senior Home Care Case Managers
- Makes referrals to community support programs

Community Resource Specialist

- Benefits assistance
- Establish health and home services
- Connections to community resources
- Social and community relations

Team Contacts

Molly Vespa, RN, BSN
Nurse and Team Leader

Rachel Zalvan, LICSW, CMC, MPH
Social Worker

Shuchi Zhang
Community Resource Specialist



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