

# Village Insights

The Newsletter of Carleton-Willard Village

Fall 2009

## In This Issue

- ◆ 2 ◆ Villagers Bike for Farmers Market
- ◆ 2 ◆ Village wins MassAging award
- ◆ 3 ◆ 100th Birthday Celebration
- ◆ 4 ◆ Village Calendar
- ◆ 5 ◆ There's No Feeling Like "Home"
- ◆ 6 ◆ Running, Cycling & French Cuisine

Carleton-Willard Village is a not-for-profit continuing care retirement community accredited by CARF-CCAC. Carleton-Willard is a teaching affiliate of the Boston University School of Medicine.

## CWV's Natural Environment Is Key To Health And Happiness



*Nature Is All Around* – A very few examples of the ever-beautiful natural setting encompassing The Village. Yes, there's something wonderful to view all year 'round. But medical science is showing that green environments like those at The Village are good for the body, mind and spirit – especially as we grow older.

Medical science is showing that natural settings create physical health benefits, especially for older Americans. That's no surprise to some, but what is startling is the mounting evidence that green environments can stimulate the mind, heighten moods, and make us feel more part of a community.

It's hard not to feel good after going out for a walk along *The Village's* many wooded pathways. For some, simply taking in the beauty of the landscape is enough to put a little spring back in your step. For others, there's no finer feeling than surveying one's

latest accomplishments in the garden.

What's not to enjoy? Fresh air, sunshine, a bit of exercise – it's no wonder medical research has determined that being out in nature stimulates blood flow, exercises joints and muscles, improves respiration, and boosts vitamin D levels. Even a short stroll or a few minutes among blooming flowers is enough to lower blood pressure and make people feel relaxed, refreshed and at-ease.

And there's more. The greater the exposure to green environments, the more our bodies produce serotonin – the neurotransmitter which regulates mood, appetite, sleep, muscle contraction, and cognitive functions

Continued on page 4

## Villagers Pedal For Health And Bedford Farmers Market



### Around The Village

On September 21, The Carleton-Willard Residents' Association sponsored the second

*Bike To Market Program.*

Each year, the Residents' Association uses a portion of the profits from its biennial *Excess Baggage Sale* to support one or more local organizations. Charitable groups which have benefitted in the past include Habitat for Humanity and the Boy Scouts.

Village resident Bob Sawyer approached the Residents' Association last year with the request to support *Bike To Market Day*. An avid cyclist himself, Bob thought the project would be a good way for Carleton-Willard to lend support to a local organization and highlight the importance of a healthy lifestyle.

"We particularly liked the fact that we could help a worthy project get off the ground," said Jim Stockwell, a member of the Residents' Association Executive Committee.

The first 50 people to ride their bicycles to the Bedford Farmers Market that day received a \$2.00 coupon for the market.



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## Village Wins MassAging Innovation Award

Carleton-Willard Village has received MassAging's 2009 *Program Innovation Award* for its resident fitness program, *We Can Work It Out*.

The award is presented annually by The Massachusetts Aging Services Association (MassAging) a not-for-profit organization providing health-care, housing and related services to elderly residents of the state.

"Carleton-Willard has met the challenge of designing and implementing an innovative program that addresses a major need among older persons," says MassAging president Elissa Sherman. "MassAging is extremely proud to recognize Carleton-Willard with this award."

Adequate daily exercise is difficult to achieve for anyone, but older people are further limited because of frailty or chronic health conditions. Designing a program that increases opportunities for movement and engages residents in creative and fun ways was a challenge the staff of Carleton-Willard was willing to take on.



*MassAging's Innovation Award is presented to Activities Director Nancy Sheffer, Music Therapist Lori Leslie and Fitness Director Muire Flynn by Matt Weinstock and (far right) Elissa Sherman.*

A team led by the Activities Director, Fitness Director and Music Therapist developed *We Can Work It Out* for residents of the Nursing Center. The

program keeps even the frailest residents active by allowing them to bend, stretch and flex their bodies.

One of the ways in which the program promotes movement is through easy-to-follow exercise videos developed by the team. As a result, attendance in daily exercise programs has increased and residents seem more engaged and active.

Carleton-Willard Village served as host to the 55th Annual Meeting of the MassAging Membership on Thursday, October 8, where the 2009 achievement awards were presented.

# John Mannarino Celebrates 100th Birthday at CWV

He remembers the Spanish influenza of 1918 and the Molasses Flood of 1919, caused by a storage tank that burst, sending a wave of molasses rushing through the streets of Boston's North End.

He was there at the beginning of Prohibition and at its end, and survived the Great Depression. And he saw action during World War II in both North Africa and Europe.

Bedford resident John Mannarino celebrated his 100th birthday on July 19 with a festive party at Carleton-Willard Village, where he has resided for the past 12 years. Friends and family gathered to honor him and to toast his long and active life.

Gary Sawin, CWV Director of Human Resources, recalled John's long career as an accomplished attorney. "But his true loves," said Sawin, "are history, languages and music, particularly opera." John then delighted his audience by singing a brief excerpt from one of his favorites, *Rigoletto*.

Among those attending the celebration were three old friends who traveled from Italy for the occasion. John developed a close friendship with the father of one of the visitors, a soldier in the Italian army whom he met during World War II and

who promised to name his first child after him. That child – a daughter, Giovanna – is John's namesake.

Also present were Dr. and Mrs. Richard Dallow; their daughter, Kathy, a physician at Beth Israel Medical Center and John's goddaughter; and three of his nephews and their wives.

Letters of congratulations were read from the governor of Massachusetts, US Senator John Kerry, and President Barack Obama and First Lady Michelle Obama.



*John Mannarino (seated) is surrounded by friends and family during the celebration of his 100th birthday at The Village.*



*Barbara Doyle, CWV President and CEO, presents a gift to centenarian John Mannarino. The gift, a Vermont Teddy Bear, is traditionally given to all residents on their 100th birthday.*

## A Witness to History

*Below are only a few of the 20th century's many milestones John Mannarino witnessed in just his first 21 years!*

- 1909** • Plastic is invented
- Robert Peary reaches the North Pole
- 1910** • Boy Scouts established in U.S.
- 1911** • Structure of the atom discovered
- Triangle Shirtwaist Factory fire in NYC
- 1912** • Oreo Cookies introduced
- The *Titanic* sinks
- Boston's Fenway Park opens
- 1913** • First crossword puzzle
- Personal Income Tax introduced in U.S.
- 1914** • First commercial airline flight in U.S.
- World War I begins
- First traffic light introduced in U.S.
- Panama Canal, Cape Cod Canal opened
- 1915** • *Lusitania* Sunk by German U-Boat
- 1916** • The light switch is invented
- 1917** • Russian Revolution
- U.S. enters World War I
- 1918** • Spanish Flu Pandemic
- Babe Ruth leads Boston Red Sox to fourth World Series title in seven years
- 1919** • The "Great Molasses Flood" in Boston
- Treaty of Versailles ends World War I
- 1920** • First commercial radio broadcast
- Prohibition begins
- Women granted the right to vote
- Babe Ruth sold to the New York Yankees
- 1921** • Massachusetts opens public office elections to women
- 1922** • Insulin discovered
- Tomb of King Tutankhamun discovered
- 1923** • "The Charleston" becomes popular
- *Time* magazine founded
- 1924** • IBM founded
- First Macy's Thanksgiving Day Parade
- 1925** • "Flapper" dresses in style
- The Scopes "Monkey Trial" begins
- 1926** • *Winnie-the-Pooh* published
- Harry Houdini dies after being punched
- 1927** • Ford introduces the "Model A"
- First transatlantic telephone call
- The first "talking movie," *The Jazz Singer*
- Charles Lindbergh' flies solo across Atlantic
- Guilty verdict in Sacco and Vanzetti trial
- 1928** • Sliced bread, bubble gum invented
- First *Mickey Mouse* cartoon
- Penicillin discovered
- 1929** • Car radio invented
- First Academy Awards
- Stock Market crash; beginning of The Great Depression
- St. Valentine's Day Massacre in Chicago
- 1930** • Clarence Birdseye perfects his quick-freezing process for food in Gloucester, MA
- Pluto discovered
- Chocolate-chip cookies first introduced at the Toll House Inn in Whitman, MA



## The Village Calendar

### Nov. 13: Fuller Craft Museum

Enjoy a unique visit to this one-of-a-kind museum of contemporary crafts and learn how the artistry reflects cultures, addresses social issues, and tells stories. Docents will guide us through special exhibits, including “The Perfect Fit – Shoes That Tell Stories,” celebrating Brockton’s rich shoe manufacturing history.

### Nov. 16: Barn Dancing

Grab your partner and let’s dance! **The Two Fiddles**, Jacqueline and Dudley Laufman, have been keeping the music and traditional dances of New England alive for over 25 years. They will be coming to The Village to play traditional folk music... and show us some familiar and not-so-familiar dance steps as well!

### Nov. 23: The Story of Forest Hills

Anthony Sammarco has written a new book about Forest Hills Cemetery, one of the finest examples of the rural cemetery garden in the United States. Many prominent historic and cultural figures are buried here, including one of our founders, Dr. Elizabeth Carleton.

### Dec. 1: The Great Explorers

Ed Webster presents a lecture on astonishing explorations, from Admiral Robert Peary’s trip to the North Pole to the 1969 moon landing. He will show us some of his collection of actual photographs taken during these pioneering achievements. Mr. Webster, himself an explorer, has written a book about his ascent of Mt. Everest.

### Dec. 8: Holiday Gala

We kick off the holiday season with our festive dinner celebration! The Village goes all-out with cocktails in the Abbott Room, followed by a very special dinner. The Rotunda and Auditorium will be decorated in full regalia, including one of Matt Hinkle’s amazing ice sculptures. Music, entertainment and an opportunity to mingle with the Trustees – this is an event not to be missed!

### Dec. 28: All Aboard For Fun!

Richard Hughes treats us to a special showing of the silent film *The General* starring Buster Keaton. A box office disaster when it was released in 1927, it is today considered to be one of the greatest films ever made – not least for Keaton’s stunt work. Enjoy popcorn and lemonade while watching this comedy masterpiece with live piano accompaniment.

## Natural Environment Is The Key

Continued from page 1

including memory and learning.

For older Americans living in green environments such as ours surrounding *The Village*, research conclusively shows a direct correlation between exposure to nature and increased cognitive abilities, attention performance and memory retention. Further, these same people experience far less depression or anger, report less stress and chronic pain, and overall live longer and healthier lives than those who live in urban or other “non-green” environments.

“People react so positively to our grounds,” notes Philip Kenney, CWV’s landscape gardener responsible for the design and upkeep of CWV’s lush natural setting. “You notice it when some-one may have had a bad spell, when they’re recovering. They can’t wait to get back outside, to look at the fish or walk the trails, or to get back to working in their gardens.”

Research also shows that the associations and interactions formed when strolling the grounds or working in the garden help reinforce a sense of community, and give older residents essential feelings of purpose and belonging.

“Gardens are a natural attraction to people,” explains Philip. “The cycles of nature and the seasons have great meaning. Plus, it’s just great to see! People dream of being in beautiful places when they retire. Being so close to Boston, with the setting here, it’s really something special.”

Village residents Ivan and Joan Kaufman agree. “The grounds, the acres of field and woods in which to roam, the freedom to connect with the soil in our garden... (it) gives us pleasure and a continued relationship with mother earth,” explains Joan. “What could be more wholesome?”

# When Comparing Communities, There's No Feeling Like "Home"

by Barbara A. Doyle, President & Chief Executive Officer



*"It's beauty that captures your attention; personality which captures your heart."  
(Anonymous)*

One aspect of my job that I particularly enjoy is the opportunity to sit down and talk with everyone who is seriously thinking about living here. Most come prepared; they often have a checklist of features that are important to them in selecting a retirement community. They've done their research and read articles or listened to the advice of experts on what to look for and what to avoid. And indeed, they discover that Carleton-Willard scores very high. But invariably, I watch something else happen as they visit us for the second or third time: they begin to discover the personality of *The Village*.

As with people, each retirement community has its distinct personality and character. Some are elegant and formal. Some have the feel of a busy cruise ship. Some even aim to recreate what group living felt like in younger college days.

I often describe Carleton-Willard as "country casual." First-time visitors consistently remark on the sheer beauty of the place – our acres laced with exquisitely wooded walking paths and lush, well-tended landscaping, and the well-appointed and welcoming interiors. But they quickly discover that beneath the physical beauty is a warm and friendly community. *The Village*. People here go out of their way to welcome and include

newcomers. I recall one gentleman who was in our nursing center for post-surgery rehabilitation. He was quite mobile and would walk down to the café each morning. In no time, the men who comprise our billiards group had invited him to join their game. He became "a regular" for as long as he was with us.

I also encourage prospective residents to come back for a visit on their own and sit down at our café for a cup of coffee. I know that within a few minutes, one or more of our residents will recognize them and sit down to chat.

But we are not just a companionable group of people. Carleton-Willard is also characterized by its vibrant intellectual life. One of the surest signs is to stroll by our library and look at the outside rack with magazines supplied by our own residents. And then, there's our monthly *Men's Breakfast*. This group likes to book a speaker for each gathering. Often they find no one more knowledgeable and interesting on a particular topic than one of their own!

Remember when you bought the much-loved house in which you raised your family? Chances are you were looking for certain features – a particular amount of space, the right location. But I'll wager that it was a less tangible quality, that "something special," which told you you had found the right house – the feel of the place, how it made you feel inside. It's much the same with retirement living. Perhaps that's why so many residents describe *The Village* as "a place that feels so much like home."





**Quest For The Gold** – Village resident William Stern competed in the Track and Field Events at the **2009 National Senior Games** held in the San Francisco in August. Bill won a gold medal in the 90-95 age category for the men's 1500 meter run, a silver medal for the 200 meter dash, and a bronze for the 100 meter dash.

The National Senior Games were held at Stanford University and locations in the San Francisco Bay Area. An estimated 10,000 athletes, all 50 or older, came from across the country to compete in events in 25 different sports. Competitors qualified for the national games at earlier state-level competitions.

Bill, who is 90 this year, has been running for 46 years. He belongs to the Cambridge Sports Union Running Club and is a member of the New England 65 Plus Runners Club.



**Cycling Through The Years** – On July 29, members of resident Bob Sawyer's bicycle club, the Wednesday Wheelers, rode to the Village to view Bob's exhibit of cycling artwork and memorabilia. Bob rode with the group – part of the 1000-member Charles River Wheelers – for 10 years, and was eager to share the highlights of his lifetime collection. Collecting antique bicycles and cycling artwork since the 1970s, Bob had acquired more than 60 cycles by the time he moved to the Village nine years ago.

Bob and his wife, Ruth, rode a tandem bicycle around Europe, where he added more pieces to his collection. He is particularly fond of his turn-of-the-century cycling posters depicting the evolution of the modern bicycle from the hobby horse, velocipede and high-wheeler to the modern bicycle. Bob continues to be an avid bicyclist and competes regularly in the Massachusetts Senior Games, bringing home gold medals to add to his collection.

**Villagers Celebrate Haute Cuisine** – When Daniele Stewart lived in Lexington, she and some of her friends met in each other's homes to speak French. For Daniele, it was a great way to socialize and use her first language – she was born in France and lived there until she came to the United States when she was 28. Daniele moved to The Village about a year ago and found that many of her fellow Villagers had not only once spoken French, but also wished for an opportunity to do so again. So, she thought, why not have a group here for those who want to practice their French?

And so, **Voulez Vous Parler Français** ("Do you speak French?") was born. The group meets once a month in the Red Room for dinner. Daniele gets the menu in advance from Matt Hinkle, CWV's Director of Dining Services, and translates it into French. The one rule is that only French is spoken throughout the dinner. The group is even served by one of CWV's waitresses who is fluent in French. And since, as Daniele pointed out, "We couldn't have a French dinner without wine," one member volunteers to bring wine for the event.

Daniele was surprised by the level of enthusiasm for the new group. After only four dinners, they are already at capacity with 24 diners and three more on a waiting list.

