

Village Insights

The Newsletter of Carleton-Willard Village

Spring/Summer 2009

CW Launches “Carleton-Willard At Home”

Carleton-Willard announces the introduction of *Carleton-Willard At Home*, an innovative alternative to living in a retirement community. The new membership-based organization enables residents to stay independent and safe in their homes as they grow older.

“We are delighted to be able to extend our expertise in senior living, and provide support to those who want to stay in their own homes as they age,” said Barbara A. Doyle, President and CEO of Carleton-Willard Village. “With *Carleton-Willard At Home*, area residents can receive many of the benefits of a retirement community, right where they now live.”

Carleton-Willard At Home is based on the groundbreaking Beacon Hill Village begun eight years ago by a group of



Beacon Hill residents. The increasingly popular concept has spread to nearly 100 “villages” nationwide. *Carleton-Willard At Home* is the first to be available to residents of Bedford and nearby towns.

Membership is open to anyone 65 or older who lives in Bedford, Carlisle, Concord or Lincoln. By paying an annual fee of \$600 (\$850 for a couple), members can access a broad array of services, activities and social opportunities, large and small. A fulltime trained and friendly staff acts as a concierge service, ready to help members

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Vision, Commitment And Care: Celebrating 125 Years Of Service



Caroline Caswell (left) and Frances E. Willard (right), along with Dr. Elizabeth Abbott Carleton, were the inspiration behind what would become Carleton-Willard Village. Each was a champion of social change and human rights, especially for women and older adults. Their pioneering vision guides CWV 125 years later.

In a time when political upheaval, economic catastrophe and social convention left countless people in neglect, three 19th century women resolved to change the world. Their pioneering vision shaped individual lives and gave birth to a community.

Looking around the pristine grounds, modern decor and state-of-the-art facilities of *The Village*, the notion that Carleton-Willard is 125 years old this year might surprise a few people. Yet, the history of the organization is long, rooted in an unyielding commitment to respond to the needs of older adults in the greater Boston community. And while some things certainly have changed over a century’s time, the Carleton-Willard mission remains consistent.

Long before women secured the right to vote, three visionary women – Elizabeth Carleton, Caroline Caswell and Frances Willard – began individual crusades to address the needs of people largely ignored

by society. In 1882, the plight of the *Free Home For Aged And Homeless Women*, a small home in Boston’s North End, came to the attention of Dr. Elizabeth Carleton, a pioneer surgeon and celebrated public speaker. Inspired by the home’s mission but appalled by the bare-bones living conditions, she held a meeting in her parlor to gather support for the home’s residents. Within a few months, the *New England Aid Society For The Aged And Friendless* was born. One year later, the *Society* announced plans to establish

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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.

Time-Tested Mission Sets Course For CWV's Future

by Barbara A. Doyle, President & Chief Executive Officer



This spring we celebrate our 125th anniversary, an appropriate time to reflect on our past and the extraordinary journey that has brought us to the

Carleton-Willard Village of today. Although our Village looks very different from the early efforts of Dr. Elizabeth Carleton and Caroline Caswell, their vision is still evident, and their values have shaped our very foundation. Many aspects of their legacy live on today:

A commitment to service. From the beginning, our founders held a steadfast commitment to reaching out to their surrounding community, and so do we. Support for the Bedford Council on Aging van, thrice-weekly hot luncheons for seniors at the Town Center, financial support for the *Wheels of Life* program – all this and more are a continuation of a culture of service begun by our founders.

Not-for-profit status. We have been a not-for-profit organization from the beginning, and intend to stay that way. Our obligation is to the residents who make their home here, not to distant shareholders.

A focus on enhancing the lives of seniors. Although our beautiful physical environment may be the thing many people first associate with Carleton-Willard Village, we know that the services we provide are what is most important

to residents. Our mission remains as it has been throughout our history: to enhance the quality of the lives of our residents.

Respect for the dignity of each individual. Visitors and family members often tell me how impressed they are with the attentiveness and respect all our staff members show toward each other, as well as our residents. We work hard to provide the support they need to live a full life.

A tradition of innovation. The words “tradition” and “innovation” in the same phrase? For us, it makes perfect sense. We have never embraced the new just because of its novelty, yet we have been in the forefront of so much. Carleton-Willard Village was the first continuing care retirement community in our state; we established the first licensed clinic in a retirement community; and our close collaboration with Boston University’s School of Medicine and Alzheimer’s Disease Center keeps us abreast of the latest advances in healthcare for seniors. We continually look for ways to lead our industry that are consistent with our mission and core values.

And so our newest venture, *Carleton-Willard At Home*, fits right in. With this service, we can reach out to seniors in our community who prefer to stay at home rather than move to a retirement community. Or, perhaps because they are not yet ready or able to make a move, we can make staying at home easier, more convenient and fun. We think Caroline Caswell and Dr. Elizabeth Carleton would heartily approve, and would recognize the spirit of service that led them to start on this journey 125 years ago.

Healthy Brain Fair A Memorable Event

The recent Village-sponsored community fair, “*Building Better Brain Health*,” was a huge hit, with attendance far exceeding expectations.

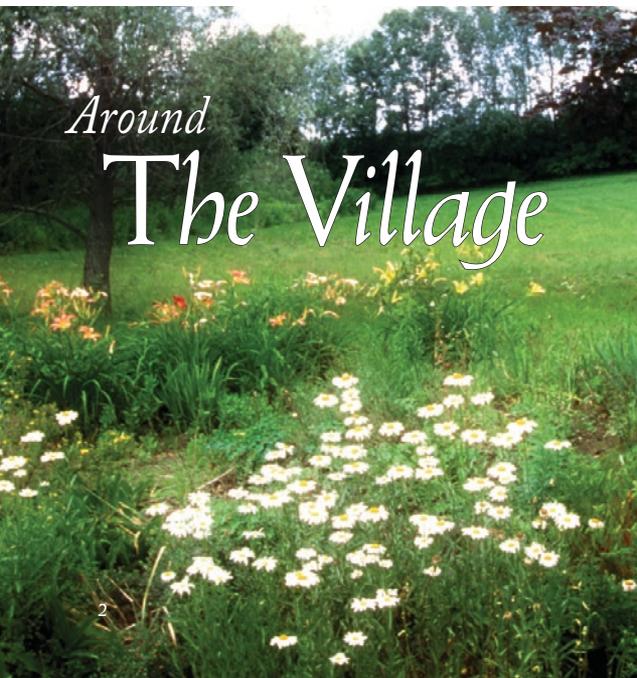
Dr. Robert Stern, co-director of the Alzheimer’s Disease Center at Boston University (BUADC), gave a keynote address about the latest research on preventing and treating memory loss disease. “[The CWV program] is unique,” noted Stern. “In fact, it’s the first that we know of in this region of the country.”



Village resident Beverly Floe shows her tennis skills while testing out the Wii game system she won at the Brain Fair. Nintendo donated the system for the event.

The BUADC is one of the country’s best-known research centers on memory loss. “Carleton-Willard Village has a wonderful partnership with the BUADC,” explained Stephanie Smith, CWV Director of Public Relations. “This was a great opportunity for us to work together. Each time there is a talk about keeping your memory strong, there seems to be more interest.”

“We want people to care about their memory,” added Stephanie Sikora, BU’s Recruitment and Educational Outreach Coordinator. “There are a lot of myths out there, and we want to increase awareness about brain health.”



Around
The Village

Carleton-Willard Cited By Massachusetts Governor

It’s not every day that a retirement community is recognized for leadership and extraordinary contributions to the people of our state. But then, The Village is an extraordinary place!

On May 18, Governor Deval Patrick and Lt. Governor Timothy Murray acknowledged The Village with an official citation, which reads:

“On behalf of the citizens of the Commonwealth of Massachusetts, we are pleased to confer upon your organization this Governor’s Citation in recognition

of your 125th Anniversary and in appreciation of your commitment to the elder community in the Commonwealth.”

“We cherish our long tradition of offering outstanding services to seniors, and are gratified to be recognized by the Governor,” said Barbara Doyle, CWV President and CEO. “We are also proud of how deep our roots are in this community. Many of the current residents of Bedford and surrounding towns still remember when Llewysac Lodge stood on this site in the early- and mid-twentieth century.”

Vision, Commitment, Care: Carleton-Willard At 125

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a *Home for Aged Couples*, a place where “aged and respectable couples who had gone hand-in-hand through long years...might toddle down life’s hill together.” The house on Shawmut Avenue was a stark contrast to the institutions of the day: 17 sunny rooms, a dining room with butler’s pantry, a large kitchen, and a sizeable basement converted to



The first Llewysac Lodge, Bedford, c.1910, purchased by the Frances E. Willard Settlement. “Llewysac” is “Caswell” spelled backwards.

a smoking and sitting room for gentlemen. Comfortable and homey, the house was filled with fine furniture, crockery, silverware and even a piano.

The *Society* – now with Boston’s mayor and the state’s former governor as advisors – was formally incorporated in 1884. Over the years, new properties replaced the old, culminating in the *Elizabeth Carleton House* on Walnut Avenue in Roxbury which housed nearly 60 “members of the family.”

Elizabeth Carleton’s efforts were extraordinary – especially given that the social, economic and political barriers to women were only beginning to be seriously challenged. Another at the forefront of social change was Frances Willard, founder and first president of the Women’s Christian Temperance League and a leader of the women’s suffrage movement. A human rights and social activist, especially regarding women and children, Willard was also an internationally known public speaker.

At a convention of social workers in Baltimore, Caroline Caswell was so moved by the words of Frances Willard that she returned to her native Charlestown determined to do something to help young women toiling in Boston’s factories. Enlisting the help of a few friends, she rented three small rooms on Hanover Street in 1894 as a place where these women could rest, get a bite to eat, and gather with friends. By 1897, the enterprise grew to become the *Home For Working Girls*, with 16 resident quarters and a public lunchroom. Four years later, the *Frances E. Willard Settlement* was officially chartered; the *Home* would eventually be relocated to the converted buildings of Vincent Memorial Hospital and St. Andrew’s Church to handle the increased demand.

Realizing that an even larger constituency was in need of services, Caswell and her supporters purchased a property in Bedford: a working farm with 185 acres of farmland, orchards and woods, a 20-room house, laundry building, gardener’s house and barn. Opening in 1910, the original *Llewysac Lodge* was designed to be a residential home for older women and a summer vacation spot for the factory girls living at the *Home*.

The 20th century saw much building and expansion at the Bedford site. And when hard times befell other local institutions, such as the Cooper Homestead and the Harriet Sawyer Home, their residents were brought into the care of the *Settlement*. By 1956, the expanded compound officially became known as the *Frances E. Willard Homes*, primarily serving the needs older men and women, with an increasing number receiving nursing care.

In 1975, a plan was introduced proposing the merger of the *Elizabeth Carleton House* and the *Frances Willard Homes*. The innovative concept

called for a self-sustaining community providing care for older adults on multiple levels, from totally independent living to round-the-clock skilled nursing care. The ambitious plan also required the preservation of 65 acres of woods on the Bedford property, integrating them into the aesthetic and rehabilitative fabric of the new facility. In August 1982, *Carleton-Willard Village* opened its doors – the first facility of its kind in New England to provide a comprehensive spectrum of care for older adults.

Today, *The Village* continues the inspirational mission of these three enterprising women. Recent milestones, such as the new Ross-Worthen Center, affiliations with Boston University School of Medicine, and the launching of *Carleton-Willard At Home*, are only a few examples of an enduring commitment to enhancing the quality of life for residents, their families, and the surrounding community. Happy Birthday, Carleton-Willard!



Images from the past: (top left) Feeding hens at the poultry farm; (top right) Farm-raised food is preserved for sale to the public; (bottom left) The Loom Room, one of the industries of the self-sustaining Llewysac Farm; (bottom right) Clearing begins for construction of the modern Carleton-Willard Village.



The Village Calendar

June 24: Squibnocket Trio

The acclaimed Squibnocket Trio – Lucy Banner, piano, Henry Duckham, clarinet, and David Gallagher, bassoon – will present a selection of chamber pieces in the Auditorium. Featured will be works by composers Richard Lane, Mario Castelnuovo-Tedesco, Michael Glinka, Marc Delmas and Otto Ketting.

June 29: Inside The King James Bible

One of *The Village’s* favorite presenters, Richard Bradley, concludes his six-part series on the history of the English Bible, culminating in the King James version. This is a story rooted in both the religious and political turmoil of Henry VIII and the cultural revolution of the Elizabethan Golden Age – the times of John Donne, Sir Francis Bacon, William Shakespeare and Thomas Morley. Literature, drama, music and poetry of the era are sure to be explored.

July 7: Antique Car Show

In what has become a much-anticipated annual event, local antique car enthusiasts will visit *The Village* and offer residents

rides in vintage and classic automobiles. Some of our residents will certainly have memories of cars just like the ones parading around the driveway circle!

July 10: Tall Ships

We will head to Boston to view the majestic tall ships docked during their five-day visit to Boston Harbor. Barques, brigantines, schooners and classic three-mast square-riggers from around the world will stir imaginations and bring history alive!

July 23: Looking At Art – The Viewer Speaks!

This is not your typical art appreciation class. Led by Marilyn Levitt, the discussion

explores our personal interactions with art, why we like what we like, and what it would take to like something new. This highly interactive small-group experience will be one that may forever change how you appreciate art.

Aug. 12: Canal Cruise

Beat the heat this summer with a leisurely boat ride along the historic Pawtucket Canal and the Merrimack River in Lowell. We’ll get an in-depth look at how Massachusetts’ 19th century textile makers tapped the power of the river to make it the leading industry of its day. We’ll also enjoy seldom-seen perspectives of the city and other unusual sights, and even travel through one or two still-operating locks.

Carleton-Willard At Home

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with a single phone call. Services include:

- *Carefully screened providers and discounted services*, such as home maintenance, carpentry, plumbing, painting, yard work, in-home health care, housecleaning, bill-paying and more.
- *Health and wellness support*, including exercise programs, health education, in-home services such as nutrition counseling, home health assistance, home adaptations, and elder care management.
- *Social activities*. Members will be offered a regular calendar of cultural and social events tailored to individual interests, some free of charge and some fee-based. Members will also have the opportunity to volunteer their time and talents to other members and gain the satisfaction of helping a neighbor.

Carleton-Willard At Home expects to begin providing services by late summer 2009. A limited number of new memberships will be available, and applications are now being accepted. For details, contact Stephanie Smith at 778-276-1910 or ssmith@cwathome.org.



Employees Honored — Seventy-five CWV employees were recognized in front of a record crowd at the annual Employee Service Award dinner, the largest number ever to receive length-of-service awards. One of the evening's many highlights was the acknowledgment of Director of Facilities Paul Lund's 25 years of service. Gary Sawin, Director of Human Resources, presented the award, citing Paul's extraordinary loyalty and good-natured willingness to be on-call many nights and weekends, adding, "Paul is just one of those people whom everybody likes." CWV President and CEO Barbara Doyle congratulates Paul (left) as the audience gave a standing ovation.



Goodies From Home – Residents of Carleton-Willard assembled a care package to send to Jim DeMoss, son of Carleton-Willard resident Mary DeMoss, who is serving in Iraq. Pictured (left to right) are Mary DeMoss, residents Edith Harrington and Pat White, activities staffer Kim Lupo, and Jan Kolba, Mary's daughter.



Creating A Crystal Masterpiece – While residents looked on, CWV's Matt Hinkle, Director of Dining Services, carved a Phoenix (the mythological bird of fire) from a block of ice. Matt has won numerous ice sculpting contests, and his artistry never fails to amaze.




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