

Village Insights

The Newsletter of Carleton-Willard Village

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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.

Local Green Initiatives a Big Win for Residents and Environment



Thinking Globally, Acting Locally – Implementing a host of grassroots ideas and initiatives, the residents, staff and management of Carleton-Willard Village are quietly and steadily taking positive steps toward conserving energy. The results not only benefit wallets and the environment, but the health and well-being of all who live and work here.

Management, staff and residents join the “green revolution” to save energy and help protect the environment...and in the process, save money and enhance the quality of life at *The Village*.

While lawmakers in Washington debate weighty issues of alternative energy technologies and global warming, *The Village* has adopted the philosophy of “thinking globally and acting locally.”

The Village has put a series of environmental initiatives and energy conservation

measures in place over the past few years, some big, but most on a smaller, focused scale. In the end, it’s making a difference.

“A lot of what we do, it’s the little things,” observes Paul Lund, CWV’s Director of Facilities. “But you’d be surprised how the little things add up after a while.”

Lund is also the staff representative to the Energy Committee, an organization of residents seeking answers to environmental issues at *The Village*. “The CFL [compact fluorescent lightbulb] program, for example, has been a huge success.

Bob Sawyer, chair of the Energy

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MIT Students Test Prototype at CWV

According to the Centers for Disease Control and Prevention, nearly one-third of all adults over 65 will have a major fall this year. While the majority of those falls do not result in an injury requiring a visit to the hospital, for seniors living alone, getting back onto your feet or calling for help can be an ordeal.

A team of 16 mechanical engineering students at Massachusetts Institute of Technology is attempting to solve this problem with an innovative walker design. The new device features a seat that can be lowered to floor level with the push of a button. Once on the seat, the device safely raises the user back to a standing position.

During the development phase, MIT students met with four residents – all MIT alumni – at *The Village* to get feedback on their design. Derek Logan, CWV's Director of Rehabilitation, was impressed by the collaboration. "The greatest fun by far was observing these two generations of brilliant persons interact." A prototype of the new walker was unveiled on December 7, 2009 at the *MIT Ideas Fair*.



CWV Resident Bill Sterns tries out a prototype design for a new walker as Derek Logan, Carleton-Willard's Director of Rehabilitation, makes a few adjustments. Looking on are, from left, residents James Stockwell and Fred Bird and MIT student Anghared Porteous.

CWV Invests in Conservation, Energy Systems

Green technology is finding a home at Carleton-Willard Village in a big way. Recently, CWV entered into a 15-year contract with American DG Energy to install and operate an on-site electrical cogeneration system. The system is capable of producing 75 kilowatts of electricity, and operates whenever hot water or heating is needed.

"This system will save *The Village* \$11,000 annually," explains Paul Lund, Director of Facilities for CWV. "That's about 15% of our total power costs." The cogeneration system also eliminates 250 tons of carbon dioxide from entering the atmosphere every year. "That's like taking 42 cars off the road," says Lund.



Paul Lund, Director of Facilities, stands next to CWV's new 75 kilowatt electrical cogeneration unit in *The Village's* Skilled Nursing Center.

The system operates much more efficiently than public utility systems, according to Lund, and is completely owned, operated and maintained by American DG. CWV only pays for the electricity generated by the new system, and at a discounted rate.

Elsewhere, *The Village* has installed ozone systems in selected laundry and food preparation areas. The system introduces ozone, a molecular variant of oxygen, into the water, which kills 99.9% of bacteria, fungi and molds without needing hot water or chemical disinfectants. "We've saved 87% of our hot water usage in the Skilled Nursing Center," says Lund. "The clothes actually come out cleaner, and smell like they've been hung outdoors!"

Matthew Hinkle, CWV Director of Dining Services, uses similar systems in *The Village's* kitchens to avoid needing to continually run water to wash food. "It's the force of the running water that washes away the contaminants," explains Hinkle. "With the ozone system, we simply fill the sink with water and let the produce soak. The ozone gets rid of the contaminants far more than we ever could by hand-washing. It's a far superior system."

Hinkle is also replacing two 13-year-old bakers ovens with state-of-the-art energy-efficient ovens. "The old ovens took over an hour to preheat, and you had to leave them on all the time," says Hinkle. "These new ovens operate at lower BTUs, and preheat in 15 minutes." The lower energy consumption also saves on kitchen air conditioning.

Green Initiatives Big Win for Residents, Environment

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Committee and CWV resident, explains. “We’ve have just about everyone here installing at least one CFL in their homes. Some are using four or five, and for their most-used fixtures.”

The Energy Committee began as a forum for residents to share energy-saving ideas, but quickly grew to its formal status three years ago. The Committee regularly publishes energy-saving tips for residents, whose interest has been overwhelmingly positive.

“People seem to like our suggestions,” says Sawyer. Those recommendations are typically practical, easy to implement, and readily have a positive effect. “We recommend things like, keeping your freezer at least 3/4 full makes it run more efficiently, and taking your own bags when you go grocery shopping eliminates plastic waste,” explains Sawyer.

Another popular tip from the Commit-tee is to hang clothes to dry. “It uses a lot less energy than the dryer, and it humidifies the air,” says Sawyer. “Plus, it doesn’t wear out your clothes...all that lint comes from somewhere!”

CWV management has also seen the cumulative effects of smaller conservation efforts. “Whenever we do renovations, we look for simple and effective ways to save energy and money,” says Lund. “We’ve installed motion sensors and photo cells for lighting, and light timers in closets. We replaced floor-wide thermostats with individual heating controls in residents’ units in Llewysac Lodge and the Skilled Nursing Center. We install new faucets and shower heads with reduced water flow. And when we renovate exterior walls and replace roofing, we always add more insulation.”

Lund has witnessed a reduction in the overall energy use at *The Village*. “It has a definite effect.”

Vanuza DaSilva, CWV’s Director of Housekeeping, agrees that subtle changes to everyday operations can have a big effect. “We switched from using a regular mop to clean floors to a microfiber mop,” she explains. “So now, we don’t have to drag buckets of water from room to room. Every room is mopped with its own microfiber pad.”



Going Green Around The Village – (top left) Alicea Cintron with some of the environmentally friendly cleaning products adopted by the Housekeeping staff; (top right) Tom Parsons, Assistant Sous Chef, uses one of the new ozone cleaning systems in CWV’s kitchen to wash tomatoes; (bottom) Village residents of the Energy Committee discuss environmental issues, offer energy-saving tips to fellow residents, and provide CWV management with new ideas for consideration.

Not only is the new mop easier and faster to use, the chance of cross-contamination is eliminated. “We no longer move a dirty mop head and dirty water from room to room, which really helps control the spread of infections,” says Vanuza.

The new mops are a hit with the staff. “We had some people who had problems with repetitive motion injuries from constantly wringing mops,” explains Vanuza. “It’s surprising, the benefits we got from switching.”

Despite the benefits, however, taking the environmental path is not always cost-effective. “Our new green cleaning products are more expensive than the old products,” admits Vanuza. “But with the green products, there’s no risk of chemical exposure or allergic reactions to the staff or the residents. If it improves everybody’s health, it’s definitely worth it.”

Lund agrees that a balance must be struck between environmental benefits and economics. “We always have to examine what the payoff is,” explains Lund. For example, composting has become very popular with residents. “It’s a great way to recycle waste, and as an organic fertilizer, it’s perfect for

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The Village Calendar



Around The Village

April 1: Writing Life

Have you always wanted to write about your life experiences but just can't get started? Have you started a memoir and found it's more about the facts and events of your life, and less about its soul – the things that really matter? Barbara O'Neil leads a workshop on writing guaranteed to infuse your writing with heart and make your memoir truly "memorable"!

April 12: Halalisa Singers

The Village will be rockin' as we hear the area's premier world music ensemble! Halalisa is the Zulu word for "celebration," and in that spirit, the Halalisa repertoire celebrates a diversity of genres, including African, Latin, spiritual & gospel, Jewish, folk and jazz. Now in its fifteenth year, the group has been featured in performances throughout the Boston area.

April 13: Eleanor and Franklin's America

Dr. Gary Hylander continues his five-part series on the lives of Eleanor and Franklin Roosevelt with *Launching The New Deal*, the story of the historic 100 days following Roosevelt's first inaugural address.

May 3: Putting Practice

Kick off the golf season by working on those essential putting skills! Villagers practice on our putting green every Monday afternoon through June. They then get to show off their skills on Saturday mornings in July and August!

May 26: Prelude To A Kiss

A whirlwind romance. A storybook wedding. A kiss for the bride that suddenly changes everything. Join us as we head to Boston's Huntington Theatre for a show not to be missed! Explore the enduring power of love and the nature of commitment in this breathtaking and life-affirming comedy.

June 8: Garden Tour

The Village and our residents open our beautiful and distinctive gardens to visitors. From 10:30 a.m. to 12:00 noon, you may walk or ride the CWV jitney, taking in as many locations as you wish. After, pick up a box lunch to enjoy on the patio or in the Garden Room. This biannual event is one of our most popular – don't miss this unique opportunity! For more information and reservations, contact Peggy Whiteley at pcwhiteley@cwvillage.org or 781.276.1902.

Local Organic Foods a Tasty Environmental and Culinary Alternative

The switch to locally-grown organic produce and hormone-free meat is hitting the spot with *Village* residents, according to Matt Hinkle, Director of Dining Services. "I get a lot of feedback from our residents, and the positive comments have been overwhelming."

According to Hinkle, CWV purchases locally grown produce from three local suppliers and area organic farms. "It's more expensive, about 40-50% more," says Hinkle, "But the quality is so much better." Organic greenhouse farms also supply certain produce, such as mushrooms, year-round.

Hinkle says the upcoming CWV *Food Expo* in March offers the perfect opportunity to try new foods. "Last year we sampled organic turkey, and it was a big hit," says Hinkle. This year, Hinkle will introduce free-range chicken from a new supplier. "It's interesting," notes Hinkle, "Organic chicken tastes...well, really good! Like chicken used to taste."

According to Hinkle, hormone-free beef is especially popular with residents and well worth the added cost. "It's more flavorful, a better cut of meat," says Hinkle. "After all, why spend money on food if it's not going to be a great meal?"



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Expanding the Definition of – and Commitment to – “Community”

by Barbara A. Doyle, President & Chief Executive Officer



If you were to spend a day with me, you would hear the word “community” many times. Building a strong community is one of Carleton-Willard’s guiding principles, and it is central to what we do.

“Community” implies shared values, common interests, and a responsibility for improving the quality of life for all. It is why the word “Village” is in our name – from the start, we wanted to evoke that sense of community we’ve all experienced and come to cherish.

Spend a day with me, and you’d also see examples of community-building in action. The monthly Men’s Breakfast is an opportunity to deepen relationships, learn something new, and just have a good time. The Knit-Wits might be meeting to create beautifully crafted infant hats that they will later donate to a local hospital. Residents who sit on the Health Committee work with our staff, providing input and thoughtful suggestions on how the health needs of our residents can be better met. Our Director of Dining Services may have an idea for a social mixer designed to integrate new residents into *Village* life. And in our Nursing Center, the staff might be planning one of its well-attended Family Forums, which have fostered friendship and support amongst the families of our residents.

What you might not see are the many ways we strengthen our surrounding community. As a not-for-profit organization

deeply rooted in service to seniors, we have always looked to identify areas of need...including places beyond our front door. That aspect of our mission is not as visible, and visitors are often surprised when they hear how much we do.

For example, Carleton-Willard sponsors *Elders Safe At Home*, a program providing life-saving home repairs for frail, low income seniors. We also sponsor *Wheels of Life*, a voucher system that helps get Bedford seniors to their medical appointments. We cater a three-course hot dinner for seniors at the Town Center three days a week. And we support Girl Scouts and Boy Scouts, Habitat for Humanity, and disaster relief funds such as the one providing aid for victims of the earthquake in Haiti.

Our biggest community outreach project is also our newest: *Carleton-Willard At Home*. Only in our sixth month of operation and already very popular, *At Home* provides a way for us to offer some of the benefits of a retirement community to those who are choosing to stay in their own homes. *At Home* provides members with a wide range of home and personal services at discounted rates from carefully screened providers, along with a diversity of social events and activities. *At Home* serves Bedford, Carlisle, Concord, Lexington and Lincoln.

I think of communities like the ever-enlarging ripples in a lake where a pebble has been thrown. We at Carleton-Willard are privileged to be able to contribute our expertise and resources to improving the quality of life for seniors in our corner of the world.





Memory Walk Raises Money and Awareness — A team of Village staff and family members of Ross-Worthen residents braved the rains last September to participate in the Massachusetts Alzheimer's Association Memory Walk. The 13-person team raised over \$11,000 for the cause. "The Walk is a wonderful opportunity to become personally involved in finding answers to the challenges of memory loss," noted Jim Worthington, Director of the Ross-Worthen Center. The Memory Walk is the nation's largest event supporting Alzheimer's care, education and research.



A Festive Affair – Board member Jim Saltonstall chats with resident Connie Parsons at The Village's Christmas Gala. The auditorium was transformed for an evening of wonderful food, good company and fine entertainment – including a special (and very funny) rendition of the 12 Days of Christmas by the Board of Trustees!



Meet the Top Dog – Family pets, of course, are most welcome at The Village...but only after a formal introduction and interview! Recently, prospective resident Carol Carpenter brought her dog, Hyatt, to chat with CWV CEO Barbara Doyle. Sporting a fancy new "doo" from the groomers, Hyatt was a shoe-in!

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residents' gardens," says Lund. "But using organic fertilizers facility-wide is far too expensive, and the maintenance costs are higher. So we only do this in a few sections."

CWV's Director of Dining Services, Matthew Hinkle, is also keenly aware of the economics of going green. "Green will always cost you more," says Hinkle. Cornstarch-based utensils and trays, for example, can cost six times more than those made with traditional materials. "We have to weigh what we can afford to do," says Hinkle. "We have a responsibility to our

residents to keep their fees stable."

Still, promising new products such as compostable plates and containers are always coming on the market. "The cost increase for these is modest –only about 50% more," explains Hinkle. "So we can save the planet without killing the budget."



CARLETON-WILLARD VILLAGE