

Village Insights

The Newsletter of Carleton-Willard Village

Winter 2017

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New Village Centre & Bistro Reshape the CWV Experience



The Village Centre — Architect's rendering of the north face of the new Village Centre. The expansion features a new artists' studio, day spa, dance/aerobics studio, and dedicated spaces for arts & crafts, billiards, computer lab, business center, and meeting rooms for resident activities. An accompanying 50-seat Bistro with an outdoor dining terrace is also being built. The project is slated to be completed mid-2017.

An ambitious and much-anticipated project seeks to expand the Village's already impressive mix of social, cultural and educational offerings.

Anyone who's visited the Village lately can see that big things are in the works. Since April 1, 2016, construction crews have taken over the north end of Main Street.

"It's something Carleton-Willard has been planning for some time," explains Paul Lund, the Village's Director of Facilities Management. "The project has been in the planning stages for

at least three years."

According to Paul, the new construction represents a further realization of CWV's strategic plan. "We're constantly assessing the needs of our residents – their interests, what they want in a retirement community. Today's resident is more active, more technology-savvy...they're looking for different amenities."

The project was initiated by CWV President & CEO, Barbara Doyle. "She's absolutely committed to staying current with the kinds of services we provide."

The focal point of the project is the two-story Village Centre extending off Main Street. The expansive facility will add over 13,000 sq. ft. of activity spaces, and will feature a large light-filled art studio, a day spa, and a combination

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Keeping Up With the Changes

A critical element of any construction project is its impact on daily routines. And given the ambitious scope of the new Village Centre and Bistro, keeping residents “in the loop” on construction progress became a top priority.

“You can just imagine how disruptive a project like this has been,” admits Paul Lund, CWV’s Director of Facilities Management. “We essentially took over Main Street – outside, there’s heavy equipment – and there was quite a bit of noise, a lot of blasting [to remove rock]. That can be a lot to ask of people.”

To set the stage, the project’s architects, Tsomides Associates, provided the Village with a detailed model of the new facility. The model has been on display inside Higgins House, allowing people to get a sense of the completed construction early on.

Almost immediately, a particularly tricky issue arose: closing the popular Victoria Café to make way for the new Bistro. “The Café was a very popular place for residents to congregate,” Paul explains. “Meeting people at the Café is a daily event for some. So that was a big loss.”



Resident Mary Devoe finishes her Art Wall project.

Room was set up where residents could sit with friends over coffee and pastries. Both were received so well, they may become permanent

additions after the Bistro opens.

With construction in full swing beyond the north end of Main Street, viewing windows were installed in the protective partition wall, and remote cameras

and monitors were set up so residents could watch the heavier construction action.

At the suggestion of President & CEO Barbara Doyle, a sheetrock wall was made available which residents would decorate with their original creations. “The art wall was a big hit,” says Paul Lund. “It really got the residents involved.”

Residents have also been staying on top of the project through a bimonthly construction newsletter, Nuts & Bolts. The publication tracked the project’s progress and alerted residents to potential changes to day-to-day Village life.

The Bistro and Victoria Café are scheduled to be completed in April, 2017, and the Village Centre by mid-June. Over the course of the project, good communication has made all the difference.

“It’s been so very important to keep the residents in-the-know every step of the way,” notes Paul. “Being able to keep them involved, giving them a ‘heads-up,’ that’s been key.”

Even so, Paul gives all credit to the residents. “Honestly, they’ve been real troopers!”



Resident Charles Conlon adds his work to the Wall.

To help fill the void, the Victoria Café menu was made available in the Abbott Dining Room. Residents could also have food served outdoors at the Fish Pond Courtyard, and a Garden

Wellness Fair Promotes Healthy Living

New approaches to a healthier life-style were on display at the annual Wellness Fair, held in the Auditorium in October. Alternative therapies play an important role in reducing stress, promoting strength and flexibility, reducing the need for medication, and raising overall health and well-being. Residents could try out a 10-minute massage or acupressure session, meet the Village’s chiropractor, and learn about alternative therapies such as Reiki, meditation, Tai Chi, Seated Yoga, and strength & balance programs. Residents also enjoyed tasty (and healthy!) samples from Whole Foods and the Village’s kitchen.



Village Centre & Bistro Reshape CWV Experience

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dance/aerobics studio.

“I’m really excited about the new art studio,” says Paul. “There’s been talk for years of building a bigger space to accommodate all the artists we have here. The new studio space is absolutely wonderful!”

The Village Centre will also include an arts & crafts studio, a new billiards room, a state-of-the-art computer lab, a business center, and a coffee/juice bar. There will also be numerous meeting rooms, each easily configurable for the growing roster of resident clubs and activity groups.

“We’ve outgrown space for all of our activities,” explains Paul. “We were continually setting up and tearing down for different events. Now, we’ll have many more dedicated spaces.”

Many of the Village’s programs and services will be positively impacted. For example, alternative therapies such as massage had been provided at the Village Clinic, and dance and aerobics programs held in the existing Fitness Room. Those facilities would routinely find themselves tight for space. Moving forward, non-medical therapies will be available in the new Day Spa, and dance and aerobics will have their own dedicated room.

“Everyone will now have the room to focus on what they do

best,” says Paul.

In addition to the Village Centre, a new 50-seat Bistro is being built. The new eatery will offer casual fare, and will feature a beautiful outdoor dining terrace.

The Bistro phase adds over 3,000 sq. ft., and includes a new kitchen with emergency power. This will allow Village chefs to provide meals to residents during a power outage. “I’m particularly excited about the new kitchen,” says Paul. “We currently have limited capacity to cook meals if the power is out during a bad storm. The new kitchen helps our emergency planning immensely.”

One of the many considerations while planning the new facility was noting the growing technology needs of CWV residents. “More and more of our residents have computers,” notes Paul. “They’re on Facebook, they’re emailing their kids and grandkids. We’ve always had a resident-run computer committee to help people set up their computers and answer questions. But the space to accommodate them has been very limited.”

The Village Centre will feature a Computer Lab complete with workstations, an LCD screen, and a roster of training programs. An accompanying Business Center will offer internet access and printing capabilities, much like in a large hotel.

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[clockwise from top left]: The Bistro – Architect’s rendering of the new Village Bistro showcasing the outdoor dining terrace. The Bistro will feature sit-down service and a new menu. The kitchen will also be equipped with emergency power, allowing Village chefs to provide meals during storm outages. The vestibule to Main Street is to the right. Village Centre, Upper Level – Architect’s rendering showing the Village Centre’s new Billiard Room, Computer Room (beyond), and balcony above the lower level. Access to the Arts & Crafts Studio is to the left; the Artists’ (Painting) Studio & Gallery, to the right. Main Street Makeover – The new look for Main Street features spectacular stained glass windows that look into the Village Bistro. Village Bistro – On the other side of the glass, a view of the new Bistro’s casual-contemporary table seating.

Village Centre & Bistro Reshape CWV Experience

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As Director of Facilities Management, Paul has been closely involved in the design and construction process, regularly meeting with architects and engineers, and overseeing contractors and the entire construction progress.

The project was designed by Tsomides Associates Architects & Planners of Newton Upper Falls. “We’ve worked with Constantine Tsomides on other Village projects,” Paul explains. “We’ve got a really good relationship with them...a talented company. In fact, Constantine’s wife, Diana, is the interior designer on the project.”

The project’s civil engineer is GPR (Goldsmith, Prest & Ringwall) Inc. of Ayer, MA, and the general contractor is C.E. Floyd Inc. of Bedford. “We’ve used C.E. Floyd before as well,” notes Paul. “They do great work, and we like that they’re local!”

The expansion has not come without its challenges. Village Centre construction was delayed nearly two months because an unexpected amount of ledge required blasting and removal. And a gravity sewer system also had to be added to accommodate the unique drainage requirements of the site. But Paul anticipates the rewards will be well worth the efforts.

“We have a very active community,” Paul explains. “So many interests, so many people who are passionate about something. And people naturally expect their community to provide the amenities, the technologies, so they can enjoy those activities – whether its something relatively simple like a bridge club or gardening, or more involved like computers or our thespian group. We’ve always built these things into our community...and we’re continuing to do that.”

Major Renovations Underway for Badger Terrace

As apartments in The Village’s Badger Terrace become available in the future, they will be getting a new look! Renovations include an updated, contemporary interior design and solar power. The remodeled apartments will be more spacious and efficient, says Peggy Whiteley, CWV’s Marketing Director.

“Badger Terrace was our first building of apartments, 34 years ago” explains Peggy. “The new renovations will reflect the needs and desires of today’s resident.”

Kitchens will be opened up into living rooms to create an airier, more open feel. The kitchens will also get upgrades like new cabinetry, stainless steel appliances, and quartz countertops.

“There are some really nice touches throughout the apartments,” says Peggy. “And the new appliances are sized right for a smaller kitchen – very efficient. Overall, everything’s going to feel contemporary, upscale...intelligently designed.”

Badger’s apartments are smaller, but they are popular with residents, according to Peggy. “Budgets, affordability, these are things we’re all concerned about, not just seniors! Badger is a smart financial choice.”

Moreover, Peggy finds that residents tend to reevaluate their space needs once they get to the Village. “People naturally are used to their big homes,” notes Peggy, “And their first inclination is

to want to keep all that space.”

According to Peggy, many will find they have spent most of their time in three rooms: the kitchen, living room and bedroom.

“When people get here, they find they’re always somewhere outside their apartment,” continues Peggy. “They’re at the Auditorium, or in the Dining Room, or on Main Street...in the Library, or at the pool. And pretty quickly they realize they’re not just living in an apartment – they’re actually living in many places throughout the community!”

Badger Terrace also has the benefit of being connected to the main building, with covered access to amenities all year long. “If people don’t want to go outside in winter, they don’t have to,” says Peggy.

A new type of flooring is also scheduled for installation – and Peggy’s critical eye. “The new flooring is softer and quieter...it’s just beautiful!” says Peggy.

Peggy has been working with the CWV Facilities Department on the renovations. “Paul (Lund) has a great crew of carpenters,” observes Peggy. “They are really talented.”

The Facilities Department is also retrofitting Badger Terrace for solar power. The idea was suggested by the Village’s resident

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Around The Village

MassAging honors CWV's Lois Young

The Village's Lois Young, Director of Llewysac Lodge, was honored in September by LeadingAge Massachusetts with that organization's *Hearts and Hands Achievement Award*. Lois was nominated by her fellow work-mates for her extraordinary contributions to the Village and the residents.

LeadingAge gives the annual award to someone who "creates exceptional relationships (and) provides special enrichment and increased quality of life" to those in their care. Lois' tireless commitment to resident's health and well-being is consistently above and beyond — as is typified by her many deep and lasting connections to Llewysac's residents and staff.

Says Llewysac Wellness Coordinator Judy Feeney, RN, "I have never known a more caring person." The Village is indeed lucky to have Lois.

Congratulations, Lois!



CWV Honored by Boston Globe Magazine

For the second year in a row, *The Boston Globe Magazine* and its partner, The Commonwealth Institute, named Carleton-Willard Village and its President and CEO, Barbara Doyle, as one of the *Top 100 Women-Led Businesses* in Massachusetts. The list is a showcase of some of the state's most innovative companies from wide range of industries, including finance, education, health care and retail. "We are so pleased to see Carleton-Willard's outstanding services for older adults recognized through this award," says Barbara.



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Green Team Committee. The Green Team helps educate residents on energy conservation; they also make recommendations on smart energy solutions to CWV administration. Paul Lund, CWV's Director of Facilities Management, is the administration's Green Team liaison.

"The Green Team's goal is to make the Village carbon-neutral," says Paul. "We're not there yet, but when the opportunity to go solar at Badger was presented, we were all for it!"

According to Paul, solar energy has become an active topic of discussion with the CWV Board. "Because of the input we've gotten from the Green Team, I'm putting additional solar installations into the Village's strategic planning."

Paul also notes that the Badger apartments have been retrofitted with new energy-efficient interior and exterior LED lighting. The new lighting and solar installations will help make living at Badger even more comfortable and convenient for residents.

"We're very excited," says Paul, "and so is the Green Team!"



CARLETON-WILLARD VILLAGE

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The Village Photo Gallery



The New Village Expansion: *[top]* **Ground-breaking begins** on the new Village Centre and Bistro, April 1, 2016. From left, Ray Carusso, Vice President, C.E. Floyd Company; Tom McBride, Project Architect, Tsomides Associates; Constantine “Taki” Tsomides, Principal/CEO, Tsomides Associates; Barbara Doyle, CWV President and CEO; Chris Floyd, President and CEO, C.E. Floyd Company; Kay Graff, (in back), then-President of CWV Resident Association; and Adam Bergevin, Senior Estimator, C.E. Floyd Company. *[middle left]* **Site preparation and foundation** being poured for the Village Bistro and new kitchen, June 7, 2016. *[middle right]* **Steel framework** is being erected for the roof of the new Bistro, June 24, 2016. *[bottom left]* **Paul Lund**, CWV Director of Facilities Management, poses as concrete for the Village Centre foundation is poured, Sept. 27, 2016. *[bottom right]* **Bistro roof, cupola and facade** are nearing completion, January, 2017; view is from outside the Library hallway.