

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.

More Than Just Educational, Learning Is A Way Of Life



Bob Milne, considered by many to be the best boogie-woogie and ragtime pianist around, plays for Villagers at the Auditorium. With an engaging and energetic style, Bob punctuates his concerts with entertaining stories of the composers and musicians of the early jazz era who, like him, learned his art "by ear." A much sought-after performer, Bob has recorded numerous CDs, and his book on the piano is required text in many music schools. This was Bob's third performance at The Village.

For many residents of *The Village*, the ever-expanding *Learning In Retirement* program is not just a way to enjoy a lecture or cultural event. New research is proving lifelong education might just be the fountain of youth.

After decades of scientific study, researchers have concluded that those who keep their minds engaged in active education live longer and stave off the ravages of aging, including memory loss and lethargy.

Tell that to your average Villager, and they might tell you, "I knew that."

While the *Learning In Retirement* program offers a diverse selection of classes, lectures, performances, and other social and cultural events, the driving force behind the program is the ability to keep residents engaged in the community and "plugged in" to life.

"If you were to ask me what affects health and longevity," says City University of New York researcher Michael Grossman, "I would put education at the top of the list."

Classes, lectures, and other study programs

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Learning Is A Way Of Life

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creative pursuits activate parts of the brain that slow aging and increase memory, socialization, emotional engagement, and intellectual curiosity, according to UCLA's Center On Aging and the *New England Journal of Medicine*. In fact, the more advanced the educational pursuit, the greater the physical and cognitive benefits.

Gail Hatfield runs the *Learning In Retirement* program at *The Village*, and she's seen the benefits first-hand. "Our aim is to keep people involved and engaged," Hatfield explains. "It's a key way to make friends, develop new interests, and feel part of the community. And when residents attend an event or join an activity, they feel more comfortable joining a table at dinner or calling someone to get together."

Learning In Retirement is "resident-driven," with many programs initiated by Villagers. Presidential historian Dr. Gary Hylander presents lectures on the presidential candidates, and the popular *Great Decisions Course* has been developed by the US Foreign Policy Association; both grew out of residents' desire for programs on current events. Villagers themselves also frequently lead classes and give lectures and presentations.

Richard Bradley, who served as headmaster at the Rivers School in Weston, is currently teaching *Ten Studies In Satire* for *Learning in Retirement*. "This program is the best of its kind anywhere," commented Bradley, "and I've presented at almost all of them!"



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Carleton-Willard Home Care Advocate Draws Honors

Nearly 35 years ago, Harvard resident Mary Welch saw a need. An increasing number of adults in her state wished to remain in their own homes as they got older, but needed assistance with various day-to-day activities. It seemed like such a simple concept, and yet no such support program had been developed in Massachusetts.



Carleton-Willard's Mary Welch (second from left) receives congratulations from Joan Butler, Minuteman Senior Services Executive Director, and board members Irving Rothman (left) and Harry McCabe (right).

Mary found other like-minded advocates and set out to change the future for older adults. Their efforts resulted in a network of home care agencies that now provide an alternative to nursing home care for those with long-term care needs.

Welch was a founder of Minuteman Home Care, now Minuteman Senior

Services, and was recently honored for her efforts at a surprise ceremony at her current residence, Carleton-Willard Village.

She served on the Minuteman Home Care Board of Directors from 1975-1980. After moving to Carleton-Willard Village, she continued her advocacy role as an active member of the Residents' Association, first serving as secretary, and later as president, a title she's held since 2006.

Minuteman's Executive Director, Joan Butler, spoke of Mary's commitment and generosity at the ceremony, which was attended by Welch's daughter and granddaughters. Minuteman board members Harry McCabe of Arlington, who is another founding member of the organization, and Irving Rothman of Lexington also said a few words about Welch's work ethic and commitment to service.

Burlington-based Minuteman Senior Services provides free information, referrals, and many services through their network of provider agencies. Services are available to elders, disabled adults and caregivers in 16 communities north and west of Boston.

Carleton-Willard Senior Olympians Bring Home The Gold



Villagers Bring Home the Gold - For the sixth consecutive year, Carleton-Willard residents traveled to Springfield for the Massachusetts Senior Games, which were held June 27-28. The six Villagers on the Senior Olympics team returned triumphant, bringing back an incredible 19 medals in swimming competition and three in track events. All regularly train at The Village's Aquatic and Fitness Center, where you are likely to find one or more of our competitors in the pool every morning at 7:30 sharp.



The Village's Senior Olympics Team (above left, left to right): Paul Lawrence, Bill Stern, Martha Lawrence, Holly Webster, Larry Graff and Kay Graff. The Lawrences captured three gold and three silver medals in swimming events. Holly Webster, swimming in competition for the first time since high school, won four gold and two silver medals. Kay Graff, in her first-ever competitive swimming outing, captured five medals, two of them gold; her husband, Larry, also won two medals. Bill Stern, who will turn 90 this year, won three gold medals in track events and qualified for the nationals to be held in San Diego. (Above right): Swimmers are off the blocks at the start of the women's breaststroke.

Story- Corps Coming To CWV

StoryCorps, the national oral history project, is coming to *The Village* in October. StoryCorps is an independent nonprofit project whose mission is to record the stories of people in our lives. More than simply a way to celebrate lives and document stories, these recordings share our collective hopes, histories, experiences and humanity.

StoryCorps is one of the largest oral history projects of its kind. Since 2003, tens of thousands of people have interviewed family and friends. Conversations are recorded on CD for participants, and are archived at the Library of Congress. Regular NPR listeners have heard excerpts of these interviews on *Morning Edition* and on the internet.

The StoryCorps team will be at *The Village* for a full day, recording conversations between six residents and their family member "interviewer."

Life's Big Surprises Are Around Every Turn For *The Village's* Kay Barney

For Kay Barney, retirement as it “might have been” wasn’t in the cards. During a chance meeting with his son-in-law, a biomedical engineer at Newton-Wellesley

To date, AMRF has collected, tested, repaired and shipped more than \$400 million in medical equipment to nearly 200 hospitals in 87 countries in Central

calls from volunteers, people who had equipment to donate, even calls from people in other countries wanting to know how they could participate.” (Coincidentally, McKibben’s widow, Peggy, is a current resident of *The Village*.)



Kay Barney and wife, Marian, at the piano. Marian often plays at The Village's Sunday services.

Hospital, Kay glanced over a short article in the hospital's newsletter. There he read about the hospital's donation of medical equipment to a group in Chile. Immediately, Kay mulled over the idea of setting up a nonprofit organization that would do the same, but on a larger scale. Just that easy, the American Medical Resources Foundation was formed.

That was 21 years ago.

“I thought I'd spend a few hours a week, you know, answering the telephone,” explains Kay. “I ended up taking early retirement. Soon, we had office staff, all these volunteers...before I knew it, was working 50-60 hours a week!”

and South America, Eastern Europe, Asia, Africa and the Middle East. “There was a great need, especially in Latin America, and we knew that going in,” says Kay. Still, the success of his endeavor was a bit of a surprise. “Until you try, you never know how big something is going to be.”

Big surprises from seemingly little events appear to be a theme with Kay. In the first year of AMRF's operation, Gordon McKibben, then-financial editor of the *Boston Globe*, wrote an article on the AMRF. That single article sparked huge interest.

“It was right around New Year's, and I remember almost overnight getting

Even in Kay's personal life, surprises kept coming from unexpected places. “I was out of school, living in Long Island,” recalls Kay, “and I decided to join Robert Shaw's Collegiate Chorale in New York City.” According to Kay, singing and music had always been a part of his life. “My mother was a piano teacher, and I had sung in church choirs since I was a kid.”

While he had no intention of becoming a professional musician, the chance to sing with the world-renowned conductor was too much to pass up. For Kay, though, the real star of the chorale would be the pianist: his future wife, Marian.

“We found we had an instant connection with (Johann Sebastian) Bach,” recalls Kay. “Bach was our common influence.” Armed with composition courses taken while earning his master's degree in engineering from Northwestern University, Kay would eventually sketch some musical ideas for future development. The result, in 2003, was a piece written for orchestra and chorus, *Mass in Time of Sorrow and Hope*. *Mass* has been recorded to CD (again, coincidentally, by eventual CWV resident Caleb Warner), and is scheduled for public performance at *The Village*.

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The Village Calendar

Oct. 24: North End Excursion

Our tour guide, Charlie Bahne, will take us back in time to Boston's Italian District as it was in the 17th and 18th centuries. We'll hear entertaining stories about the most famous sites of the North End, stop for lunch at Limoncello, and on the ride home, follow the path of Paul Revere's famous ride.

Oct. 29: The Craft of Comedy

The five-part lecture series continues with a look at British comedy. Our host, Dr. James Fox, will have you laughing to the point of tears as he examines the writings and performances of Noel Coward. We'll also take a look at excerpts from *Private Lives*, *Beyond the Fringe* and *The Mikado*.

Oct. 30: African Travelogue

If you ever thought about taking a trip to Africa, this is one event you need to attend. Photojournalist Barry Pell explores Africa's rich traditions, cultures and arts. Part of a series, this session focuses on the countries of West Africa.

Nov 7: Boston Symphony Orchestra

In this first of three visits to the BSO, hear the Simón Bolívar Youth Orchestra of Venezuela and celebrated young conductor Gustavo Dudamel in a concert presented in cooperation with the New England Conservatory. This program features Béla Bartók's witty and powerful Concerto for Orchestra, Leonard Bernstein's ebullient orchestral suite from *West Side Story*, and Beethoven's Symphony No. 7.

Nov. 14: Winery Tour

Join your fellow Villagers on a wine tasting a tour of the acclaimed Nashoba Valley Winery near Bolton. Enjoy beautiful scenic views in Massachusetts apple country and sample some of Nashoba's medal winning selections. Lunch at Nancy's Airfield Café at Minuteman Airfield.

Nov. 26: Rock 'n' Roll

Join us as we head to Boston to see Tom Stoppard's Broadway hit *Rock 'n' Roll*. Russian tanks rolled into Prague in 1968; by 1990, they rolled out and rock 'n' roll rolled in! A sweeping drama spanning two countries and three generations, the New York Times calls this Stoppard's finest play. Featured is the music of the Rolling Stones, Pink Floyd and U2.

December 4: Pilates

Join your fellow Villagers in this popular series of exercises that targets the muscles of the back, abdomen and hip. Pilates builds strength, not bulk, and emphasizes appropriate breathing, body alignment and muscle control.

Dec. 17: It's a Wonderful Life – with puppets!

A delightful new twist on the Frank Capra holiday movie classic. Based on the original radio play, Pontine Theatre brings the story to life with shadow puppets, bunraku-style puppets, commedia dell'arte masks, live action and a score featuring popular carols.

Surprises Around Every Turn

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An AMRF employee (left) and CWV staff load in a wheel-chair donated by Carleton-Willard Village.

"I used an English translation of Bach's *Mass in B-minor* for the text," says Kay. "Bach's the master."

Ever modest of his achievements, Kay has sincere regard for his fellow CWV residents. "There are so many accomplished people living here, people who've really done amazing things," says Kay. "There's something about this place, Carleton-Willard Village. Honestly, I look at a lot of the people here in awe!"

So what's next? The future of AMRF is near the top of Kay's list. "We're working hard to ensure the permanence of the foundation." As for music, "There's nothing definite... although, I *do* have some ideas."

CWV Awarded CARF-CCAC Accreditation

CARF-CCAC announced that Carleton-Willard Village has been awarded a five-year term of accreditation. CWV was the first continuing care retirement community in Massachusetts to become accredited in 1988, and it has been continuously awarded since that time.

To receive the five-year term of accreditation, CWV voluntarily put itself through a rigorous peer review process and demonstrated to a team of surveyors during on-site survey that it is committed to conforming to CARF-CCAC's accreditation standards. Fewer than 20% of all continuing care retirement communities in Massachusetts are accredited.

A Rich And Meaningful Life

The latest pioneering initiative from Carleton-Willard Village aims to ensure the emotional, intellectual and spiritual needs of those nearing the end of their lives. In what may be the most comprehensive program of its kind, CWV is redefining palliative care with *Living Fully, Dying Well*.

The culmination of a two-year effort, *Living Fully, Dying Well* provides psychological and spiritual care, programs to help individuals live as actively as possible, and a support system for families. The scope of the new initiative is ambitious, yet it reflects the vision of comprehensive care that has been a hallmark of *The Village*.

“We believe it is our job to provide our residents with the support needed for a rich and meaningful life,” said Barbara A. Doyle, President and CEO. “Our commitment to the whole person continues as they reach the end of their lives.”

In addition to pain and symptom management, *Living Fully, Dying Well* incorporates some innovative components unique to any retirement community. These include *Vigil Volunteers* trained to provide a comforting presence, active listening, and support to families and staff; *Ethical Wills*, documenting the legacies of values, beliefs and hopes of



Classical guitarist **Marcia Feldman** plays music to soothe and give support to the terminally ill and their families. Feldman regularly performs through CWV's Living Fully, Dying Well program.

dying patients; and compassionate touch treatments such as massage, *Reiki* and acupuncture.

Music therapy is also an increasingly popular and effective measure. Classical guitarist Marcia Feldman, who regularly plays for the program, noted, “Even when patients are too sick for verbal expression, the nurses tell me they are still responding. Music provides a way for family and loved ones to communicate without words.”

The response from family members to *Living Fully, Dying Well* has been “overwhelmingly positive,” according to Doyle. “They themselves may not realize they are also in need of support.”



Around The Village

Serving It Up - Food always figure big at The Village! Far right, over 70 diners sampled baked cod, potatoes lyonnaise and ratatouille at the Bedford Café, kicking off a new partnership with Minuteman Senior Services. Three times a week, CWV's chef selects the menu and prepares food for Bedford seniors. Near right, Matt Hinkle, CWV's Director of Dining Services, dishes up one of the many tasty offerings at the Annual Food Expo on Sept. 25. At this popular event, Villagers rate a wide array of main courses, side dishes and desserts. The winning selections make their way onto regular dining menus.

