

# Village Insights

The Newsletter of Carleton-Willard Village

Spring 2010

## In This Issue

♦ 2 ♦  
Pump Up Your Brain at the 2011 Brain Fair

♦ 2 ♦  
Get Hooked on Laughter Yoga

♦ 4 ♦  
Village Calendar

♦ 5 ♦  
More Than Ever, Seniors Seek Retirement Communities

♦ 6 ♦  
Residents Rally for a Cleaner Environment

♦ 6 ♦  
WWII Medals Issued

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.

## Strength, Stamina, and a Lot of Fun: Fitness Program Gets High Marks



*Keeping Active, Staying Healthy* – Residents Margot Wood (left) and Peggy Engle enjoy their workout in The Village's Fitness Room. According to Peggy, CWV's many fitness programs "keep me feeling younger than my years."

After years of tracking residents' progress, the results are in: CWV's fitness program is more than simply a way to "stay active." In fact, it's literally turning back the clock.

If there's a secret weapon for fighting the effects of aging, the residents of Carleton-Willard Village can find it in the Fitness Room, Aquatics Center and various fitness programs held throughout the facility.

Whether it's resistance training, yoga, Pilates, chair exercise, or a workout in the pool, Villagers are improving their health,

gaining strength and mobility, and achieving physical conditions of persons years younger.

"We see residents getting healthier, staying young and active, all their lives," says Muire Flynn, CWV's Director of Aquatics & Fitness. "That's pretty awesome, specially for people who might be in their 90s!"

Fitness programs are offered to all residents regardless of where they live at *The Village*. For those who are unable to attend classes at the pool or Fitness Room, fitness groups are coordinated at the Llewysac Lodge, the Skilled Nursing & Rehabilitation Center, and the Ross-Worthen Center

Continued on page 3

# Pump Up Your Brain at the 2011 Brain Fair

Carleton-Willard Village, along with its partner, Boston University Alzheimer's Disease Center, will once again host a free community fair aimed at building better brain health. The 2011 *Brain Fair* will be held on Monday, May 16 from 9 am to 1 pm in the CWV Auditorium.



**A Village resident** tests her skill playing tennis on a Wii game system. Video games like the Wii, which involve standing, motion and hand-eye coordination, have been shown to increase motor skills, balance and mental acuity. (Photo courtesy of the Bedford Minuteman.)

In 2009, *The Village* held the first such event of its kind in the greater Boston area, and it was an instant hit. This year's *Brain Fair* will again feature information, visual guides and demonstrations on brain health and function, as well as practical steps you can take to keep your brain strong and help prevent memory loss.

Dr. Robert Stern, Clinical Core Director of the ADC, one of the foremost memory loss research centers in the country, will be a featured speaker. Dr. Stern will talk about the latest research on preventing and treating memory loss. Other ADC staff will be on hand to explain how nutrition, exercise and heart health affect memory. They'll also discuss the role of genetic testing, and whether it is something you should consider.



As with the previous *Brain Fair*, the ADC staff will offer 20-minute individual memory screenings. A memory screening will show you how your memory compares with others

your age. Memory screenings were very popular at the last *Brain Fair*, and will be available by appointment only. This year, a novel and fun stress reducing technique, laughter yoga, will also be presented. Light refreshments will be available, and thanks again to Best Buy, a demonstration and raffle for a new Wii system will be held.

Preregistration for the 2011 *Brain Fair* is highly encouraged. To register, for more details, or to reserve a spot for a memory screening, call 781-275-8700. Additional information can also be found at [www.cwvillage.org](http://www.cwvillage.org).

## Laugh Your Way to Inner Peace

Imagine 15 people walking erratically around the room, pretending to talk on cell phones while they point at each other and laugh. Not a mild chuckle, mind you, but big, raucous belly laughs.

What's going on? It is a meeting of a local "laughter club" whose members are practicing a unique form of stress management called *laughter yoga*. Started in the 1990s in India, laughter yoga is practiced in over 6,000 clubs in 60 countries.

Laughter yoga combines self-triggered laughter exercises with gentle yoga breathing techniques. The exercises encourage participants to be silly, move playfully and make eye contact with others in the room. The aim is to recapture the spontaneous, joyful laughter of childhood.

Laughter yoga doesn't use humor – there are no jokes or other comedic tricks. Instead, the laughter is self-generated. Advocates maintain that the body can't tell the difference between real and fake laughter, physiologically or psychologically.

So what good is all that laughing? Sustained laughter brings more oxygen into the body, which when combined with deep yogic breathing, increases oxygen levels in the blood, muscles and brain. Increased oxygen lowers your heart rate and blood pressure, energizes you, bolsters the auto-immune system, and calms and relieves stress. Laughing even gives your abs a good workout. And, it's a lot of fun!

You can learn more about laughter yoga and even try it for yourself at CWV's 2011 *Brain Fair*, Monday, May 16. We think you'll be hooked! For more information, call 781-275-8700.



# Strength, Stamina, and a Lot of Fun: CWV Fitness Program Gets High Marks

*Continued from page 1*

for Alzheimer’s Disease. There’s also a second exercise facility at Winthrop Terrace.

What sets fitness apart at *The Village* – and no doubt has contributed to the program’s success – is the innovative approach of the CWV staff. “It’s all about what the individual wants to do,” explains Flynn. “Some people may only want to swim. For others, it’s strength training. We’re here to meet their needs.”

The Fitness Center has expanded their offerings to meet those needs. Yoga, Pilates and tai chi are just some of the new programs requested by residents. In 2006, CWV received a LeadingAge Massachusetts *Innovative Program of the Year Award* for a program specifically designed for Alzheimer’s patients, the first of its kind in the state.

“You have to be committed to the residents,” says Flynn. “They’re like family.”

Before joining a fitness program, medical clearance is first obtained from the resident’s doctor to make sure he or she is healthy enough for exercise. A Rikli & Jones Fitness Test is then administered to assess agility, balance, strength and aerobic endurance. The test compares the resident’s actual levels with those of others of the same age. As a resident moves through the program, the test is readministered to measure progress.

One of the outcomes of years of testing and evaluation is that there is now hard data proving that CWV’s various fitness programs are having a remarkably positive effect on the health and lives of residents. In virtually every test category and age group, CWV residents routinely scored at or above normal ranges.

Some of the effects have been phenomenal – especially for one resident, Bob Sawyer. At 87, diagnosed with lymphoma and hospitalized with pneumonia, Bob had stopped eating and was close to death. But with extreme determination – and with help from CWV’s nutritionist, physical therapists and the Fitness

Center – Bob fought his way back to health. Less than a year after coming home to *The Village*, Bob, a longtime cyclist, entered the Connecticut Senior Games and took home three gold medals.

Other stories, while perhaps not as dramatic, are nonetheless commonplace. Over a dozen *Village* residents have competed in statewide Senior Games events, many taking home gold medals. Ninety-year-old Bill Stern recently brought home the gold from the 2008 National Senior Games with the fastest-ever time for the 90-meter run.

“One resident told me, ‘You’re keeping us young!’” recalls Flynn. “And we really are! It’s not just about preventing aging – we’re actually turning back the clock. We’ve had residents who have been in the program for 11 years. They may be 11 years older, but their physical capacity is above normal, so from that standpoint, they’ve aged less.”

*Continued on page 4*



**Moving & Grooving** – Jacqui Parker (top left) takes part in a Body & Balance class; Alice Wong (top right) and Anne Manion (bottom left) enjoy the Aquatics Center pool during a Waterworks class; Peggy Engle, Margot Wood and Carol Carpenter (bottom right) are all smiles during Resistance Training class.



## The Village Calendar

### April 15: Earth Day Kickoff

*When Thoreau surveyed the Massachusetts countryside, did he see what we see today? Join Ron McAdow, executive director of the Sudbury Valley Trustees, and resident and SVT cofounder, George Lewis, for a fascinating look at how the landscapes of the Sudbury, Assabet and Concord Rivers have changes over time. 10:30 am in the Auditorium.*

### April 20: Croquet Season Begins

*It's that time of year again! Nobody takes croquet more seriously than our residents, so break out your mallet and head to the court for the 2011 season!*

### April 20: Sons of the Prophet

*When a prank-gone-wrong leads to the death of their father, two brothers struggle with health, livelihoods and sanity. Come with us to Boston's Huntington Theatre for the world premiere of Sons of the Prophet, a laugh-out-loud look at the many ways we cope with the events that create our own personal "operatic tragedies."*

### April 21: Dream in Colors

*Is there an Andrew Wyeth, John Singer Sargent or Edward Hopper within you longing to express itself? Explore your creative side when watercolor classes begin with painter Cynthia Durost. Sign up on the Main Street bulletin board to reserve your spot.*

### April 22: Back Into the Cold

*Stonehill College's Gary Hylander, Ph.D., returns for an insightful lecture, Cold War America, 1945-1990. Relive the fascinating and dramatic struggle between the US and USSR for world dominance. 10:30 am in the Auditorium.*

### April 25: Love, Laughter & Life

*The Village Players, featuring residents Marion and Kay Barney, present the classic comedy The Four Poster. Not to be missed! Showtime, 7:15 pm in the Auditorium.*

### April 26: What In the World

*Longtime favorite Barry Pell returns with his latest travelogue, Our Endangered Planet. Enjoy Barry's fascinating insights and stunning photos of Brazil, Peru, the Galapagos, and other South American locations vanishing from the modern world. 10:30 am in the Auditorium.*

### May 6: Excess Baggage Sale

*Members of the community are eagerly anticipating this biennial event. Come for bargains in fine china, jewelry, housewares, furniture and much more! 9 am to 2 pm in the Auditorium.*

### May 13: Lilacs in Bloom!

*Join us for a lovely trip to Harvard's famed Arnold Arboretum. Bus departs at 9:15 am.*

## CWV Fitness Program Gets High Marks

*Continued from page 3*

Health and nutrition also go hand-in-hand. "One thing about our residents, they all have very healthy diets," says Flynn. "We have a full-time nutritionist who tailors meal programs for individual needs. There's a weight management program too. Although we work independently, sometimes the nutritionist will ask us to step up the exercise for someone."

The Fitness Room can accommodate 60 people a day; the pool, another 30. Classes held at other Village locations have eight to 15 people each. A highly qualified certified fitness staff works closely with the CWV Rehabilitation Department, a full-time nurse practitioner, and visiting staff doctors to keep close tabs on residents' progress.

The Fitness Center recently added personal training to their list of offerings, and Flynn hopes to soon begin a "fall-proof program" – an innovative exercise-based program that increases a person's balance. "Who knows?" says Flynn. "Maybe we'll get nominated for another award!"



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# More Than Ever, Seniors Seek Retirement Community Living

by Barbara A. Doyle, President & Chief Executive Officer



*“Life isn’t about finding yourself. Life is about creating yourself.” – George Bernard Shaw*

*At the end of each year, we compile statistics about those who have joined us here at Carleton-Willard. Initially, we sought basic information – where residents had previously lived, whether they already knew*

*people here, that sort of thing. But over time, the data has begun to paint a picture of how The Village has changed over the years. And some of those changes have been surprising indeed.*

*Thirty years ago, single women were most likely to move into Carleton-Willard. For many of them it was a necessity: they felt they couldn’t or shouldn’t live alone any longer. Today, retirement communities are not only seen as a positive choice, but a way of life seniors now actively seek out. This year, for the first time, the number of couples joining our waiting list outnumbered single men and women. This trend has been developing for some time, and I think there are three factors at play which explain this shift.*

**1. Awareness** – Seniors are increasingly well-informed about continuing care retirement communities and what it’s like to live in one. In the 1980s, we were the first and only accredited CCRC in Massachusetts. New CCRC communities came on the scene slowly, with only two more in the following few years and marginal additions through the 1990s. In the past decade, however, growth of the market has accelerated at a considerable pace. New facilities actively marketed to potential residents to fill units, and as a consequence, seniors became much more

*knowledgeable about their choices for retirement living. Increased media coverage of our nation’s aging population – and the new lifestyle choices they face – further increased awareness among seniors. And as it became more common for seniors to have a friend or neighbor living in a CCRC, they received first-hand knowledge of what retirement community living is all about.*

**2. The Economy** – The long period of economic growth beginning in the 1980s enabled a much higher percentage of seniors to be able to comfortably afford a retirement community like ours. Even taking into consideration the recent recession, for most seniors, percentages of net worth are far above the average of a quarter-century ago. As proof of this, we have seen a steady increase in the number of seniors – both single and married – requesting a tour and seriously considering making the move to our vibrant community.

**3. Perceptions** – Equally as important is a profound shift in the attitude of retirees. Thirty years ago, retirement was referred to as the “golden years,” a time to kick back and enjoy some well-earned relaxation. The current generation of seniors regards retirement as another stage of life to embrace with zest and energy. They come to The Village looking for a home where they have the freedom and support to pursue the things they have always loved, or to embrace something new.

*What residents are seeking in today’s retirement community is vastly different from three decades ago, and will continue to change in years to come. But our mission at The Village stays the same: to provide the environment and support for every resident to be who they truly are...and discover who they may yet become.*







**Winter Ice Delights –** Matthew Hinkle is not only CWV's Director of Dining Services, but a medal-winning ice sculptor. Here he puts the final touches on an ice swan for The Village's Winter Carnival.



**Spreading Holiday Cheer –** The Llewysac Lodge staff donated toys and other items to local charities during the holiday season. One beneficiary was The House of Hope in Lowell, a shelter for women and children.



**Recognition Comes After 60 Years –** During a brief ceremony at The Village, resident and veteran John Salaris was awarded medals for his service during WWII. John, a former resident of Peabody, received the Asian Pacific Campaign Medal, the American Campaign Medal, the WWII Victory Medal, the Army Good Conduct Medal, and the US Army WWII Combat Veterans Patch. Jerry Guilebbe Jr., Veterans' Agent for the City of Beverly, explained that certificates for the original medals were issued when John was discharged, but had become lost. Over 60 years later, the medals finally made their way to a deserving veteran! Pictured with John are (from left) Mark Ray, Beverly Chief of Police; Jerry Guilebbe; John's daughters, Suzanne Lanzikos and CWV Administrator Valerie Gingras; and John's wife, Georgia.



## Around The Village

### Residents Join International Event to Combat Climate Change

Carleton-Willard residents pose for a photo at one of the three composting sites at The Village. The work party – organized to highlight efforts to reduce global warming through composting – was one of 7,347 10-10-10 events held in 188 countries on October 10, 2010. The events were sponsored by 350.org, founded by author and former Lexington resident Bill McKibben. (Bill's mother is a Carleton-Willard resident.) The aim of 350.org is to



create a sense of urgency for reducing the level of carbon dioxide in the earth's atmosphere from its current level of 388 parts per million to less than 350 ppm – what environmental scientists say is safe for human life. Village residents were joined by two members of Bedford's Global Warming Action Committee.