

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.

StoryCorps, CWV Residents Celebrate Personal Histories



Holly Cheever and her father, Dan, during one of the StoryCorps recording sessions at Carleton-Willard Village. Holly interviewed her father as he talked about the earlier years of his life. StoryCorps' mission is to encourage family members to document oral histories for future generations.

As *Village* residents recorded the stories of their lives, they passed on their experiences, perspectives, convictions and hopes to future generations.

On October 15, StoryCorps, the nonprofit national oral history project, visited *The Village* to listen to the life histories of six residents and document their stories.

Family members conducted conversational “interviews” with residents, which were recorded for future archiving at the Library of Congress in Washington, DC. To date,

more than 30,000 interviews have been conducted, some of which are regularly broadcast on National Public Radio's *Morning Edition* and *News & Notes* programs, and on the NPR website.

Susan Sargeant and her sister, Stephanie Monahan, interviewed their dad, David Pickman. Although they thought they knew their father very well, during the session they heard stories from his youth that were new to them. One such story told of how David, at the age of 12 or 13, toured France by bicycle accompanied only by his brother. For Susan, the interview was a profound experience. “Having Dad's past valued so much, and being part of the

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StoryCorps Hears Residents' Stories

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gathering of stories from so many others...he had a sense that he had accomplished something."

Nina Murray recounted her extraordinary childhood, including the schooner trip her family took to exotic locations across the Pacific Ocean. She recalled harrowing sails through a hurricane, and a visit with a scandalous baroness in the Galapagos Islands who was murdered two weeks after Murray's family departed. "That trip changed my life forever," she said, and was the inspiration for her first book, *The Voyage of the Blue Dolphin*.



David Pickman was interviewed for the StoryCorps project by daughters Stephanie Monahan (l) and Susan Sargeant (r).

Madelyn O'Neil's daughter talked about what a pleasure it was to again hear about her mother's extraordinary life in dance and the theater. Edgar Grabhorn was interviewed by his wife, Marian, and resident Ann Willard talked about some of the lessons she learned in her life, including the importance of reaching out to others.

Holly Cheever interviewed her father, Dan, who spoke about his life of service, including playing an instrumental role in the formation of the United Nations. Holly was particularly moved by the StoryCorps experience. "After listening to him, I fell in love with him all over again," she said. "I was so impressed by what he has done, and for the many kindnesses he has shown to others."

StoryCorps has expressed interest in a future visit to *The Village*. To learn more about StoryCorps and their mission, visit www.storycorps.net.

Carleton-Willard Foundation Is Established

Last fall, a large and very interested group of residents heard the trustees of Carleton-Willard announce the formation of the Carleton-Willard Foundation. The new tax-exempt entity gives residents, families and friends of The Village a flexible vehicle for making donations, whether now or as part of an estate plan.



Morgan K. Smith Jr. (front right), Chairman of the Carleton-Willard Foundation, poses with George Stephenson (front left) and (top row, from left) Judith Hood, Nancy Bent, Barbara Doyle and William Hays.

The launch of the Foundation was an opportunity to celebrate Carleton-Willard Village's long legacy of giving. CWV is rooted in the vision and philanthropic efforts of two extraordinary 19th century women: Dr. Elizabeth Carleton, who founded an

organization that became a charitable home for elderly couples; and Miss Caroline Caswell, who was inspired by Women's Christian Temperance Union president Frances Willard to establish a network of social services.

Carleton-Willard has continued its stewardship of the founders' vision through funds that support the needs of residents, provide scholarships to its employees, and reach out significantly to the community. Residents and their families have generously contributed to these funds over the years.

The formation of the Foundation marks an important milestone for The Village. Donors may continue to give directly to any one of CWV's funds, but they are now also able to make use of one of several planned giving options. In addition, the Foundation's trustees will be focusing their efforts on new projects to support the needs of seniors in our extended community. For more information about donating to the Carleton-Willard Foundation, contact

Barbara A. Doyle,
President and CEO,
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Words, Pictures Bring The World To CWV



A view of Tibet as captured by lecturer, photojournalist and world traveler Barry Pell.

"If you're passionate about travel – for more than just the sights, if you want to really experience the culture – you have to engage people, and the only way to do that is via speaking."

That's the view of Barry Pell, and he should know. Barry speaks Spanish, Portuguese, French, Italian, Russian, Arabic and Mandarin Chinese – a talent which has come in handy as he's traveled to more than 150 countries over the past four decades.

Of course, Villagers know Barry as the man who has fascinated them with extraordinary photography and fascinating stories from around the globe. "I always love giving a lecture at The Village," says Barry. "Village residents are a very engaging and intelligent group!"

It seems Barry has always had an interest in faraway places. "When I was in middle school, I had a teacher who would travel to exotic places and send me postcards," Barry recalls. "My family couldn't afford to travel, so I lived vicariously through those postcards."

A busy career as an urban planner could not deter Barry from chasing his dream to see the world. "I have an overarching interest in all cultures," he admits. "I'm passionate about Asian culture, but also Africa, my favorite continent, and South America."

In keeping a record of his adventures, Barry has taken over 20,000 photographs and kept numerous journals. Villagers will

recall Barry's recent lectures on Southeast Asia and China, a place he's lived and worked. "China is such a dynamic place," explains Barry. "It's changing so rapidly."

"China is perhaps the least known of places (to Americans)...the people, the culture, it's eye-opening! And there's a tremendous amount of interest from the Chinese about us because they've been hidden from the West for so long."

Both Barry and his wife, Nancy Bloom, taught English at a Chinese university. Barry would later teach civil engineering at a university in Beijing, and would once again teach English at the Yunnan Police Officers Academy – the only western teacher in a school of 4,000 Chinese police cadets.

"There has been a remarkable opening up of the country, even despite the control the government has," says Barry. "I remember in 2001, *Time* magazine, which you'd find in a fancy western hotel, would have articles critical of the Chinese government taken out. By 2004, that had stopped."

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A sampling of Barry Pell's more than 20,000 images from around the world (clockwise from top left): young girl from Myanmar (Burma); men & camels from the United Arab Emirates; the Torugart Pass along the Silk Road in China; Mr. Pell at the Tiger Leaping Gorge in Yunnan Province, China.



The Village Calendar

Feb. 13: Russian Icons

Head out to Clinton, Mass. to the only museum in the U.S. dedicated to Russian icons. Opened in 2006, it is home to over 300 extraordinary icons spanning six centuries. The guided tour includes a special exhibit of 16 of Russia's most precious icons on loan from the Tretyakov Gallery in Moscow. Following the tour, enjoy lunch at the Old Timer Restaurant.

Feb. 16: Lincoln's Bicentennial

To honor Abraham Lincoln's 200th birthday, Gary Hylander will take us through the life and times of the beloved president in this new five-part series. The first talk is on the battle of Fort Sumter, the first, shortest and most bloodless of the Civil War, and not typical of what was to come.

March 4: Thomas Hardy, Poet

A new class kicks off to explore the poetry of Thomas Hardy. Although best known for his novels, Hardy frequently claimed poetry as his "first love." In this five-part series, instructor and classically trained actor Stephen Collins will discuss many of Hardy's masterpieces of verse, and will also take a look at Hardy's last novel, the controversial tragedy Jude The Obscure.

March 5: Wine Tasting & Dinner Buffet

This eagerly anticipated wine tasting and dinner will feature the extraordinary wines of South America, primarily from Chile, Argentina and Brazil. Two tables set up with samples of the wines will be accompanied by delicious hors d'oeuvres reflecting tastes of the region. Afterwards, we will all go in to dinner!

May 1: Excess Baggage Sale

Encourage your friends and neighbors to attend this very special sale of treasures large and small. The event is held every two years by residents who use the proceeds to fund worthy projects inside The Village and out in the community. You're bound to find the perfect piece for your home.

May 15: Plum Island Expedition

Villagers travel to Plum Island, north of Cape Ann, and to the Massachusetts Audubon Society's Joppa Flats Education Center. We'll board a boat to explore one of the country's most productive, year-round, wildlife viewing areas. Our naturalist and guide will point out some of the more than 300 species of birds that inhabit the area's extensive salt marshes, mudflats, rivers, bays and coastal waters.

Words, Pictures Bring The World To CWV

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The desire to share his experiences with others came naturally. "On a plane trip, I met a man and explained my passion for travel and photography," Barry recalls. "He suggested contacting assisted living communities as a potential outlet. That was about three years ago. Some were immediately receptive, others a little skeptical. But every single response has, in the end, been incredibly positive."

Barry is especially fond of coming to The Village because the interest and level of engagement is, in his words, "perhaps the highest of any place I go."

"The level of awareness and experience is so much greater at Carleton-Willard. The people there relate experiences and ask insightful questions – I'm always surprised at how well-traveled so many of them are! I really enjoy the intellectual feedback."

Barry also appreciates the lecture setting at The Village. "The facility is so beautiful, everything is first-class. And Gail [Hatfield, CWV's Director of Learning in Retirement] has things so well set up."

Barry considers himself a photojournalist rather than a photographic artist. "I always had an eye for documentation," he explains. "I want my images to be well-composed, but I don't want to be abstract or impressionist. I want to convey the realism of a place and the people. I want to tell the whole story."

Pilates, Anyone?

Pilates has become one of the most popular exercise programs for people of all ages. This fall, The Village added Pilates to our fitness offerings, and as expected, the Thursday afternoon group has become a big hit with residents. Pilates is a gentle yet challenging workout that gets your mind in tune with your body. The class emphasizes proper breathing, correct body alignment and muscle control ...all which lead to improved balance and conditioning.

Playing On Strengths To Work Through Uncertain Times

by Barbara A. Doyle, President & Chief Executive Officer



The current economic climate is the single biggest event to challenge our lives in many generations. Indeed, the stock market decline has had a negative effect on our investment portfolio, a consequence any organization or private investor knows well. But compared to the grim

situation facing many other providers, Carleton-Willard is in excellent shape, and we are confident we will successfully weather the economic turmoil. There are four significant factors which have placed us in this fortunate position:

1. A financial strategy emphasizing conservation of cash and capital. We reinvest cash into the organization each year, renovating and improving as we go. As a result, our 26-year-old campus looks as beautiful as if it were recently constructed. Consequently, we are not facing capital improvement projects that have been put on hold because available credit has suddenly disappeared.

2. A strong Board of Trustees. I have the privilege of working with an outstanding board, and many of its members have been with Carleton-Willard for a long time. They are mindful of our legacy and share a vision for our future. That stewardship allows us to strategically evaluate and invest in new ventures which are prudent, innovative and meaningful. As evidence of this, Carleton-Willard has won awards for many

programs which are a source of pride to our residents and employees, and we are considered by our peers to be the industry leader.

3. Open communication. We have built a strong system of communication that includes regular meetings with residents, families, staff, partners, and the community. For example, our Cluster Meetings – where I sit with small groups of residents to talk in-depth about their concerns and suggestions – have never been more important. I value the opportunity to listen and talk honestly about what is happening in the world, the effect on The Village, and how to best protect the investment our residents have made in us.

4. Our residents and employees place a high level of trust and confidence in Carleton-Willard. Open and honest communication is certainly part of the reason why, but even more I believe it is because of our long track record. By and large, we have done what we said we would do and have been careful not to make promises we may not be able to keep.

I am mindful that many of our residents grew up in households affected by the Great Depression. I was privileged to listen to some of the recent StoryCorps interviews recorded here in October, and was struck by the strength and resiliency that saw residents through those challenging years. As we navigate through what for my generation are uncharted waters, I am reminded of how much I continue to learn from those who live here. I have no doubt that we will find our own reserves of strength, and as before, soon see better times.





Villagers Say “Thank You” — Nearly 40 residents from CWV’s Assistance-in-Living units, Nursing Center and Ross-Worthen Alzheimer’s Center helped prepare a seven-course meal for 12 lucky veterans from the Bedford Veterans Quarters on the VA Medical Campus. “It’s touching to see residents finding joy in helping others, even though they may be older and have health concerns of their own,” said Nancy Kanter, Director of Activities for the Nursing & Rehabilitation Center. At left, she accepts a gift from Bedford Veterans Quarters Assistant Resident Manager Jerry Maker.



Santas Vote CWV “The Best” – Village residents held a festive holiday party to show their appreciation for Carleton-Willard employees and their extraordinary service during the year. The word from the perspicacious polar panel was unanimous: the CWV staff is definitely a winner!



Village Honors Veterans – Last Nov. 7, CWV held a luncheon to honor its residents who are veterans of the U.S. Armed Services. Thirteen active servicemen and servicewomen from the Airman Leadership School at Hanscom Air Force Base also joined the festivities and shared stories with The Village’s vets.



Around The Village

Community Fair To Promote Cognitive Health

On Friday, March 13, The Village will host a community fair, “Building Better Brain Health,” from 9 a.m. to 1 p.m. in the Auditorium. The fair will feature demonstrations and practical tips to show how you can help keep your brain strong and prevent memory loss. Tables will also be set up offering the latest information on cognitive health.

Staff from Boston University’s Alzheimer’s Disease Center, one of the foremost research centers in the country on memory loss, will be on hand to answer your questions, offer advice, and explain the links between good nutrition, exercise, heart health, and maintaining a strong memory. The BU ADC will also offer 20-30 minute individual cognitive assessments. If you have ever been curious about how strong your memory is, or just want a baseline assessment, call 781.275.8700 to reserve a spot.

Light refreshments will be available, and thanks to a donation from Nintendo, there will be a raffle for a new Wii video game system! The “Building Better Brain Health” community fair is offered free of charge. This is definitely one event which should be on everyone’s calendar. For more information, call 781.275.8700.