

# Village Insights

Spring 2019

The Newsletter of Carleton-Willard Village

## A Touch of Magic on Display



Philip Kenney and trusty four-legged helper, Bob, take a break while preparing for the Village's biennial Garden Tour. Private and community gardens were opened to residents and guests last June 12, and by all accounts, the event was a successful and enchanting experience. "It was such a beautiful day!" recalls Sonja Strong, outgoing CWV Garden Club president. "Our residents really look forward to it." Philip adds, "It's funny, every year I hear, 'These are the most beautiful gardens ever!'"

### Beauty, artistry, tranquility: Carleton-Willard's gardens are the essence of the community.

"You can see beauty absolutely everywhere!" That's the reaction of many first-time visitors when they experience the color and diversity of Carleton-Willard Village's gardens.

The original gardens were incorporated into CWV's design as an extension of the community's unique natural setting, and they have expanded to nearly every corner of the community. Philip Kenney, the Village's Landscape Gardener, has spent 23 years here helping to guide their evolution.

"The gardens were always about the idea of creating something new and very different here," explains Philip. "Early on, with the first wave of people, there was an urgency to replenish the land after construction, to get back that connection with nature."

Something is in bloom year-round in the Village's gardens, and they're visible from just about any viewpoint. "Even if a resident doesn't have their own private garden, they can look out their window and see something beautiful," says Philip. "And for our residents who can't get out and walk around, we make sure they have flower boxes or gardens they can see from their home."

"The flowers, the gardens, they keep us mentally and spiritually healthy," says Sonja Strong, former president of the Garden Club, CWV's largest resident organization. "Many people had gardens before they came to Carleton-Willard, and some will start new gardens here. They're a sense of pride."

"And Philip, he's a magician!" notes Sonja. "He's almost



# Comfort and Love – When It's Needed Most



2019 marks the tenth anniversary of Carleton-Willard Village's pioneering *Living Fully, Dying Well* program. An ambitious initiative in its day, *Living Fully, Dying Well* remains a significant advancement in the universe of continuing care facilities.

Along with comfort care and other palliative care disciplines, *Living Fully, Dying Well* provides end-of-life patients with crucial emotional, psychological and spiritual support. The program reflects a vision of comprehensive care that has been central to Carleton-Willard's mission.

What makes the program so unusual is that it is based in the Village and available 24/7/365. Marcia Feldman has been CWV's

Palliative Care Coordinator since the program's inception. "I don't know of any other program like it," says Marcia. "It's truly unique, very unusual for a retirement community."

Typically, a retirement community might contract an independent hospice team to assist staff in caring for end-of-life patients, or may refer patients to a hospice facility. At the Village however, such services are embedded in CWV's continuum of care.

"We have a host of programs similar to hospice, but it's all in-house," explains Marcia. "Instead of outside people coming in once a week, we can respond at a moment's notice, day or night, which with end-of-life patients is often the need."

According to Marcia, her **Vigil Volunteers** are a key to the program's success. "They give up their time, they drop everything – holidays, birthdays, whatever," she notes. "If there's a sudden need, they'll come and stay. All day, switching off, giving family members time to get some rest, or go home and take a shower. And if there's no family, they're the ones here with the person. It's extraordinary."

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## Thespian Production Revisits the 1960s

This June, the Village Thespians presented a captivating production of songs, skits, speeches and essays from one of America's most artistic, cultural and political decades. **Memories of the 1960s**, a collaborative project involving over 20 resident actors, played to an enthusiastic audience in the Auditorium and received very positive reviews. The production featured performances of music by Bob Dylan, The Beatles, Elvis Presley, and the Broadway musical *Camelot*, along with speeches and reminiscences of John and Robert Kennedy, Martin Luther King Jr., the Apollo moon landing, and the political events and cultural revolutions that defined the era. A healthy dose of humor balanced the show – a nod to the "Classic TV" legacy

of the '60s. Iconic music and imagery supported the performance and helped recreate the spirit and emotions of the times. Engaging and highly entertaining, *Memories of the 1960s* was directed by Village resident Tom Larkin and coordinated by Elizabeth Flemings and Arlayne Peterson.

The Village Thespians is self-described as "a work-in-progress," and is open to all residents seeking an opportunity to perform or simply to enjoy theater. The group holds an informal dinner gathering every Friday evening in the Red Room, and all are welcome. The Village Thespians present three productions a year. We can't wait to see what's coming next!



# The New Village Spa: A Refreshing Escape

Imagine being completely relaxed. Calm, comfortable, serene, all your stress and cares magically melting away. Now imagine getting that feeling without having to leave our community!

The new Village Spa – the latest addition to Carleton-Willard's wellness program for residents – does just that. According to Kathy Puccia, CWV's Spa Coordinator, the new Spa is a feature not found in most retirement communities.

"It's a chance for residents to come to a calming, welcoming environment and receive some pampering," says Kathy. "It's more than a 'little luxury' – although it is that – the Spa is a place to take care of yourself, to feel restored. People feel wonderful after they've been here!"

The Spa is tucked away on the ground floor of the Village Centre's north entrance. "There's candles, soft music, a little water-fall," notes Kathy. "Aesthetically, it's very pleasing!" Within a relaxing interior of private rooms, soothing colors and natural light, the Spa offers massage, acupuncture therapy, facials, manicures and pedicures.

All Spa services are administered by trained providers who are fully licensed by the state and required to maintain their certification with ongoing training and education. Most have worked with older clients before and are aware of their unique needs. "Our providers are fantastic, so professional," says Kathy. "The residents are very

comfortable with them. Some have been working here for years."

Getting the "Spa Experience" couldn't be easier. Residents of the Village's cluster homes and apartments can simply make their own appointments. The Spa coordinates appointments for residents in Llewsac Lodge, the Nursing Center, and the Ross-Worthen Center, as well as for those who have obtained a referral from their doctor or the Village Clinic. "We'll reach out to make sure we've got all the current medical information first, and talk with a physician when that's required so that our services are administered properly," says Kathy.

"When a person signs up for massage or acupuncture at the Spa, we make sure the therapist has the resident's complete medical history," Susan Cusson, Nurse Practitioner and CWV's Village Clinic Administrator, explains. "Looking at medical care holistically – how massage, for example, can benefit health overall – I would not hesitate to recommend the Spa to anyone."

"It's a great addition to the community," Susan adds.

The Spa's singular aim is personal wellness. "It's all about taking care of ourselves as we get older...taking time to do things that make us feel good," observes Kathy. "It's just like any other wellness therapy."

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The New Village Spa is a truly unique feature for a retirement community. For restorative therapy, or just to treat yourself to a little pampering, the Spa is the place!

[Clockwise, from top left] Kate Wolfe, LMT, OMT, BCTMB, is one of the Spa's licensed professional massage therapists.

Resident Marjorie Roemer settles into an ultra-comfortable chair for a manicure and pedicure. Spa Coordinator Kathy Puccia is always on hand to guarantee an extraordinary Spa Experience and answer your questions. Take the "Spa Feeling" Home with exclusive body lotions, hand creams and bath salts. Gift sets and gift certificates are also available.



The Village Spa is open Tuesdays and Thursdays from 8:30 to 4:30. It is located lower level at the north entrance to the Village Centre and is available to all residents.





## Village Artists' Work Featured at Local Gallery

Creativity can be found throughout the Village, and perhaps most colorfully with our many resident artists. Over the summer, residents from Llewsac Lodge, the Nursing & Rehabilitation Center, and Ross-Worthen produced a series of striking watercolors that were the subject of an exhibit at the iconic Loading Dock Gallery in Lowell, MA. The collected works – 34 in all and titled *Artful Age* – were curated by our watercolor instructor and noted local artist, Linda Branch Dunn. While certain pieces were created by life-long artists, many are works of those who only recently picked up a brush upon coming to the Village!

According to Lois Young, Director of Llewsac Lodge, “It was so meaningful for residents to see their works of art hung in a professional gallery, and to have their work admired by friends and family here at Carleton-Willard.”

At top left, Mary Devoe, one of our resident artists, proudly shows off her work. Below, residents’ artwork on display in the Village Art Gallery.

## Carleton-Willard’s Gardens are the Essence of the Community

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always on campus with his black lab, Bob, planting or pruning something.”

Philip helps both novice and experienced gardeners with tips and encouragement. “It’s important,” Philip says. “Seeing nature – the flowers, birds, the woods – it makes you feel good, it’s good for your psyche. And gardening is good exercise!”

“You go for a walk, you look out your window or over your balcony and see these gardens...it’s magic!” adds Sonja. “What a lovely thing!”



## Comfort and Love - When It’s Needed Most

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“The program’s goal is that no one should die alone,” adds Marcia, “unless, of course, that’s their wish.”

Two-thirds of the Vigil Volunteers are independent living residents at the Village; the remainder are from the surrounding community. Some have been in the program for ten years. “It’s a rich experience for them,” says Marcia. “Some have known the resident and have seen them through their care.”

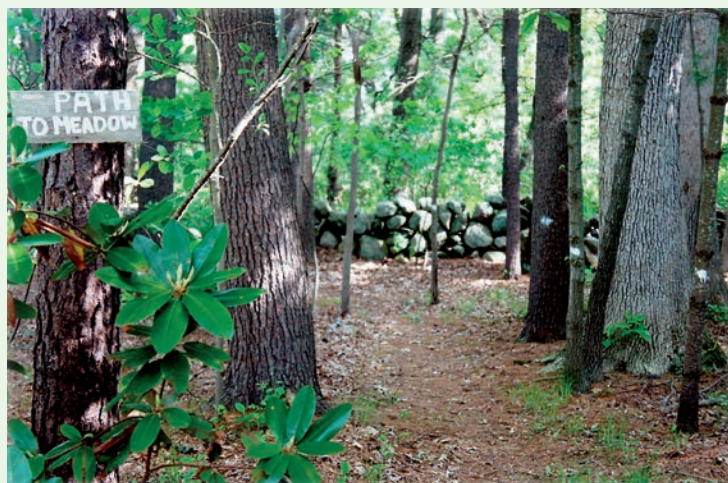
*Living Fully, Dying Well* addresses patient needs one-on-one. “We have an interdisciplinary team continually asking: what do people at the end of their life want? What do they need? We’ve got a holistic set of disciplines in place, developed from the ground-up.” Family needs are also front-of-mind. Meals are routinely brought in, and arrangements are made to house family members close by or even in the room.

The program has expanded over the years. The *Legacy Project* brings in a professional videographer to record the resident talking about their life. And some volunteers have begun bringing their dogs with them. “You should see when they come into the room!” says Marcia. “Instantly, the resident is smiling, and they can find relief from suffering.”

“I wish everyone could have person-centered care like this,” observes Marcia. “We all deserve to be comfortable and surrounded by love at the end of our lives.”



# The Village Photo Gallery



**A Kaleidoscope of Color:** The 36th Annual Carleton-Willard Village Garden Tour couldn't have been held on a more beautiful spring day! Residents and visitors were treated to a magnificent display of over 20 private and community gardens. Each had its own "feel," reflecting both the immediate environment and the personality of the gardener. [top left] Carnations, Japanese Laurel and Santolina mark the **Gravel Garden**, located between the Croquet Court and the new Brass Rail Bistro. [top right] The tranquil **Primrose Path** leading to Winthrop Terrace. [center left] New Guinea Impatiens, Coleus and Sonata White Cosmos dazzle in a **Falmouth Court Garden**. [center right] A stunning Iris in a **Concord Court** backyard garden. [bottom left] The **Rock Garden** hosts sun-loving, drought-tolerant flowers such as Corydalis, Catnip and Gaillardia. [bottom right] The **Meadow Path** hints of the natural features that epitomize the unique character of the Village's pastoral New England setting



## Boston Globe Magazine Again Honors Carleton-Willard Village



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

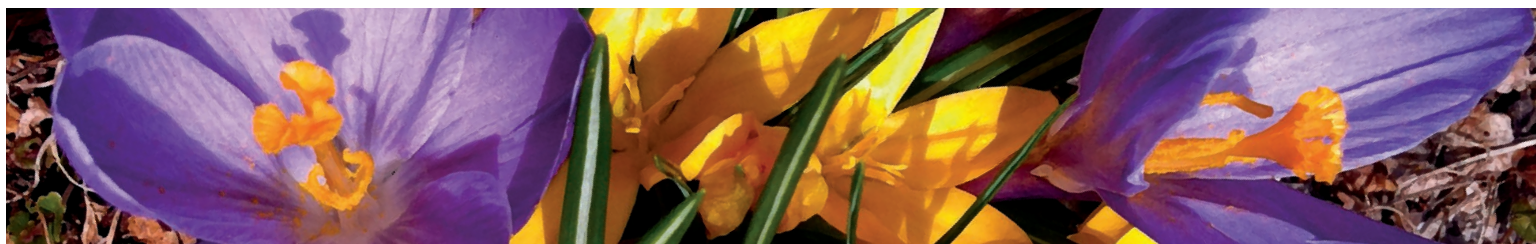
## New Village Spa

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How do the residents feel about the new Spa? According to Kathy, a solid "10 out of 10." Residents are already making appointments months in advance – both women and, by Kathy's count, a "tremendous number of men."

Most bookings are by word-of-mouth – neighbors often telling one another about their positive experiences. "We had one woman come in for a massage who'd never had one before," Kathy recalls. "Her neighbor had one and felt so good afterwards. She was a little tentative, but she had a one-hour session. And after, she was so relaxed and calm. She told me, 'Now I know what I've been missing!'"

"I love what I do," admits Kathy. "Everybody leaves the Spa with a smile on their face, feeling wonderful. We have everything here to make people comfortable and feeling better. And if we don't have it, it's my job to get it!"



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Carleton-Willard Village is a not-for-profit continuing care retirement community, and is an affiliate of the Boston University School of Medicine.

For more information about Carleton-Willard Village or to arrange a visit, please visit [cwvillage.org](http://cwvillage.org) or call 781-275-8700.

