

# Village Insights

The Newsletter of Carleton-Willard Village

Summer 2014

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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.

For more information about Carleton-Willard Village or to arrange a visit, please go to our website or call 781-275-8700.

## Village Residents Experience Ease, Inclusion, Social Opportunity



*Checking Out the Latest – Gail Hatfield (left), CWV’s Director of Learning in Retirement, and resident Alice Morrish review the Village Bulletin Board on Main Street. The Bulletin Board offers an ever-widening choice of events, activities and interest groups.*

After years at home surrounded by familiar people and places, how easy is it to fit in to a retirement community? For those new to the Village, it all begins with the “Welcome!”

“To tell the truth,” admits Village resident Henry Hoover, “When I first came here, I was concerned about how I would assimilate to a new place – I’m not overly aggressive about meeting new people. But at Carleton-Willard, people want to make new friends. It’s a very social community, and I’m very glad to be part of it.”

Fellow resident Tom Larkin is quick to

agree. “We [Tom and wife, Anne] had a little apprehension, sure. But people here are very welcoming and inclusive. Almost immediately, people invited us to dinner, to meet new neighbors. We found it very easy.”

Peggy Whiteley, CWV’s Marketing Director, explains that the community’s desire to include new residents extends well beyond the initial “hello.”

“Connecting with other people – along with staying physically fit and mentally engaged – are absolutely critical for aging gracefully,” explains Peggy. “Staying connected through interest groups, lectures, concerts and other group activities allows people to stay active and inspired.”

To that end, the Village has an

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## Clinic Head Will Bid Farewell to “My Favorite Job”

After 14 years as Administrator of the Village Clinic, Barbara Chenoweth has announced her retirement for later this year.

The nurse-practitioner and director of the Clinic’s healthcare team has been a medical professional for over 50 years. Of the nearly two dozen nursing jobs she’s had over her career, it’s her time at the Clinic that stands out.



**Barbara Chenoweth, NP, will be retiring after 14 years as Administrator of the Village Clinic.**

“There’s a really good team here, so dedicated,” says Barbara. “They’re not only good at what they do, they have a great spirit. They enjoy working together, which is so important. This has been my favorite job in nursing!”

Barbara was drawn to the Clinic because of its mission to provide a comprehensive level of patient care. “I’ve always been interested in combining psychology and general medicine,” says

Barbara. “It’s a more holistic approach. The goal of the Clinic from the beginning was to meet all the needs of patients – not just physical health, but emotional, psychological and social.”

The Clinic provides Village residents with an impressive range of traditional and nontraditional health services. “Care is based on the doctor-nurse practitioner model,” explains Barbara. “But we offer more than just strictly ‘western medicine.’ We have acupuncture, massage therapy and many other services, along with the physical and neurological care you would expect.”

Patient access has also been a principal aim of the Clinic. “Navigating through the healthcare system can be hard these days,” Barbara explains. “We wanted the Clinic to be more accessible to our residents than services typically are to the general public. If our residents want to be seen, we make sure that happens.”

Barbara believes the Clinic has successfully met its patient care goals, although she is quick to point out, “That’s not just ‘me,’ you know – that’s the whole team!”

Barbara has no definite plans for her future. “I want to spend a little more time on things I’ve always wanted to do, but I may even go back to work part-time, who knows?”

“I do know that I’m going to really miss the people here,”

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## Around The Village

### Excess Baggage Sale Proceeds Earmarked for Charity

Proceeds from last year’s Excess Baggage Sale were allocated on April 10 to selected organizations by the Village’s Charitable Donations Committee. In total, the Committee earmarked \$4,000 of the funds raised:

- ❖ \$1,000 will go to Oxfam International to aid longterm typhoon relief in the Philippines;
- ❖ \$1,000 will support All Hands Volunteers for Hurricane Sandy relief on Long Island and Staten Island;
- ❖ \$1,000 will be designated for the Greater Boston Food Bank, which supports 550 local agencies helping to relieve hunger;
- ❖ \$500 will go to the Bedford Youth & Family Services Progress Fund to provide rent and utility support for local families in need; and
- ❖ \$500 will be given to the Bedford Community Table and Food Pantry.

According to Neela Zinsser, Committee Chair, “We have tried to maintain a balance between local agencies and those with an international impact.” Village residents Fred Bird, Kitty Cullen, Pat Eston and Richard Loring also serve on the Committee.



**Neela Zinsser**



# Village Residents Experience Ease, Inclusion, Social Opportunity

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choice of activities to suit just about any interest. “There are so many programs here,” says Tom Larkin. “Book clubs, poetry groups, movies, ping-pong, the pool...and there are all the other clubs and organized activities, the scheduled lectures and entertainment in the Auditorium – it’s amazing how much there is! You have constant opportunities to get involved in something that interests you, to meet new people and interact.”

Resident Paul Wiggin concurs. “I honestly wake up every day looking forward to my next experience.”

According to Gail Hatfield, CWV’s Director of Learning in Retirement, opportunities for newcomers to socialize are critically important. “When residents first come here, everything is new and unfamiliar,” explains Gail. “But as they begin to interact with others, their world begins to expand beyond their new home. They begin to feel part of the larger community.”

Many new activities and interest groups get their start in the Abbott Dining Room. “The Dining Room seems to be a natural hub of activity,” observes Tom Larkin. “And the Victoria Café as well. It’s funny, a lot of good ideas seem to spring up over food at Carleton-Willard!”

One such example is the French Dinner Group, initiated when a new resident suggested a regularly held “French-speaking-only” dinner featuring French cuisine and wine. According to Peggy Whiteley, this created both a new opportunity and a problem.

“A few felt their French was a bit rusty,” Peggy explains. “And so, a Conversational French Group spun off from the original interest group. That’s how it happens – one group spins off from another!”

The Bulletin Board on Main Street has become an engine of Village activity. Gail Hatfield manages the process. “If people have an interest in something, anything, they come to me and we put up a sign on the Bulletin Board,” says Gail. “Then I work with them to help them develop it – how would it all work? What will their involvement be? Nine times out of ten, we make it happen.”

Stimulating grassroots community interaction was always the strategy for Main Street, according to CWV President & CEO Barbara Doyle. “From the beginning, we built Main Street to provide a central gathering and socializing place,”

explains Barbara. “Some things have changed on Main Street over the years to meet the needs of our residents, but the original intent remains the same.”

Despite the many opportunities offered, there is never any pressure to participate. “Some people like their privacy, and that’s OK,” observes Peggy Whiteley. “Not everyone likes to be busy all the time. But if you do, there’s plenty to do here!”

Tom Larkin agrees. “We took our time and looked around to see what we might want to do,” says Tom. “Everyone is made to feel free to engage in the activities they feel comfortable to take part in.”

Carleton-Willard residents are by nature a social group.

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[clockwise from top left] **Newcomer’s Meeting** – CWV’s landscape artist Philip Kenney shares some of his visions for the Village’s common gardens at the Newcomer’s Group Meeting. **Spring Food Expo** – Residents Trish Gately, Arlene Connolly and Deborah Leighton (with Director of Dining Creighton Schroeder) sample the latest creations from CWV’s chefs. **News of the Day** – Peggy Whiteley (r), Director of Marketing, catches up with residents Deborah Leighton and Sibyl Martin outside the Victoria Café. **On Main Street** – Residents Bea Brown, Bill Stern & Bob Schmalz share a laugh at the popular Village gathering spot.

## It Was Just One of Those Things

*Music, it is said, knows no boundaries. It's the "universal language." And for two Village residents, it also seems to have power over time.*



**Together again after all these years** – Henry Hoover (left) and Paul Wiggin, still performing.

*Some 57 years ago, Henry "Harry" Hoover gingerly knocked on a practice room door at the Longy School of Music in Cambridge. Fellow student Paul Wiggin was inside. The two struck up a friendship and began performing together – Paul singing and Henry at the piano. As classmates often do, each would go his*

*separate way after leaving school.*

*Fast-forward to 2013, and Henry, a brand-new Villager, is greeted with a cheery "Welcome!" by his new neighbor. It was his old buddy Paul. "The Village is a friendly place, so I just walked over and said 'Hi,'" explains Paul. "It was an amazing surprise, and a delightful one."*

*"I was looking forward to coming to Carleton-Willard," says Henry, "but seeing Paul again after 50 years – that was totally unexpected!"*

*The two picked up right where they left off long ago, singing and playing together at Village events such as the recent Memories of the 1930s & 1940s. "What a magical experience that was!" recalls Paul.*

*The chance reconnection has only reinforced Henry's appreciation of music. "Back in school, Paul and I had a symbiotic relationship from the get-go," Henry says. "And now, we're closer than ever."*

*"It's a gift to be a musician," says Paul, "And to be able to share that gift here is inspiring."*



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## Looking Sweet!

Village resident and longtime cycling enthusiast Bob Sawyer recently displayed his restored tandem bicycle, the iconic 1898 E.C. Stearns Yellow Fellow. Known as the “courting bicycle,” at \$150 it was one of the most expensive cycles of the day. Bob purchased the historic



**Bob Sawyer** poses with his restored 1898 Yellow Fellow tandem bicycle.

bike at an auction in New York. He then worked with fellow resident Tim Martin (who designs stage sets for the Village Thespians) to create the silhouettes in the Village’s Woodworking Shop. The “bicycle built for two” was on display at CWV’s Nursing & Rehabilitation Center in February and March. Bob is now restoring a second tandem bike!

## 2014 Scholarship Awards

The Residents’ Association announced the winners of the 2014 Employee Scholarship Awards. The Houghton Scholarships, which are designated for members of the Dining Services staff, have been awarded to **Helio Neto** and **Dennis Hernandez**. Originally from Brazil, Helio is a senior at UMass Lowell and has been with CWV since 2008. Dennis, who is enrolled at Southern New Hampshire University, has worked for CWV since 2005. The Messenger Scholarship has been awarded to Cherie Asgeirsson, who not only is the Village’s nutritionist, but an accomplished flautist. A 25-year member of the CWV family, she will receive her master’s degree from Tufts University in 2016.



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## Village Residents Experience Ease, Inclusion, Social Opportunity

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“Our activities are really extensions of each individual person,” says Gail Hatfield. “Residents had an activity before they came here – going to the symphony, for instance. So they naturally want to continue doing those things. At the same time, people come here to expand what they already know. They’re actively looking for new experiences.”

That’s what sold Henry Hoover on the Village. “Carleton-Willard stood out when I was looking at retirement communities,” says Henry. “It’s a very warm community, very welcoming. I feel like I fit right in!”



## Clinic Head Will Bid Farewell to “Favorite Job”

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Barbara admits. “The staff, everyone at Carleton-Willard – this has been such a great place to work. We’re all really appreciated here.”

“And I’ll miss my patients,” she adds. “I really love my patients!”

*Carleton-Willard Village is extremely pleased to announce the arrival of our new Village Clinic Administrator, Susan Cusson. Susan is a nurse-practitioner specializing in geriatrics, and comes to us from Cambridge Health Alliance, where she’s worked for 11 years. Susan will be joining us in August. Welcome!*

## The Village Photo Gallery



**[top left]** *Memories of the 1930s & 1940s (The WWII Era)* – Residents put on a masterful production April 8 in the recently-renovated Auditorium. The multimedia event featured a collection of wartime remembrances by residents, along with music, projected visuals and audience participation. The festive vocal numbers were an especially big hit: (from left) residents Paul Wiggin, Kay Barney and Bob Schmalz belt out a patriotic tune. **[top center]** Residents (from left) Sally Rabinowitz, Brown Pulliam, Anne Larkin and Tom Larkin cut a mean rug at the '30s/'40s event. **[top right]** The winning team celebrates after the first annual **Staff-Resident Seated Volleyball Tournament** held April 9 in the Auditorium. Rule #1 for play: no backsides could leave the chairs! Was it fun? The smiles tell the whole story. **[bottom left]** CWV President & CEO Barbara Doyle leads her team's attack as resident Mary O'Meara cheers on. **[bottom center]** Spring at last! After a winter that seemingly would not end, the Village grounds are blooming again. **[bottom right]** Colorful tulips make their reappearance in the Courtyard.