

THE VILLAGER

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What Comes Next?

BY SUSAN MCWHINNEY-MORSE

and reflection, the land of the rocking chair, the shuffle board or a few games of golf, retirement was marked by a handshake, a swan song or a gold watch.

But no more. Today it comes with undreamed possibilities, unexplored opportunities and a universal question: What comes next? We are the recipients of miraculous 20th-century advancements ... in medicine, educational opportunities and economic development. We are living longer, we are healthier, we are better educated and we have amassed greater wealth than any previous older generation in history. Impressive but challenging.

At 65 years of age, if healthy, one may have another 30 to 40 years to live. At 85, if relatively healthy, one becomes a member of the fastest growing segment of the population.

In summary, we have a totally new and uncharted segment of life to live and enjoy. But what will we do? That is the question we will address in three events featuring five unusually gifted and fascinating speakers hosted by Beacon Hill Village in early spring. Mark your calendars. ■



Wednesday, March 2 at 5:30 p.m. ***Redefining Age: What it Means to Grow Older Today.*** Marcie Pitt-Catsoupes, PhD, and Christina Matz-Costa, PhD, professors at the Boston College School of Social Work and on the staff of BC's Center on Aging & Work, will share their observations on this interesting phase of life.

Monday, April 11 at 4:00 p.m. ***What Comes Next: A Conversation about Retirement with Governor Dukakis and Colin Diver.*** Our former governor will talk about his retirement years with Colin Diver, former special counsel to the late mayor Kevin White, former Dean of the University of Pennsylvania Law School and most recently president of Reed College in Portland, Oregon.

Wednesday, May 4 at 5:30 p.m. ***Time Dollars: A New Currency for Aging Well.*** Edgar Cahn, JD & PhD, distinguished law professor and former counsel and speech writer for Robert F. Kennedy, is the creator and CEO of TimeBanking, a non-profit organization that has developed a way of giving and receiving to build supportive networks and strong communities.

Each event will be held at the main branch of the Boston Public Library and will be free and open to the public.

From the Executive Director

Dear BHV Members:

THE WARM AND SNOW-FREE days of December lulled me into thinking that maybe, just maybe, Mother Nature would give us a break after last winter. But the temperatures have dropped, the winds have picked up, and the snow and ice have started to accumulate.

Winter can be a very isolating time for many of us. And as studies have shown, isolation and being less active can lead to increased feelings of loneliness and depression and a higher risk of illness for people of all ages, but especially older adults.

One of the major benefits of being a member of Beacon Hill Village is the community that one automatically becomes a part of. Not only can members call the Village for assistance, but members can support each other during the cold, snowy months.



Here are a few ways to stay engaged this winter and/or to help BHV to be the special community of friends and neighbors that it is:

- Sign up for and attend one of our many interesting activities or events. And if you need some assistance getting there, give the office a call.
- Volunteer to accompany someone to a program. Sometimes having another person to walk with is all it takes to encourage us to get out and do something.
- Check in on a member or two who you think might welcome a call. Knowing we're not alone or sharing a story or two can do wonders for our mental health.
- Get some exercise. Attend a BHV exercise class or call a friend or fellow villager and go for a walk. Keeping active during the winter helps our whole selves – mind, body and soul.

And for some tips on staying warm and healthy this winter, see "Keeping Safe and Warm," on this page.

Together, as a village, we can make the winter less isolating and more bearable.

With WARM regards,
Laura Connors

Members Wanted to Plan Living Well Series

BY KAREN GARVIN

BEACON HILL VILLAGE'S PROGRAMS CAN be entertaining, informative and inspiring. They are led by speakers or they can involve members conversing with each other. They sometimes cover matters that are difficult to talk about: illness, dementia, moving or living in place, finances, end-of-life arrangements.

The Member Services and Program Committees are creating a series of programs under the topic "Living Well/Ending Well." We want to enlist volunteers to help pull the series together.

The committee would start work in March, aiming to settle the topics and schedule by the end of June. The series would begin in the fall of 2016 and end in spring 2017.

Current committee members are Murray Frank, chair of member services, Karen Garvin, program committee chair, and Betsy Peterson.

Please join this vital committee. New ideas and new members most welcome. Call or email the office with your interest by the end of February.

Living Well/Ending Well Series

Looking at key facets of aging and how to address them in the most positive ways - a simple overview of what will help you in this process including:

Keeping Healthy

Finances: What You Should Be Doing

Your Housing Options

Your Home, Your Possessions, Your Car, Your Surroundings

Planning for the End

Keeping Safe and Warm in the Winter

THE WEATHER OUTSIDE IS FRIGHTFUL. To keep winter delightful, Kate Sciacca, the volunteer nurse at Beacon Hill Village's wellness clinic, has advice on how to manage the cold, the storms, the snow and the ice.

If a nor'easter is predicted, stock up on food, she said. Make sure you have a seven-day supply of your medications. We city dwellers are lucky that the electricity rarely goes out in a big storm. Grocery stores and pharmacies stay open. But they may not have an easy time delivering to your door when sidewalks are slippery and snow blocks the streets.

If your windows are drafty or your heating system has a tough time keeping up on zero-degree days, layer up, Kate suggested. Socks will keep you warm in bed, and so will a hat.

Please continue to page 6. ►



BHV WELCOMES

BACK BAY

Barbara Greenberg, Judy and Ed Siegel

BEACON HILL

Mary and Sherif Nada

Beacon Hill Village

MARCH 2016 CALENDAR HIGHLIGHTS

Programs are one of the benefits of membership in Beacon Hill Village. Selected programs are open to guests of members and to prospective members who may be interested in joining the Village. Members have priority when registering for programs that have space limitations. BHV reserves the right to limit the number of programs that prospective members may attend. A reservation is required for all programs unless otherwise noted in the program description. Refunds will be made for cancellations received at least one week prior to an event unless tickets have been pre-purchased or non-refundable payments have been made and we are unable to fill your spot.

Tuesday, March 1 5:30 - 7 p.m.

Conversations with... Esther Nelson

Boston Lyric Opera's Stanford Calderwood General & Artistic Director Esther Nelson will talk about upcoming productions and performance venue challenges in the City of Boston. Prior to joining BLO in 2008, Esther was General Director/CEO of Glimmerglass Opera, and held leadership positions at Nevada Opera, Virginia Opera, Triangle Opera and New Orleans Opera. She serves on the Board of Trustees at OPERA America. Light hors d'oeuvres and beverages at 5:30 p.m.; program at 6 p.m. *Meet at King's Chapel Parish House, 64 Beacon Street. BHV/BHS members: Free. Prospective members and guests of members: \$20.*



Wednesday, March 2 5:30 - 7 p.m.

Redefining Aging: What it Means to Grow Older

Marcie Pitt-Catsoupes, PhD, and Christina Matz-Costa, PhD, professors at the Boston College School of Social Work and on the staff of BC's Center on Aging & Work, will share their observations on this interesting phase of life. *This event is free and open to the public and will be held in the Commonwealth Salon at the Boston Public Library in Copley Square.*

**Monday, March 7 7:30 p.m. concert; dinner at 5:45 p.m.
First Monday at Jordan Hall**



If you're going to attend just one concert in the New England Conservatory's popular and free monthly chamber music series, this is the one to put on your calendar. The March concert features works by Kodaly and Bartok performed by the acclaimed Borromeo String Quartet. *Optional dinner (pay individually) at Pho & I, 267 Huntington Avenue, at 5:45 p.m. For concert only, meet inside*

Jordan Hall, 30 Gainsborough Street, and look for the group. BHV members and their guests. Free.

Wednesday, March 9

BPL: Art & Architecture Tour

11:15 a.m.

Lunch Group: Courtyard Restaurant

12:30 p.m.

Join us on a private tour of the art and architecture of the McKim building of the Boston Public Library in Copley Square. Works of famed sculptors and painters, including Daniel Chester French and John Singer Sargent, will be highlighted on our tour, as well as other treasures assembled over the past 160 years. After our tour, we'll have lunch at the Courtyard Restaurant, which features a \$25 three-course prix fixe lunch during Restaurant Week/Dine Out Boston, which coincides with our visit. You may register for the tour only, lunch only, or both. Lunch is pay individually. *BHV members: \$10. Prospective members and guests of members: \$15.*

Wednesday, March 16 5:30 - 7 p.m.

Conversations with... Margery Eagan

A long-time writer and commentator on current affairs, politics, women's issues, and Catholicism, Margery Eagan is the co-host, with Jim Braude, of Boston Public Radio, WGBH's news and talk program. She is also the spirituality columnist for Crux, a website of *The Boston Globe*. Before moving to WGBH, Margery and Jim co-hosted a radio show on WTKK-FM for 14 years. Margery also wrote a thrice-weekly column for *The Boston Herald* for 25 years and was a senior writer at *Boston Magazine*. Light hors d'oeuvres and beverages at 5:30 p.m.; program at 6 p.m. *Meet at King's Chapel Parish House, 64 Beacon Street. BHV/BHS members: Free. Prospective members & guests of members: \$20.*



Friday, March 18 2 - 3:30 p.m.

Podcasts, Audio Books & More

Do you love NPR, but occasionally miss a favorite program because of your busy schedule? Would you like to listen to Tina Fey read *Bossypants* while you walk, or tune in to Stanford's *History of Modern Europe* at 2 a.m.? With a smartphone, tablet, or computer you can. Chris Bowker will show us where to look for digital materials and how to listen to or read them, with a focus on free sources like the Boston Public Library and Project Gutenberg. Feel free to bring your smartphone, iPad or laptop for individual assistance. *Meet at 74 Joy Street, 1st floor conference room. BHV members only. Free.*

Please continue to page 5. ▶

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>TAXI COUPONS Come to the BHV office on Friday, March 11, between 11 and noon, to pick up your taxi coupons at this monthly distribution. Pay \$5 for a \$10 coupon book; maximum of two books per person, per month. BHV members only. 74 Joy Street, third floor.</p> <p>TRIP TO MARKET BASKET Door-to-door transportation to Market Basket in Somerville on Wednesday, March 2, at 10 a.m. and noon. A driver will help carry your groceries! Space is limited. BHV members only: \$10.</p> <p>TRIP TO TRADER JOE'S <i>Note New Times!</i> Door-to-door transportation to Trader Joe's in Cambridge on Wednesday, March 16, at 10 a.m. and noon. A driver will help carry your groceries! Space is limited. BHV members only: \$10.</p> <p>TERRIFIC TUESDAYS BHV members meet on Tuesday, March 8 at 4 p.m. at 75 Chestnut Street to discuss and plan outings related to the arts. All BHV members welcome! Registration not required.</p> <p>MEDITATION Meets every Monday and Thursday at 8:45 a.m. (except as otherwise noted on the calendar) at the Beacon Hill home of BHV member Susan Cox. BHV members only.</p>	<p>Meditation (8:45) Calendar Mailing (10:30) Total Fitness w/Cindy (11-noon) First Monday at Jordan Hall (7:30 concert; 5:45 dinner)</p> <p>7</p>	<p>Grocery Shop (9:30 & 11:30) <i>New!</i> Total Fitness w/Cindy - Back Bay (10:00) Conversations with... Esther Nelson (5:30-7)</p> <p>1</p>	<p>Total Fitness w/Cindy (11-noon) Market Basket (10 & noon) Redefining Age: What It Means to Grow Older (5:30-7)</p> <p>2</p>	<p>Meditation (8:45) Men's First Drink (4:00)</p> <p>3</p>	<p>Grocery Shop (9:30 & 11:30) Tai Chi (noon-1)</p> <p>4</p>	<p>New Exercise Class in the Back Bay! We are delighted to announce that beginning March 1 BHV will be offering an exercise class in the Back Bay, on Tuesdays, 10-11 a.m. (unless otherwise noted in the Calendar), at the Junior League, 117 Newbury Street. The class will be taught by Cindy Sullivan (see article on page 7), who also teaches our Monday and Wednesday (11-noon) class on Beacon Hill at Beacon House, 19 Myrtle Street. Beginning February 29, BHV members will be billed \$5 per exercise class in both the Back Bay and Beacon Hill.</p> 
<p>Easter Sunday</p> <p>27</p>	<p>Meditation (8:45) Total Fitness w/Cindy cancelled</p> <p>14</p>	<p>Grocery Shop (9:30 & 11:30) Total Fitness w/Cindy - Back Bay cancelled</p> <p>8</p>	<p>Total Fitness w/Cindy (11-noon) BPL Art & Architecture Tour (11:15) Lunch Group: Courtyard Restaurant (12:30)</p> <p>9</p>	<p>Meditation (8:45) Maidens & Martinis (4:30)</p> <p>10</p>	<p>Total Fitness w/Cindy (9:00) (note new time for this date only) Grocery Shop (9:30 & 11:30) Taxi Coupons (11-noon) Tai Chi (noon-1)</p> <p>11</p>	
	<p>Meditation (8:45) Total Fitness w/Cindy cancelled</p> <p>21</p>	<p>Grocery Shop (9:30 & 11:30) Total Fitness w/Cindy - Back Bay cancelled</p> <p>15</p>	<p>Total Fitness w/Cindy cancelled Trader Joe's (10 & noon) Conversations with... Margery Eagan (5:30-7)</p> <p>16</p>	<p>St. Patrick's Day Meditation (8:45)</p> <p>17</p>	<p>Grocery Shop (9:30 & 11:30) Tai Chi (noon-1) Podcasts, Audio Books & More (2-3:30)</p> <p>18</p>	
	<p>Meditation (8:45) Total Fitness w/Cindy cancelled</p> <p>22</p>	<p>Total Fitness w/Cindy (8:30) (note new time for this date only) <i>New!</i> Total Fitness w/Cindy - Back Bay (10:00) Grocery Shop (9:30 & 11:30) Glassblowing Demonstration (10:30-12:30)</p> <p>22</p>	<p>Total Fitness w/Cindy (11-noon) Cathedral Church of St. Paul Tour (2:00); lunch at Petit Robert Central Bistro (12:30)</p> <p>23</p>	<p>Meditation (8:45) Respiratory Ailments (2-3) and Wellness Clinic</p> <p>24</p>	<p>Good Friday Grocery Shop (9:30 & 11:30) Tai Chi (noon-1)</p> <p>25</p>	
	<p>Meditation cancelled Total Fitness w/Cindy (11-noon) North Bennet Street School (10:30-noon) and lunch</p> <p>28</p>	<p>Grocery Shop (9:30 & 11:30) <i>New!</i> Total Fitness w/Cindy - Back Bay (10:00)</p> <p>29</p>	<p>Total Fitness w/Cindy (11-noon) Total Fitness w/Cindy Sullivan Beacon House, 19 Myrtle Street, Mon & Wed, 11 a.m. - noon. \$5 for BHV members Total Fitness w/Cindy Sullivan - Back Bay Junior League, 117 Newbury Street, Tues, 10 - 11 a.m. \$5 for BHV members</p> <p>30</p>	<p>Meditation (8:45) New England Quilt Museum (9:30-2:30)</p> <p>31</p>	<p>Myers & Chang Dim Sum (noon)</p> <p>26</p>	
	<p>HEALTH & WELLNESS: Beacon Hill Athletic Club (\$5/class) North Station, 261 Friend Street: Aerial Conditioning (Fri at 8:30) North End, 85 Atlantic Avenue: Total Body Strength (Mon at 8:30 and Fri at 8:15); Muscle (Wed, Thurs at 8:30); Stretching (Wed, Thurs at 9:30); Yoga (Fri at 9:15) Beacon Hill, 3 Hancock Street: Senior Conditioning (Tues, Thurs at 10)</p>			<p>Tai Chi w/Joshua Grant Beacon House, 19 Myrtle Street, Fri, noon - 1 p.m. \$150 for BHV members for 12-session class Individual classes may be taken with the instructor's permission. Email Joshua at gulong16@gmail.com for more information.</p>	<p>MEN'S FIRST DRINK The men of Beacon Hill Village continue their once-a-month exploration of Boston's watering holes on Thursday, March 3, at 4 p.m. Location TBD. BHV members and their guests. Pay individually.</p> <p>MAIDENS & MARTINIS Join the women of Beacon Hill Village for a drink on Thursday, March 10, at 4:30 p.m. Location TBD. BHV members and their guests. Pay individually.</p>	



Diablo Glass School



North Bennet Street School



Cathedral Church of St. Paul



New England Quilt Museum

Tuesday, March 22 10:30 a.m. - 12:30 p.m.

Glassblowing Demonstration

We're offering this trip again because it was such a success last year. On our visit to the Diablo Glass School in Boston, we'll be treated to a fascinating glassblowing demonstration and learn about the steps involved in the process from a professional. *Meet at Café Tatte, 70 Charles Street, at 10:30 a.m., or Starbucks, 165 Newbury Street (between Dartmouth & Exeter), at 10:35 a.m. BHV members: \$35. Non-members: \$45.*

Thursday, March 24 2 - 3 p.m.

Respiratory Ailments

Learn about the symptoms of such respiratory ailments as asthma, chronic obstructive pulmonary disease and pneumonia from registered nurse Kate Sciacca. After her presentation and as part of our ongoing wellness clinic, Kate will meet one-on-one with members who would like to have their blood pressure or other vital signs checked or discuss any health related issue. *Meet at 74 Joy Street, first floor conference room. BHV members only. Free.*

Saturday, March 26 noon

Myers & Chang: Dim Sum

This South End restaurant offers an eclectic selection of small plates inspired by Taiwanese soul food and Southeast Asian street food. If you're adventurous and like the idea of sharing dishes and splitting the check, please join other BHV members for this out-of-the-ordinary dim sum lunch. *Meet at 1145 Washington Street, accessible by the SL5 and 43 buses. BHV members and their guests.*

Monday, March 28 10:30 - noon (plus lunch)

North Bennet Street School

In existence for more than 100 years, the North Bennet Street School is a private vocational school in the North End that offers eight full-time programs, including violin making, bookbinding, cabinet and furniture making, carpentry, and jewelry. During our tour of the School's 60,000 square feet of industrial space, we'll see the students at work and talk with them about their projects. After our tour, we'll have lunch in the North End. *Meet at 150 North Street (off Cross Street). BHV members: \$10. Non-members: \$15.*

Wednesday, March 30 2 p.m. tour (lunch at 12:30 p.m.)

Cathedral Church of St. Paul Tour

Built in 1819 and designated a National Historic Landmark in 1970 for its architectural significance, the Cathedral Church of St. Paul recently completed a major renovation, resulting in a building that is more open and flexible and flooded with natural light. Brett Donham, until recently a principal at Donham & Sweeney Architects and the project's architect, will give us a private tour of the newly renovated building. The Dean of the Cathedral, The Very Reverend John P. Streit, Jr., will join us for part of the tour. Optional lunch (pay individually) at Petit Robert Central Bistro, 101 Arch Street Building (access via 34 Summer Street, above the Downtown Crossing T stop). *Tour only, meet at 138 Tremont Street at 2 p.m. For lunch, meet at the restaurant at 12:30 p.m. BHV members only. Free.*

Thursday, March 31 9:30 - 2:30 p.m.

New England Quilt Museum

During our visit to this small gem in Lowell, 32 award-winning traditional and contemporary quilts from the international competition of the Japanese Handicraft Instructors' Association will be on display. Lunch in Lowell before heading back to Boston. *Meet at Café Tatte, 70 Charles Street, at 9:30 a.m., or Starbucks, 165 Newbury Street (between Dartmouth & Exeter), at 9:35 a.m. BHV members: \$40. Non-members: \$55. Price includes van transportation and admission to and tour of the Museum. Lunch is pay individually.*

Bermans Reconnect with Peace Corps Friend

HAVE YOU EVER MET A Peace Corps volunteer who wasn't fabulous? We've now got three of them in Beacon Hill Village – at least three that we know about.

Reese and Stan Berman grew up in Louisville, Kentucky. Stan's younger brother was in Reese's class. When Reese finished unpacking her bags on her first day at Smith, who showed up with two friends to greet her? Stan Berman, a senior at nearby Amherst College. He had heard through the grapevine that she was coming. Her roommates were impressed that her arrival had caused a stir among the young men.

In a few years, the Bermans married, Stan graduated from Harvard Law School, and they were excited about the new president from Massachusetts and his call to "ask what you can do for your country." They signed up in the first year of the Peace Corps.

When they arrived at Harvard Business School for three months of training, they met Murray Frank, a Peace Corps staff member who was headed for the newly independent Nigeria to manage the volunteers there. Sargent Shriver, President Kennedy's brother-in-law and the Peace Corps' first director, had invited Murray, who was working at a settlement house in Chicago, to his house for an interview. It took place with Shriver still in his bathrobe. It was early in the Peace Corps' existence, and maybe the organization didn't yet have an office.

The Bermans were in the first group assigned to Nigeria too. They said they knew nothing. Stan taught Nigerian history and for a couple of months helped with legal matters – there were no lawyers in Nigeria's Ministry of Justice. Reese taught English as a second language to young Muslim men who had never seen a woman teaching. Reese was their age, not a revered elder. But they had no unpleasant incidents. It was a heady experience, but isolating. "There were no cell phones," said Stan. "We didn't talk with anyone at home."

Reese said, "I'd never have done this on my own."



Murray Frank, left, introduced old friends Reese and Stan Berman to BHV.

After the Peace Corps, Murray came to Boston to attend the Heller School of Management at Brandeis, and the Bermans settled in Brooklyn and then Westchester County. Stan practiced law and Reese became a school librarian. She eventually served on her town council and later as supervisor, the equivalent of mayor.

Every few years, the volunteers got together at reunions, and the Bermans kept in touch with Murray.

As close as they were to their community, the Bermans decided to move to Boston when they retired. They knew the area from their student days, and a son lived in Lexington. They moved to Longfellow Place and reconnected with Murray, who introduced them to the Village at last year's Seder.

Now Reese helps with the Kitchen Tour, Stan consults with members on the technical front, and both are active participants on Village excursions.

Good work, Murray. ■

Keeping Safe and Warm in the Winter continued from page 2.

Ask your doctor if you should take vitamin D. New Englanders, bundled up as we are, often don't get enough of that vitamin, even when the sun shines.

Consider a humidifier. Moist air brings comfort and can help with dry skin.

Outside, walking around can be dangerous. Get out your ski poles, and use them to help you balance through snow and ice. Everyone will think you are going for a power walk.

Kate has mixed feelings about those spikey cleats you strap to your boots. She's not happy to see people adding a layer between their feet and the ground, believing that can disturb balance. While some cleats work well on snow, others can cause you to skid on ice. So test them before you get up a head of steam.

If you fall, don't get up immediately, Kate advised. Stay there awhile to get your bearings, even if you're sure nothing is broken. Getting up too soon could disorient you and cause you to fall again.

If you are uncomfortable going out, stay in. Invite over friends who do feel comfortable getting out. Enjoy the quiet the snow brings. There will always be spring. ■



Cindy Sullivan Chosen to Lead BHV Exercise Classes

When BHV Executive Director Laura Connors had to replace long-time fitness instructor Robyn Dalton last summer, she started a nation-wide search through the American Council on Exercise. The person she found lived only three blocks away.

Cindy Sullivan, 45, lives with her husband and daughter on Phillips Street. She believes the Village's twice-weekly exercise class has to be fun.

"I do a little bit of everything," said Cindy. "Basic strength, flexibility, balance, cardiovascular and functional training."

She has been interested in exercise all her life, running marathons, dancing and conducting classes. "My career was in marketing, but after my daughter was born I followed my passion," she said.

Cindy teaches kids at Hill House and started substituting for a woman who teaches seniors. She liked working with older adults. She can conduct almost any type of exercise including aerobics, Zumba, yoga and spinning and is certified in first aid and CPR. She also conducts sessions for individuals.

Cindy was a founder of the Friends of the Phillips Street Park, helping create that lovely park's garden. Perhaps she just wanted to ensure her daughter also had a good place to exercise. ■



Left to right, Roger Cox, Mary Scudder, Barbara Lindeman, Nancy Jeanne Martin, and Cindy Sullivan.

NEW: BHV to offer weekly exercise class in the Back Bay. See page 4 for details.

NEW STAFF

Janice Ruell is New Member Services Coordinator

Janice Ruell started as the Village's new Member Services Coordinator in November after Suzanne Hudson retired. She works Wednesdays through Fridays, sharing the job with Patricia Butler.

Janice grew up in Ashland, NH, and earned social work degrees at Cornell and Boston College. She worked at social service agencies and volunteered at her children's schools in Chelmsford, where her family lived for almost 30 years.

Last year when her husband became the executive director of the Samaritans, they moved to a Beacon Street apartment. Although in 2011 Janice started a business, SlapHappy Patterns, which sells quilt patterns and trains novices in quilting, she wanted to continue her social work. Her own mother had lived to age 97 in her own home, so Janice had personal experience with Beacon Hill Village's mission.

"My mother was active to the end," she said. "When she came home from rehab, people in her town would help her. Beacon Hill Village was like that village."

The Ruells' daughter and son now live on the West Coast and another son lives in Arlington. He and his wife are expecting Janice's first grandchild.

Janice has enjoyed city living. "We walk all the time," she said. "When I went back to Chelmsford, I walked three miles and saw only one person. ■

New Office Administrator is Elizabeth Dake

Elizabeth Dake came on board in December as the Beacon Hill Village receptionist, office administrator, supply coordinator, e-blast originator and ride-book keeper.

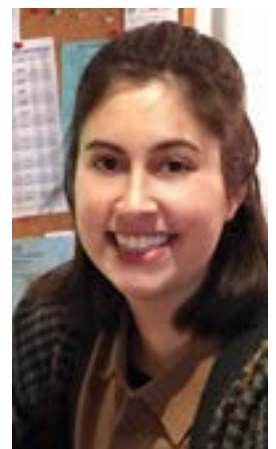
A native Minnesotan, Elizabeth, 26, came to Boston for graduate school at Simmons College in gender and cultural studies after finishing her undergraduate degree at the University of Arizona in Tucson.

She wanted administrative work related to direct services for older people. Her father works at a nursing home, and she realized that women are more plentiful in the older demographic than men. "It is a way to build upon my studies," she said.

Elizabeth is busy. She is single, living in Somerville and plays the autoharp, a variation on the orchestral harps she played for many years. She has worked as a cook and claims a green thumb. She is also taking carpentry classes. ■



Janice Ruell



Elizabeth Dake

RETURN SERVICE REQUESTED

THE VILLAGER

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THE VILLAGER *design by Joanne Legge*



Left: Nearly 100 BHV members enjoyed their village community at the annual Holiday party, including (clockwise from top-left) Cynthia and Ken Scott, Margie Herley, Saul Touster and Raffaele Santoro. **Above:** Carol Silverman and Page Osborn joined BHV members for a morning of bowling at Sacco's Bowl Haven in Davis Square.