

THE VILLAGER

JUNE 2015 VOLUME III, NUMBER 2

CONTENTS

| | |
|------------------------------------|---|
| Nobody Does Summer Like Boston | 1 |
| A New Series: The Aging Brain | 1 |
| Letter from the Executive Director | 2 |
| Introducing Peniey | 2 |
| Kitchen Tour Better Than Ever! | 2 |
| June Calendar Highlights | 3 |
| June Calendar | 4 |
| Member Profile | 7 |
| Villagers Celebrate Seder | 7 |
| Profile: Robyn Dalton | 8 |

Second BHV Creative Kitchens Tour a Success



Photograph by Jamie Hayhurst

BHV members and tour volunteers Anne Louise Van Nostrand and Ruth Ann Bramson share highlights about one of the eight distinctive kitchens that were featured on this year's BHV Creative Kitchens Tour as visitors look out over the home's hidden garden. (More on page 2.)

A New Series: The Aging Brain

BHV will be offering several programs on memory loss and dementia, including how to distinguish between normal memory changes as we age and those related to dementia, tips from the Alzheimer's Association on coping with early memory loss, and updates on and the opportunity to participate in research (*often paid*). The first of these programs will be a presentation by Dr. Fadi Ramadan on June 9. See page 3 for more information. ■

Nobody Does Summer Like Boston



Left: Mary Scudder enjoys the warmth and smells of a summer walk along the Rose Kennedy Greenway. Right: Mary was joined by Patricia Stevenson (left) and Joan Doucette checking out "Harbor Fog" at one of the many interesting sculptures and water features along the Greenway.

SOME PEOPLE SPEND SUMMER AT the seashore or in the mountains, and we are lucky to have both so close. But those who leave the city miss the pleasure of downtown Boston in its best time of year. The sidewalks are full of people, entertainment is easy to find, and climate change still hasn't made the heat unbearable – on most days, at least.

Members can go with Beacon Hill Village on excursions, but there are also many things to do on one's own. If you want company, you can use the Village's new listserv to gather a group to go with you. We asked some members how they entertain themselves in the summer.

"I take a walk," said Bernice Broyde of Bay Village. So do Beacon Hill's Ken and Cynthia Scott, who like to go out after supper. So many good places to walk are nearby. The Esplanade, the Greenway, the Common and the Public Garden, as well as Commonwealth Avenue come to mind. But you can investigate the Harborwalk, take advantage of the Freedom Trail, or ride the T to an unfamiliar neighborhood and explore it. Take along a camera, since one of the best reasons for going for a walk is the other walkers, some of whom will be entertaining in themselves.

Take a cruise, said many members. An architectural boat tour sponsored by the Boston Society of Architects leaves from the Cambridgeside Galleria near the Lechmere T stop. Whale watches, narrated harbor cruises and trips to the Harbor Islands are popular, and so are the boats to the North and South Shores. Exercise leader Robyn Dalton recommended the ferry to Salem, which lets passengers off within walking distance of Salem's historic

Please continue to page 6. ►

From the Executive Director

Dear BHV Members:

Happy Spring! As I write, a group of BHV members are participating in the 16th Annual Earth Day Charles River Cleanup event on the Esplanade. Two weeks ago, more than 50 volunteers, the majority of whom were BHV members, took part in helping to make BHV's second Annual Creative Kitchens event an enormous success (see related story at right). And on May 8, another group of BHV members are supporting the Age-Friendly Boston initiative's listening session at the West End Library for all residents of the West End and Beacon Hill.



BHV members help clean up the Esplanade at the annual Earth Day event. From left: Betsy Peterson, Richard Jewett, Atheline Nixon, Joan Doucette, Laura Richardson and Barbara Bayliss. Murray Frank and grandson Julian (not shown) also helped.

These are just a few examples of how BHV members not only help themselves and each other, but help to make the community a better place – whether it is cleaning up the river, creating a unique event that highlights our special neighborhoods, or taking an active role in making Boston an age-friendly city.

Our members proudly take responsibility for themselves. They contribute to our community by connecting and caring for one another, as so many did this past winter. With the season's record breaking snowfall keeping many indoors, members checked in on each other, paid friendly visits, ran errands, or lent support when venturing out on the icy walkways around the city. This in turn adds to the quality of our community and to society as a whole. Together our members create a better experience for aging and living full lives.

Beacon Hill Village provides opportunities for all of our members to choose how they live as they age and to change how aging is valued by our society. I believe this is what makes our village so special and different.

With the winter of 2015 behind us, we can look forward to a wonderful summer in the city we love. The Village is here to offer a rich variety of activities and events, help if and when needed, and connect you to a caring and vital group who take joy in the many positive elements of this older phase of life.

With best regards, Laura Connors

Introducing Peniey



Peniey McClary recently took her place on Beacon Hill Village's front line. Peniey (*pronounced Penny*) fields phone calls, greets people as they come into the office and generally figures out what members need when they contact the office.

Peniey has worked at non-profits for most of her life. Her most recent stint was at Suffolk University Law School for 11 years, where she was the Assistant Director of the Center for Advanced Legal Studies. She also started a volunteer association somewhat like a Village to help neighbors on her Roxbury block. She said her new job with the Village fits right in with her interests and the jobs she has always liked to do. ■

Kitchen Tour Better Than Ever!

Susan Cox had sketched the interiors. The 13-member committee had done its work. The 58 volunteers were at their stations. The sun was out, the temperature sublime, and the snow had almost melted. So Beacon Hill Village's second annual Creative Kitchens Tour could not help but be a success. Eight home-

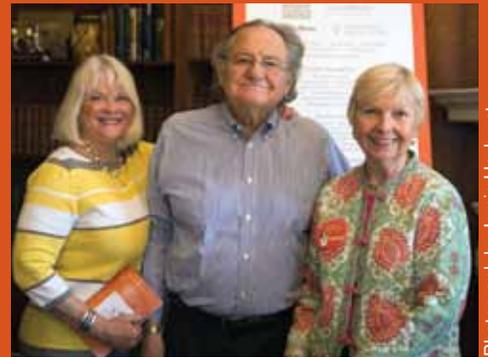
owners opened their doors to 400 visitors, who came into their kitchens to admire them. The event raised approximately \$30,000 for the Village, \$10,000 more than last year.

Seventy ticket holders joined BHV member and restaurateur Tom Kershaw for a pre-tour lunch at the Hampshire House and more than 200 came to the reception, also hosted by Tom, afterward.

Sponsors were Cambridge Trust Company, Hingham Institution for Savings, HouseWorks, Boston Private Bank and Trust, Roche Bros., and Tarlow, Breed, Hart and Rodgers, as well as many generous friends and neighbors.

"It was a team effort," said co-chair Atheline Nixon.

The other co-chair, Kitty Flather, agreed. "It was just plain fun for everyone to come out from under the never-ending winter to visit lovely homes with flags flying, newly planted window boxes and seeing 400 people carrying their little blue BHV tote bags," she said. ■



Photograph by Jamie Hayhurst

During the Heart & Hearth pre-tour luncheon, which he hosted for the benefit of BHV, Tom Kershaw entertained guests with the story of how the Hampshire House's Bull and Finch Pub came to inspire the set of the long-running TV series Cheers. Joining Tom are Lindy Roethlisberger (left) and Marion Nierintz.

Beacon Hill Village

JUNE 2015 CALENDAR HIGHLIGHTS

A reservation is required for all programs unless otherwise noted in the program description. Prices listed are per person and must be paid at time of reservation. Space is limited; BHV members have priority. 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. In that case we can make a refund only if we are able to fill your spot.

Monday, June 1 5:30 - 7 p.m.

Conversations with... Hillel Levine

The topic of Prof. Levine's talk is *Enough: The Global Call for Moderation and How We Can Promote It*, with an emphasis on the situation in the Middle East. Dr. Levine has taught at Harvard, Yale and foreign universities and is currently Professor of Sociology and Religion at Boston University. He is the author of books and articles on ethnic violence and normative conflict and President of the International Center for Conciliation, an NGO organized to prevent and resolve violent conflicts. Prof. Levine resides on Beacon Hill. *Meet at King's Chapel Parish House, 64 Beacon Street. BHV/BHS members: Free. Non-members: \$20.*

Tuesday, June 2 10:30 a.m.

Emancipation Trail Walk: Part 2

Join Vincent Licenziato on Part 2 of the *Emancipation Trail*, a walk he created through Beacon Hill, the Back Bay and the South End. The walking tour celebrates the women and men of both African and European descent who advocated for the freedom and civil rights of African Americans and led the fight for "liberty and justice for all." Part 2 features the two statues from which the trail takes its name: *Emancipation Group* in Park Square and *Emancipation* in the South End's Harriet Tubman Park. *Meet at the corner of Charles & Boylston Streets at the Wendell Phillips statue. Distance covered is about one mile, at a leisurely pace. BHV members and non-members: \$10.*



South End's *Emancipation*

Tuesday, June 9 3 - 4:30 p.m.

Aging & Cognition

Many of us wonder whether the memory lapses that we have begun experiencing are typical for people of our age or something else. Dr. Fadi Ramadan, a physician at MGH with a specialty in geriatric medicine, will explain the important differences between normal memory changes as we age and those related to dementia; how to recognize symptoms of dementia; how the diagnosis of dementia is made; and preventive measures that can be taken. There will be

ample time for questions after Dr. Ramadan's presentation and handouts of his slides will be available. *Meet at the Engineering Center, One Walnut Street. BHV members and guests. Free. Registration required.*

Wednesday, June 10 9 a.m. - 5 p.m.

Peabody Essex Museum by Ferry

We'll take the fast ferry to Salem for a day at the Peabody Essex Museum, where the exhibit *Audacious: The Fine Art of Wood* will be on display. Rendered by lathe and carving tools, common and exotic woods are transformed into nearly 100 complex sculptural forms. Also on display is *Stickwork*, an outdoor sculptural installation by Patrick Dougherty, who bends, weaves and flexes saplings into architectural sculptures. After touring the Museum on our own, we'll meet for lunch at the Garden Café. *Meet at the Boston Harbor Cruise Ticket Center on Long Wharf near the Aquarium at 9 a.m. for our 9:30 a.m. ferry. BHV members: \$28. Non-members: \$40. Trip price covers the cost of the ferry. Admission to the Museum and lunch are pay individually.*



Thursday, June 11 3:30 - 5 p.m.

Reception: Hospitality Homes

Since 1983, Hospitality Homes has provided free short-term housing in volunteer host homes to families and friends of patients seeking care at Boston-area medical organizations. Join us for cheese & crackers and a glass of wine to learn more about this program, whether you would be interested in being a Hospitality Home host or just want to learn more about the program. *The Beacon Hill location of the reception will be given to registrants. Free. Registration required. Open to all.*

Friday, June 12 2:15 p.m. (for 2:30 cruise); lunch at 12:30 p.m.

Architecture Cruise

Hosted by the Charles Riverboat Company, this 90-minute tour offers spectacular views of historic and contemporary architecture along Boston Harbor, the Charles River Locks,

Please continue to page 5. ►

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | | |
|---|--|--|---|--|---|---|--|---|
| <p>TERRIFIC TUESDAYS BHV members meet on the first and third Tuesday of each month 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>ANOTHER CUP - NEW LOCATION! BHV members meet at the Map Room Café, Boston Public Library, every Thursday at 9:30 a.m. for a cup of coffee and conversation. All BHV members welcome! Registration not required.</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, June 4, at 4 p.m. Location TBD.</p> <p>MEDITATION Geared to people who are new to meditation. Meets every Thursday at 8:45 a.m. at the Beacon Hill home of BHV member Susan Cox. BHV members only.</p> <p>TAXI COUPONS Come to the BHV office on Friday, June 12, 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 TRADER JOE'S Door-to-door transportation to Trader Joe's in Cambridge on Wednesday, June 17, at noon and 2 p.m. Space is limited. BHV members only: \$10.</p> <p>MARKET BASKET Door-to-door transportation to Market Basket in Somerville on Wednesday, June 3, at 10 a.m. and noon. Space is limited. BHV members only: \$10.</p> | <p>Walking/Robyn (9-9:50) Circuit Training/Robyn (10-11) Calendar Mailing (10:30) Conversations with... Hillel Levine (5:30-7) 1</p> | <p>Grocery Shop (9:30 & 11:30) Emancipation Trail Walk: Part 2 (10:30) Terrific Tuesdays (4-5) 2</p> | <p>Market Basket (10 & noon) Circuit Training/Robyn (10-11) 3</p> | <p>Meditation (8:45) Another Cup (9:30) Men's First Drink (4:00) 4</p> | <p>Grocery Shop (9:30 & 11:30) Tai Chi/Dorri Li (11:45-12:45) 5</p> | <p>GROCERY SHOPPING TRIPS - PLEASE NOTE CHANGES. In response to member feedback, the grocery shopping trips on Tuesdays at 9:30 and 11:30 a.m. and on Fridays at 9:30 a.m. will go to the Stop & Shop on McGrath Highway in Somerville and the grocery shopping trip on Fridays at 11:30 a.m. will go to the Star Market in the Fenway.</p> <p>Newport Flower Show (9:30-5) 20</p> | | |
| | <p>Walking/Robyn (9-9:50) Circuit Training/Robyn (10-11) 8</p> | <p>Grocery Shop (9:30 & 11:30) Aging & Cognition (3-4:30) 9</p> | <p>Circuit Training/Robyn (10-11) Peabody Essex Museum by Ferry (9-5) 10</p> | <p>Meditation (8:45) Another Cup (9:30) Reception: Hospitality Homes (3:30-5) 11</p> | <p>Grocery Shop (9:30 & 11:30) Taxi Coupons (11-noon) Tai Chi/Dorri Li (11:45-12:45) Architecture Cruise (2:15) 12</p> | | | |
| | <p>Walking/Robyn (9-9:50) Circuit Training/Robyn (10-11) 15</p> | <p>Grocery Shop (9:30 & 11:30) Terrific Tuesdays (4-5) Cocktail Party at River House (5-6:30) 16</p> | <p>Circuit Training/Robyn (10-11) Trader Joe's (noon & 2) 17</p> | <p>Meditation (8:45) Another Cup (9:30) 18</p> | <p>Grocery Shop (9:30 & 11:30) Tai Chi/Dorri Li (11:45-12:45) 19</p> | | | |
| | <p>Walking/Robyn (9-9:50) Circuit Training/Robyn (10-11) Lunch Group: Top of the Hub (12:30) 22</p> | <p>Grocery Shop (9:30 & 11:30) Edward M. Kennedy Institute (9:30-2:30) 23</p> | <p>Circuit Training/Robyn (10-11) 24</p> | <p>Meditation (8:45) Another Cup (9:30) Musculoskeletal System (11-11:30) & Wellness Clinic (10:30-11 & 11:30-noon) 25</p> | <p>74 Joy Street Meditation (9-10) Grocery Shop (9:30 & 11:30) Tai Chi/Dorri Li (11:45-12:45) 26</p> | | Notes | |
| | <p>Walking/Robyn (9-9:50) Circuit Training/Robyn (10-11) Conversations with... Ryan McNabb (5:30-7) 29</p> | <p>Grocery Shop (9:30 & 11:30) Beaumont, the Sleeper-McCann House (9:30-3) 30</p> | | | | | | |
| | <p>HEALTH & WELLNESS: Beacon Hill Athletic Club (\$5/class) <i>North Station, 261 Friend Street:</i> Aerial Conditioning (Fri at 8:30) <i>North End, 85 Atlantic Avenue:</i> 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) <i>Beacon Hill, 3 Hancock Street:</i> Senior Conditioning (Tues, Thurs at 10)</p> | | | | | | | |
| | | | | <p>Circuit Training w/Robyn (Free) Beacon House 19 Myrtle Street</p> | <p>Tai Chi/Dorri Li Beacon House 19 Myrtle Street Call instructor at 617.512.9575 for fee.</p> | | <p>Walking w/Robyn (Free) Meet at 127 Mt. Vernon Street</p> |  |



Architecture Cruise

and the Charles River Basin. Narrated by a guide from Boston By Foot and co-sponsored by BSA Space, a center for architecture and design, the tour includes a variety of landmarks, as well as cutting-edge contemporary design by today's top architects. *Optional lunch (pay individually) at 12:30 p.m. at the Cheesecake Factory in the CambridgeSide Galleria Mall. For the Architecture Tour only, meet at the Charles Riverboat Company ticket booth, located outside the Food Court entrance/exit of the CambridgeSide Galleria Mall, at 2 p.m. for our 2:30 p.m. cruise. The Mall is a short walk from the Lechmere stop on the Green Line ("E" branch). BHV members: \$25. Non-members: \$35.*

Tuesday, June 16 5 p.m. Cocktail Party at River House

Join us for a cocktail party on the rooftop of River House, pot-luck style. Please bring an appetizer/hors d'oeuvre or a bottle of wine or other beverage. We will also gratefully accept small monetary donations on the day of to cover the cost of rooftop rental. *Meet at River House, 145 Pinckney Street. Registration required. BHV members only.*



Newport Flower Show

Saturday, June 20 9:30 a.m. - 5 p.m. Newport Flower Show

This year, the Newport Flower Show celebrates its 20th anniversary. The inspiration for this year's show is the American Beauty Rose, the iconic flower that became a symbol of excellence and whose birthplace is Rosecliff. *Meet at Café Tatte, 70 Charles Street, at 9:30 a.m., or at Starbucks, 165 Newbury Street (between Dartmouth and Exeter,) at 9:40 a.m. BHV members: \$65. Non-members: \$80. Trip price covers van transportation and admission; lunch is pay individually (or bring your own).*

Monday, June 22 12:30 p.m. Lunch Group: Top of the Hub

Soaring 52 floors above the Back Bay, Top of the Hub offers stellar views of Boston's skyline. Choose from a selection of sandwiches, flatbreads and salads, as well as hot specialties. *Meet at Top of the Hub, 800 Boylston Street, Prudential Tower. Pay individually. BHV members only.*



Edward M. Kennedy Institute

Tuesday, June 23 9:30 a.m. - 2:30 p.m. Edward M. Kennedy Institute

Located on the Boston campus of UMass, the recently opened 68,000 square foot Edward M. Kennedy Institute includes a full-scale reproduction of the US Senate Chamber, a model of Sen. Kennedy's Capitol Hill office and interactive exhibits. After touring the exhibits we'll meet at the Institute Café for lunch. *Meet inside MGH/Charles Station for the Red Line to the JFK/UMass station and free shuttle bus to the Institute. BHV members: \$13. Non-members: \$15. Trip price covers admission to the Institute; lunch is pay individually.*

Thursday, June 25 11-11:30 p.m. Musculoskeletal System and Wellness Clinic

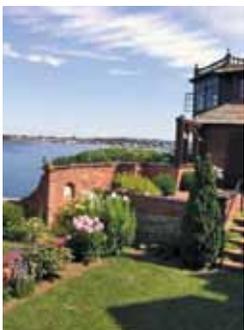
At this third session of BHV's Wellness Clinic, run by Kate Sciacca, a Registered Nurse, Kate will talk about the *Musculoskeletal System: Body Changes & What You Can Do to Stay in Good Health*. Kate also will be available from 10:30-11 a.m. and 11:30 to noon (before and after her presentation) to meet with members one-on-one to check their blood pressure and other vital signs and to discuss health care questions. *Meet at 74 Joy Street, first floor conference room. BHV members only. Free.*



Musculoskeletal System

Monday, June 29 5:30 - 7 p.m. Conversations with... Ryan McNabb, Park Ranger, Boston African American National Historic Site

Ryan McNabb will give a talk and slide presentation about the significance of Beacon Hill in the fight against slavery and for civil rights. Centered on the north slope of Beacon Hill, the African American Community of 19th century Boston led the city and the nation in the fight against slavery and injustice. These men and women and their allies were leaders in the Abolition Movement, the Underground Railroad, the Civil War, and the early struggle for equal rights and education. *Meet at King's Chapel Parish House, 64 Beacon Street. BHV/BHS members: Free. Non-members: \$20.*



Beauport

Tuesday, June 30 9:30 a.m. - 3 p.m. Beauport, the Sleeper-McCann House

Perched on a rock ledge overlooking Gloucester Harbor, Beauport was the summer home of one of America's first professional interior designers, Henry Davis Sleeper. The interior and exterior of the house contain Sleeper's lifetime collection of curiosities, colored glass, folk art, china, and silhouettes. After our private tour of the house, we'll have lunch in Gloucester. *Meet at Café Tatte, 70 Charles Street, at 9:30 a.m., or at Starbucks, 165 Newbury Street (between Dartmouth and Exeter), at 9:40 a.m. BHV members: \$40. Non-members: \$55. Trip price covers van transportation and admission to and tour of Beauport; lunch is pay individually.*



A.T. Stair, Barbara Berkman, and Sylvia Blumenthal enjoy a day in the sun, taking in the contemporary artwork at the HarborArts Shipyard Gallery located in East Boston.

to Christopher Columbus Park along the Waterfront on Thursdays at 7 p.m. during July to enjoy all kinds of performing arts. Of course there are also the frequent concerts at the Hatch Shell on the Esplanade. Of special note – so to speak – are the Wednesday evening concerts by the Landmarks Orchestra that offer some of the highest quality classical music in the region.

Take in Shakespeare. *King Lear* will come to the Boston Common from July 22 through August 9.

Many members said they take day trips or even a few overnight trips during the summer. Joan Bragen of the Back Bay said she used to live on the North Shore so she is most familiar with places like historic, charming and walkable Marblehead and Portsmouth, New Hampshire. Both can be reached by train or bus. She also pointed out that Historic New England's house museums are good destinations, with many close by.

Sylvia Blumenthal said she and her late husband, Ralph, often took drives. They went to northwest Connecticut, and saw the Old Man in the Mountain in New Hampshire's White Mountains before it collapsed. Those trips were special because she was showing her husband, who had lived in the western states, her New England.

Finally, because it is a New England summer, people get plain silly. They put on such extravaganzas as the "Strolling of the Heifers," the Brattleboro, Vermont, tribute to farmers and local food held on the three-day weekend beginning June 6. Friday night's street festival is followed by Saturday morning's parade of farm animals and farm implements, and a big Sunday breakfast. It's sad that the various screwball zucchini festivals have died out. There is still the Tunbridge World's Fair in Vermont and a pickle festival in Winchester, New Hampshire with free pickles for everyone. But you have to wait until September for those treats. ■

sites as well as the Peabody Essex Museum, one of the finest museums in America.

Get out on the water, especially in the Charles River Basin. Community Boating's season-long membership for seniors who want to sail is \$229. Kayaks and canoes can be rented, beginning at \$15 an hour, at Charles River Canoe and Kayak, located along the Broad Canal on the downriver side of the Longfellow Bridge near Memorial Drive. Take the Broad Canal Walk, which is interesting in itself. You can also reach it from Third Street, if you get off at the Kendall Square T station.

Listen to music. The Boston Public Library's concerts take place in the courtyard on Fridays at 12:30 p.m. from the beginning of June through August. Nancy Macmillan of Beacon Hill recommended you take a picnic to that beautiful spot. Go



Left: On a beautiful summer day it seems as if everyone is out for a walk. Right: Serendipitous moments happen when you are out and about. This saxophonist played in the Public Garden.



Take day trips to the Harbor Islands. Shown above is Georges Island and Fort Warren.

Tina DiMaggio: A Considered Life

Gellestrina DiMaggio, aged 92 as of this May 12, is Tina to her friends. She knew early she would go to college. Her mother, a smart, well-read woman, always regretted she had not been able to. But she made it clear to Tina and her sister: they would have the same kind of education as their brother.

So after growing up in New London, Connecticut, with this strong mother and a determined immigrant father who arrived from Italy when he was 15 years old, she went to what was then called Connecticut College for Women, earning her bachelor's degree in 1944.

Since the war was still raging, Tina wanted to serve. She decided nursing would be helpful, so she enrolled in the Yale School of Nursing. The war had been won by 1947 when she graduated. So she worked at a New Haven hospital in a pediatrics isolation ward, caring for children who had measles, meningitis, and polio.

"It was hard to find nurses to take care of polio patients," she said. "So many nurses had children and didn't want to transmit the disease to them."

Tina had no children so she took a chance and never got the disease even though she worked with infected patients for seven years.

At that point she decided she needed new skills and enrolled in a graduate program in nursing education and administration at Columbia. Then she took a job as director of inpatient care at UMass Amherst in its nursing school. She liked her years in Amherst because the setting was lovely and it was still rural.

But she was a woman on her own. "I needed to have enough money saved up," she said. So she took a job in administration at MGH, stayed for 16 years and retired in 1985. As part of her MGH work, she lived in what is now called Mumbai, India, for several months as MGH staff members helped set up a new hospital there. After she retired she took a similar job on the U. S. island of Samoa in the South Pacific.

After a few weeks, though, she decided she missed her family and wanted to return to Boston, where a beloved niece and her family live and where her sister would be nearby. She has been here ever since.

To keep busy, she enrolled in Harvard's Learning in Retirement program, and later, when Beacon Hill Seminars was created, she transferred her learning to that organization.

Always healthy, she was surprised when, at age 90, she broke her leg just before Christmas in 2013. Her recovery went well, but she had to leave her walk-up apartment at the corner of Pinckney Street and Storrow Drive and move across the street to the River House, which has elevators and more services. She's not unhappy about that since she can now get out most days for a walk.

She was one of Beacon Hill Village's first members. "I didn't need the Village then as I do now," she said. But she realized the Village could help her stay in her own home, which she was determined to do. Except for changing the location of her home, she has succeeded in that goal.

She said the Village has also introduced her to new friends. "About five years ago my last old friend died," she said. "You have to make new friends when you get old." ■



Villagers Celebrate Seder

DURING PASSOVER BEACON HILL VILLAGE members gathered for a seder at the Women's Lunch Place. At right, Murray Frank leads the readings from the Haggadah as Joan Doucette and Maurice Finegold follow along.

Also participating in the ritual are Ora Damon, Elizabeth Keeley who is the executive director of the Women's Lunch Place, and Maryan Surman. ■



Photographs courtesy of Randy H. Goodman

RETURN SERVICE REQUESTED

THE VILLAGER

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THE VILLAGER *design by Joanne Legge*

PROFILE

Exercise Leader Has Long Association with the Village

ROBYN DALTON COULD ALMOST BE counted as a founding member of Beacon Hill Village. She has been leading exercise classes for its members since the organization's beginning in 2002.

Robyn's week starts with the Beacon Hill Village walk at 9 a.m. every Monday. By 10 a.m., she is supervising pulls, pushes, marching and stepping at Beacon House for up to 12 men and women. On Wednesdays she is again at Beacon House at 10 a.m. with her exercise devotees. Betsy Peterson, an enthusiastic regular at Robyn's exercise class, says "Robyn is unusually skilled at adjusting the exercises for each person. Wherever you are physically, she'll give you something to do that makes you reach, but not too much."

When she is not at Beacon Hill Village, she is at the Beacon Hill Athletic Club in the North End leading group fitness classes or working with individuals.

She was not always a fitness enthusiast. As a youngster in Winthrop, she hated gym class. At Salem State, she majored in business. At age 22, she bought a condo in Salem, went to work in business and didn't like that either. She was introduced to nutrition and exercise, though, and she had found her calling.

She now lives in the Charlestown Navy Yard, likes to travel to Europe and warm places on her holidays and plans to keep exercising forever.

Robyn's exercise classes and walking group are free for Beacon Hill Village members. Please call the BHV office for more information.



Left: Robyn improves Barbara Lindeman's technique in a pulling exercise.
Right: Nancy Martin is on the other end of Barbara's ropes.