1

2

2

2

6

6

7

7

THE VILLAGER

DECEMBER 2015 VOLUME III, NUMBER 4

CONTENTS

An Open Letter from BHV President Hal Carroll Ioan Doucette Honored Letter from the Executive Director David B. Arnold Jr., BHV Founder, 1922-2015 In Memoriam December Calendar **BHV Welcomes** Dan Taylor Honored Atheline Nixon to Chair 2016 Kitchen Tour Kitty Flather Retires from BHV Board Nurse Offers Wellness Clinic & More Granthams Receive Carnegie Medal for Philanthropy List Serve Successes

An Open Letter from BHV President Hal Carroll

BEACON HILL VILLAGE SPRANG FROM the minds and hearts of about a dozen neighbors who wanted to take action to support their lives and life choices, as well as those of other neighbors, to help deal with both the new opportunities and the new challenges of urban living as they all grew older. Those Founders were the first volunteers and they set the standard for those of us who follow.

Now some 14 years later, the monthly *Calendar* shows a wide variety of activities addressing physical well-being, social engagement and intellectual stimulation. It reflects the vitality of the Village, and moreover reflects the work of dozens of volunteers who think things up, organize others to get things going, follow through, and participate in the activities. We have a dedicated and skilled staff led by Laura Connors, but for us to thrive as an organization, the members themselves must be the source of ideas and of the work to make useful contributions to the neighborhoods we serve.

Please continue to page 6. ➤

Joan Doucette Honored

BEACON HILL VILLAGE MEMBER Joan Doucette was one of four finalists for the Village to Village Network's Volunteer of the Year Award. Beacon Hill Village nominated her because of her creative and frequent leadership in helping with programs and events. Another reason for her nomination and subsequent honor as a finalist was her skilled handling of a situation involving a hospitalized Village member. She managed visits, solved problems and helped this member get back on her feet in new, more appropriate living quarters. Although Joan did not win the award, becoming a finalist among 20 nominations was a wonderful recognition of her importance in the Beacon Hill Village community. ■



Joan Doucette rides her bicycle through last winter's record-breaking snow to visit a BHV member in the hospital.

From the Executive Director

Dear BHV Members:

With the change of seasons upon us, I find myself reflecting on and being grateful for the many ways Beacon Hill Village members share their personal gifts with each other and beyond. This edition of The Villager is filled with examples of members and non-members sharing the gift of time and talent, which adds to the richness of our BHV community as well as to society at large.

The gift of information is one such gift. While our BHV staff provides important information to our members, our members also do so with each other. The BHV Community List Serve has become a powerful tool for members to share information with each other (see article on page 7). Recently, one member did some extensive research on Medicare Part D and the multitude of prescription plan options in an effort to find the most economical plan for her specific situation. She took the time to share what she had learned with the 90 other members who use the List Serve. Not only was she sharing useful information, but she also was contributing to the spirit of community in just the way that I think our founders envisioned... member-to-member, neighbor-to-neighbor.

And the Village's contribution to building community and providing information also extends beyond our own "virtual village walls." In September, BHV participated in the annual Beacon Hill Block Party along with 20 other non-profits. This annual event provides an opportunity for BHV to give back in a small way to a community that has been and continues to be very generous to our Village in a variety of ways. This year, BHV members hosted a trivia game for the neighborhood children with questions designed to provide information showing how older adults continue to thrive as they age. (Did you know that the oldest person to run the Boston Marathon this year was an 82-year-old woman? Or that there are 5 million people over the age of 60 enrolled in college across the country?)

We all have something to share – a skill or talent, an experience, a nugget of useful information. So as we enter the season of gratitude and gift giving, I encourage us all to think about what our personal gifts are that we can share, either with our BHV community or the greater community or both.

With gratitude, Laura Connors



BHV Board Member Atheline Nixon (right) presents Grant Coldren with an Amazon gift card at this year's neighborhood Block Party for the most number of correct answers to BHV's trivia game, which challenged young and old alike to think differently about how aging is viewed.

David B. Arnold Jr., BHV Founder, 1922-2015



DAVID B. ARNOLD JR., a founder of Beacon Hill Village and a long-time resident of Beacon Hill, died at the age of 93 on September 25.

Dave enthusiastically embraced the idea of Beacon Hill Village and gave generously of his spirit, his talents and his financial resources. He was determined to make Beacon Hill Village available to all downtown residents, regardless of their ability to pay. He persuaded friends to support the fledgling organization and wondered aloud if

other communities would be interested in the concept. His words proved prophetic as 190 other communities started their own villages, and the "Village Movement" became a part of modern American life.

"Dave was a very special guy in his soft-spoken way," said Frank Mead, another founder. "In his wise manner he was able to bring unity, to give the founders a path toward success, and he never allowed a negative point of view to come into play."

Dave served in the U.S. Army in World War II. Upon returning to the States he joined the Shipley Company, a manufacturer of chemicals and innovative materials. As he helped grow that successful business, he and his wife, Dorothy or "Doffie," who is an accomplished artist, raised three children, Dorrie, Wendy and David, and enjoyed skiing. After he retired, Dave served on numerous boards including the Boston Symphony Orchestra, the Spaulding Rehabilitation Hospital and the U.S. Ski Team.

A Celebration of Life was held on October 31 in Concord, Massachusetts, where Dave and Doffie lived for many years both before and after residing on Beacon Hill. ■

In Memoriam:

Harriet Barry, Jim Leahy, Robert Langer, Dave Arnold

Beacon Hill Village

DECEMBER 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.

Wednesday, December 2 9:30 a.m. - 1 p.m. Public Health Museum

Take a journey back in time through nearly 200 years of medical history on our tour of the Public Health Museum in Tewksbury. Housed in an 1894 Queen Anne style building, the museum features art, historical documents, photos and an amazing collection of historical medical equipment, such as a vintage iron lung, dentist office equipment, blood-letting tools, insane asylum patient restraints and a wheelchair and braces used by polio patients. Also on display are 1930s Works Progress Administration murals that highlight Massachusetts' industries. 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: \$30. Non-members: \$45. Price covers van transportation and admission to and tour of the Museum.



Emerson iron lung at the Public Health Museum

Wednesday December 2 6 p.m. Supper Club: Davio's Northern Italian Steakhouse Simple, regional Italian food with a focus on the grill.

Menu selections range from aged steaks to simple yet unique pasta creations. Meet at 75 Arlington Street. BHV members and their guests. Pay individually.

Thursday, December 3 3 p.m. Longfellow House Holiday-Themed Tour

Longfellow House, a National Historic Site, preserves the home of Henry W. Longfellow, one of the world's foremost 19th century poets. During our 30-minute tour of the holiday-decorated first floor, we'll learn about the history of



Longfellow House

Christmas as an American holiday and how the Longfellow family spent their holiday seasons. (Longfellow House is also having a Holiday Open House on Friday, December 4, from 4-8 p.m.; crafts, refreshments and music will be available in the Carriage House.) Meet at the Longfellow House, 105 Brattle Street. Take the Red Line to Harvard Square and follow signs out of station for Church Street. At intersection of Church and Brattle Streets, turn right onto Brattle. It's about a 10 minute walk (1/2 mile) to Longfellow House. BHV members and their guests. Free.

Monday, December 7 7:30 p.m. concert; dinner at 6 p.m. First Monday at Jordan Hall

This free concert in the New England Conservatory's popular monthly chamber music series features works by Mozart, Wyner and Schubert. Take the Green "E" Line to Symphony Hall stop. Optional dinner (pay individually) at Pho & I, 267 Huntington Avenue, at 6 p.m. For concert only, meet inside Jordan Hall, 30 Gainsborough Street, and look for the group. BHV members and their guests. Free.

Tuesday, December 8 9 a.m. - noon Free Tech Help

Google employee Ian Swett will hold 45-minute one-on-one tutorials with BHV members to help them become more proficient with their smartphones, laptops or other portable devices. Call the office to sign up for your private session. Plan your questions in advance to make the most of your time with Ian. *Tutorials are at 74 Joy Street.* BHV members only. Free.

Please continue to page 5. >

CALL FOR RESERVATIONS 617-723-9713

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TRIP TO MARKET BASKET Door-to-door transportation to Market Basket in Somerville on Wednesday, December 2, at 10 a.m. and noon. A driver will help carry your groceries! Space is limited. BHV members only: \$10. TRIP TO TRADER JOE'S Door-to-door transportation to Trader Joe's in Cambridge on Wednesday, December 16, at noon and 2 p.m. A driver will help carry your groceries! Space is limited. BHV members only: \$10.		Grocery Shop (9:30 & 11:30) Terrific Tuesdays (4:00)	Public Health Museum (9:30-1) Market Basket (10 & noon) Total Fitness w/Cindy (11-noon) Supper Club: Davio's (6:00)	Meditation (8:45) Longfellow House Tour (3:00) Men's First Drink: Parker House (4-5)	Grocery Shop (9:30 & 11:30) Tai Chi (11:45-12:45)	TERRIFIC TUESDAYS BHV members meet on the first Tuesday of each month at 4 p.m. at 75 Chestnut Street to discuss and plan outlings related to the arts. All BHV members welcome! Registration not required.
		1	2	3	4	MEN'S FIRST DRINK The men of Beacon Hill Village continue their once-a-month
First Night of Chanukah	Meditation (8:45) Calendar Mailing (10:30) Total Fitness w/Cindy (11-noon) First Monday at Jordan Hall (dinner at 6; concert at 7:30)	Tech Help (9-noon) Grocery Shop (9:30 & 11:30)	Total Fitness w/Cindy (11-noon) Messiah Sing-Along: St. Paul's Cathedral (11:45; lunch at Central Bistro after the concert)	Meditation (8:45) Maidens & Martinis (4:30) Beacon Hill Holiday Stroll (6-9)	Grocery Shop (9:30 & 11:30) Taxi Coupons (11-noon) Tai Chi (11:45-12:45) Chanukah Party (4:30-6)	exploration of Boston's watering holes on Thursday, December 3, at 4 p.m., at the Last Hurrah, Omni Parker House, 60 School Street, where it all started three years ago.
6	7	8	9	10	11	MAIDENS & MARTINIS Join the women of Beacon Hill
Notes	Meditation cancelled Total Fitness w/Cindy (11-noon) BHV Holiday Party (5:30-7)	Grocery Shop (9:30 & 11:30)	Total Fitness w/Cindy (11-noon) Trader Joe's (noon & 2) Old North Church Tour (4:30-6)	Meditation (8:45)	Grocery Shop (9:30 & 11:30) Tai Chi (11:45-12:45) Back Bay Ringers Concert	Village for a drink (alcoholic or otherwise) on Thursday, Decembe 10, at 4:30 p.m. Location TBD. BHV members and their guests. Pay individually. MEDITATION Meets every Monday & 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. TAXI COUPONS Come to the BHV office on Friday, December 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.
	14	15	16	17	(7:30-9:30)	
	Meditation (8:45) Total Fitness w/Cindy (11-noon) Isabella Stewart Gardner Museum (lunch at noon; tour at 1:45)	Grocery Shop (9:30 & 11:30)	Total Fitness w/Cindy (11-noon)	BHV Office closed Meditation cancelled Grocery Shop (9:30 & 11:30)	BHV Office closed Christmas Day Tai Chi cancelled See 12/24 for Grocery Shop	
	21	22	23	24	25	
	Meditation cancelled Total Fitness w/Cindy (11-noon) Lunch Group: Taj (12:30)	Grocery Shop (9:30 & 11:30)	Total Fitness w/Cindy (11-noon)	New Year's Eve BHV Office closes early Meditation cancelled		
	28	29	30	31		
	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)					

Wednesday, December 9 noon concert Messiah Sing-Along at St. Paul's and Lunch



Cathedral Church of St. Paul

After a one-year break while the church was undergoing renovations, the annual "Messiah" sing-along is back at the Cathedral Church of St. Paul. The audience is the choir and solos are sung by members of the Cathedral Scholars. Optional lunch after the one-hour concert at Central Bistro, 101 Arch Street Building (access via 34 Summer Street, above the Downtown Crossing T stop). Meet outside St. Paul's, 138 Tremont Street, at 11:45 a.m. BHV members and their guests. Suggested donation: \$5 or \$10 at the Church.

Thursday, December 10 6 - 9 p.m. Beacon Hill Holiday Stroll

Victorian carolers, horse-drawn carriage rides, neighborhood tree-lighting, and refreshments are all part of the annual Beacon Hill Holiday Stroll sponsored by the Beacon Hill Business Association. Join your neighbors for this rare opportunity to walk down a car-free Charles Street and visit the many holiday-decorated shops that line the street. *Registration not required*.

Friday, December 11 4:30 - 6 p.m.

Chanukah Party

Join us at our third annual Chanukah Party, where the star of the evening will be potato latkes served with apple sauce and sour cream. Contributions of salads, side dishes, wine or other beverages, and desserts are appreciated, but not required. We'll spin a few dreidels, eat some Chanukah gelt and light the Menorah. All BHV members are welcome to this secular celebration. Meet at Hill House Firehouse, 127 Mt. Vernon Street. BHV members and their guests. Free.

Monday, December 14 5:30 - 7 p.m. BHV Holiday Party

Celebrate the holiday season with fellow BHV members at our Annual Holiday Party. Enjoy drinks, hors d'oeuvres and interesting conversation at this always fun and festive event. Meet at The Church of the Advent, 30 Brimmer Street, in the community hall. BHV members only. Free.

Wednesday, December 16 4:30 - 6 p.m. (5 p.m. for Art & Architecture only)

Old North Church: Behind the Scenes and Art & Architecture Tours

Two tours of this historic church! The first is a 30-minute guided tour of The Bell Ringing Chamber (requires climbing up 47 steps) and The Crypt (down 7-8 steps). The second is a one-hour interactive tour that examines the exterior and interior architecture of the church and three fine art pieces inside the church. You may sign up for one or both of these tours. Meet at the Old North Church, 193 Salem Street, at the corner of Hull Street, in the North End, at 4:30 p.m. for the Behind the Scenes Tour and at 5 p.m. for the Art & Architecture Tour only. BHV members and guests. Both tours: \$13. Behind the Scenes only: \$5. Art & Architecture only: \$8.

Friday, December 18 7:30 p.m.

Back Bay Ringers

Back Bay Ringers, one of the premier handbell organizations in the Northeast, will be performing a holiday concert at the First Church of Boston. The group performs on a six-octave range of handbells and handchimes.



Meet at the First Church of Boston, 68 Marlborough Street (between Berkeley and Clarendon Streets). BHV members and their guests: \$12.

Monday, December 21 lunch at noon; tour at 1:45 p.m. Isabella Stewart Gardner Museum

We've planned our visit to the Isabella Stewart Gardner Museum during the holiday season, when the courtyard will be decorated with flowering jade trees, silver curry plants and the dark red winter blooms of amaryllis. Our private tour will take us through the Museum's first monographic exhibition dedicated to Renaissance painter Carlo Crivelli, as well as other exhibits. Optional lunch in the Museum's Café prior to the tour. Meet at the Museum, 25 Evans Way. Take the Green Line E train outbound to Heath Street to the Museum of Fine Arts stop. Turn right on Louis Prang Street, which runs into The Fenway to the Gardner, about a two-block walk. BHV members and their guests: \$17. Lunch is pay individually.

Monday, December 28 12:30 p.m. Lunch Group: The Taj

A culinary landmark for over 55 years, The Café at the Taj features a wall of windows overlooking Newbury Street. The menu spans New England favorites and dishes that showcase the restaurant's Indian heritage. *Meet at 15 Arlington Street, near the corner of Newbury Street. BHV members and their guests. Pay individually.*

An Open Letter cont'd. from page 1

A great example of the generosity of volunteers was the Kitchen Tour last spring, which was made possible only by the 70 volunteers who helped on the day of the tour itself after months of planning by the dedicated volunteers on the Kitchen Tour Committee. Volunteers saw old friends, met new people, helped to raise funds, and from all reports had a very nice day!

Volunteering on a project does not mean putting the rest of life on "Hold"! Your time commitment can be managed to meet your needs, and I think you will find it a rewarding contribution.

Surveys of people who have left the regular work force indicate that most people want to do something meaningful with their newfound freedom. Volunteering to help Beacon Hill Village itself is certainly one way to do that, and there are other opportunities in our neighborhoods and beyond. To help in any way, please contact the staff or any Committee Chair or Board member.

Thanks for all you do for our neighbors.

Sincerely, Hal Carroll, President

BHV WELCOMES

BACK BAY

Annette & Irving Itzkan, Warren Johnson, Serena & Frank Kafker, Jane King, John Russell

BEACON HILL

Anne B. Buchi, Rosalind Jordan

DOWNTOWN/WATER FRONT

Rachel Jacoff

NORTH END

Christine Bowker

SOUTH END

Carl Charlson, Bruce Petri

WEST END

Reese and Stan Berman, Joan Hall, Lindsay Johnson

Dan Taylor Honored with Opera Tickets

BHV sent former board president Dan Taylor off in style with a party and much good will. On behalf of the Village, Laura Connors presented Dan with tickets to his favorite pastime, enjoying opera at the Boston Lyric Opera. Current president Hal Carroll is at right. Dan will remain on the board for another year.



Atheline Nixon to Chair 2016 Kitchen Tour

Atheline Nixon, who served as Kitchen Tour co-chair with Kitty Flather in 2015, takes over as chair of Beacon Hill Village's popular annual spring fundraising event, scheduled for April 9, 2016. Atheline has served on BHV's board since 2009. The Kitchen Tour raised net income of more than \$30,000 in 2015.





Kitty Flather Retires from BHV Board

Kitty Flather, fundraising powerhouse and Kitchen Tour founding chair, has finished her term on the BHV board, serving on the membership committee and as chair of development. Dave Arnold encouraged her to get involved with BHV, saying it would be the "sexiest thing you'll ever work on."

Considering Kitty's work as chair of the board of directors of the Massachusetts Society for the Prevention of Cruelty to Children, vice-chair of the Child Welfare League of America, and her involvement with

Mass Audubon, the Boston Nature Center and Tenacity, the after-school tennis program for children, that was a tall order.

But she did get involved and stayed on the board for three terms, totaling nine years. Now she will turn her attention to the Boston Conservatory, which has plans to merge with the Berklee School of Music and where she serves as an overseer. However, Kitty will continue to support the Village and will serve as *Honorary Chair* for the 2016 Kitchen Tour.

Nurse Offers Wellness Clinic and More

KATE SCIACCA WAS WORKING AS a nurse at Brigham and Women's Hospital when she realized that many of her patients had a tough time getting answers to basic medical questions. At the same time, she was reading about Beacon Hill Village in Atul Gawande's book *Being Mortal*. She contacted BHV Executive Director Laura Connors. Would Beacon Hill Village want her to offer a wellness clinic that could help members get good answers and become more familiar with medical matters that might affect them?

That's how Beacon Hill Village's wellness clinic began last April. Generally held on the fourth Thursday of every month from 11 to 11:30 a.m., Sciacca's program addresses such topics as nutrition, mobility, medications, and mood and brain changes as one grows older.

In November, the topic will be prudent planning for difficult times. For example, one piece of prudence is having a health care proxy. The topic is one that Gawande's book emphasizes – that a person who plans ahead when he or she is healthy has a greater chance of having matters taken care of the way they prefer.



Nurse volunteer Kate Sciacca (left) walks BHV member Sue Widell through the BHV Medical Records binder, created by Kate and the BHV Services Committee and available to all BHV members.

The clinic lasts for only half an hour, giving Sciacca time to meet with individuals before and after to answer specific questions they might have and provide blood pressure checks. She has started helping Village members create a binder filled with their medical records. Such a collection can be helpful when seeing a new doctor or if one must be hospitalized.

She has also helped to create a new medical escort program, enlisting other nurses in downtown Boston. These compassionate volunteers can accompany members to medical appointments, take notes and provide interpretation for those members who want an informed companion along on a visit to a doctor.

Sciacca, 25, was not always interested in medicine. She grew up in Seattle and majored in international studies in college. But she moved to Boston to attend the accelerated nursing program at Northeastern and found her calling. She is now enrolled in the nurse practitioner program at Northeastern, earning her graduate degree.

She lives on Grove Street on Beacon Hill and plans to stay in Boston. She said she loves this city and being able to put her skills into practice for its residents.



Granthams Receive Carnegie Medal for Philanthropy

BEACON HILL VILLAGE MEMBERS Jeremy and Hanne Grantham have been awarded a 2015 Carnegie Medal of Philanthropy, recognizing their exemplary generosity and commitment to the environment. The Granthams have been long-time supporters of the Environmental League of Massachusetts as well as directors of their own foundation, the mission of which is to protect the environment. They described their work last spring at a Beacon Hill Village program. BHV congratulates the Granthams on this award and thanks them for their important work contributing to environmental protection.

List Serve Successes If you have an email address, you can enjoy a resource created by Villagers Murray Frank and Charley Davidson. The BHV Community List Serve is open to all Village members. Those who are participating have had discussions about the best way to get to New York, have connected to attend concerts on the Esplanade together during the summer, and have even founded a group get-together to practice and keep sharp their fluency in French.

Joining the BHV Community List Serve will NOT flood your inbox with junk. Instead it will help you keep in touch with friends and other members. Here's how to join: Visit http://listserv.beaconhillvillage.org/mailman/listinfo/bhv-community listserv.beaconhillvillage.org

In the section called "Subscribing to BHV-Community" fill out the form with your email address, name and password and click "Subscribe." Once approved, you will be able to follow members' conversations and participate if you want to. Since this is a "closed" list for BHV members only, no one else will be able to get your email or otherwise bother you.

If you need any assistance in signing up, simply call the office and the staff will be happy to help.





74 Joy Street • Boston, MA 02114

RETURN SERVICE REQUESTED

THE VILLAGER

Executive Director: Laura Connors Editor: Karen Cord Taylor

Contributing Photographers:
Stan Berman
Joan Doucette
Deborah Drosnin

www.beaconhillvillage.org THE VILLAGER design by Joanne Legge









Top Left: BHV members (from left) Marion Nierintz, Matt Liang, and Penny Bragonier enjoyed a chat at a recent event. Top Center: Frim Field (left) and Roberta Meyers "dazzled" in their masks at the BHV Halloween Party. Top Right: From left, Madge Sargent, Joan Doucette, Linda Cox and Elizabeth Case braved the rain on their way to tour the Boston Globe facility. Bottom: A large group of BHV members got a healthy dose of sunshine and exercise on a harbor walk from North Station to South Station led by Davida Carvin (fifth from left).