



Positive Aging: Living Well/Ending Well

BY JOAN BRAGEN and DEBORAH DROSNIN



Beacon Hill Village honors its members who have reached the impressive milestone of 90+ years of living at its Annual All Member Birthday Party. Shown in photo are pictures of some of the honored guests.

AGING IS A FACT OF LIFE. The good news is —

We can optimize our own aging and can work toward successful and healthy aging. We just have to let go of our negative views of aging, think of growing older as an opportunity, and adopt a “can-do” attitude.

—American Psychological Association Committee on Aging

The APA offers ten tips for increasing your chances of successful and healthy aging, all based on solid research. They may be obvious, but it never hurts to be reminded. *See sidebar.*

Tip #11 is to attend Beacon Hill Village’s *Living Well/Ending Well* programs, designed to look at the key facets of aging and how to address them in the most positive ways.

These programs, open to BHV members and others, were developed by a committee of seven BHV members, including four Board members, under the leadership of Karen Garvin, with the goal of helping people make informed decisions and maintain their independence, safety and security as they age.

Please continue to page 7. ►

- 1 **Stay physically active:** 30 minutes a day. Aerobic exercise for brain function and strength training for bones and muscles.
- 2 **Exercise your brain:** Engage in mentally challenging activities. Don’t stop learning new things.
- 3 **Adopt a healthy lifestyle:** Maintain normal body weight, eat healthy food, drink alcohol in moderation and adopt good sleeping habits.
- 4 **Stay connected to other people:** Treasure and nurture the relationships with your family, friends and neighbors. Reach out to others, including young people. Stay involved in your community.
- 5 **Create positive feelings for yourself:** Experiencing positive feelings is good for your body and mental health. Feeling good about your age is part of this.
- 6 **Don’t sweat the small stuff:** Be flexible and go with the flow. Don’t lose sight of what really matters in life.
- 7 **Set yourself goals and take control:** It is important to have goals in life and to take control in achieving.
- 8 **Minimize life stress:** Learn to unwind and to “smell the roses.”
- 9 **Have regular medical check-ups:** Many symptoms and illnesses can be successfully managed if you take charge and if you partner with your health care providers.
- 10 **It is never too late to start adopting any of these behaviors.**

From the Executive Director

Dear BHV Members:

IN MAY WE CELEBRATED THE birthdays of BHV members who have reached the impressive milestone of 90+ years of living (see photo page 1). As I looked around at our honored guests that day, it struck me that they were living examples of “positive aging.”

If asked their “secret” to long and vibrant lives, these nonagenarians might very well rattle off any number of the ten tips the APA lists for positive and healthy aging (see box page 1). They might also mention that the Village creates opportunities that support nearly all those tips.

A look back at recent calendars of events could be viewed as an “action plan” for positive aging. Together we walked the Harborwalk in South Boston, exercised with Cindy multiple times a week and attended Kate’s monthly wellness clinics, *staying active* (tip #1) and *maintaining a healthy lifestyle* (tip #3).

We *stay connected* (tip #4) while *learning new things* (tip #5) by attending a lecture on Nietzsche, or exploring “behind-the-scenes” at Fenway Park and taking in a Red Sox game, or gathering for lunch at a Peruvian bistro, or traveling to historic sites, such as the Saugus Iron Works.

And there are ample opportunities to minimize life stress and stop to “*smell the roses*” (tip #8), such as spending “An Afternoon at Joan’s” to relax and play Rummikub, listening to a concert together on the Esplanade or watching a Shakespearean play on the Boston Common, enjoying conversation and cocktails on the roof deck at the River House, or taking a sunset cruise on the Charles River.

And when the APA suggests that we *don’t sweat the small stuff* (tip #6), support is just a phone call away where the BHV staff is always ready to connect members to the information, resources, and support that makes living at home easier (see “*I Didn’t Know BHV Did That*” on page 6).

Beacon Hill Village members are still going, still growing, and still learning. Their lives continue to have within it promise for and connection to the future, regardless of the number on the birthday cake!

Warm regards,
Laura Connors

Beacon Hill Village Elects New Directors



Jan Beaven, Charley Davidson and Paul Sullivan

THE BHV BOARD ELECTED THREE new directors at its July meeting. Jan Beaven has been a member of the Village since 2013, has served on the Marketing Committee, and is Vice Chair of the Village Council. A consultant and former banking professional, Jan lives in the Back Bay.

Charley Davidson, a resident of Beacon Hill, and his wife Elaine have been Village members for eight years. After retiring from AT&T, Charley found a great sense of purpose as a volunteer both for the Village (you may have been on the receiving end of Charley’s gift with computers and other technology) and MGH.

A long-time resident of Beacon Hill, Paul Sullivan joined BHV in 2016 with his wife Ulla. Paul retired from a distinguished career primarily in financial service and has volunteered for a broad range of non-profits, including 12 years on the board of directors of Beacon Hill Seminars, where he also served as VP & Treasurer. When invited to join the BHV board, Paul said he “jumped at the opportunity – a wonderful, important neighborhood institution with impressive founders, supporters, staff and a dedicated board.” ■

BHV WELCOMES

BACK BAY

Leon Trilling

BEACON HILL

Bob & Jackie Kagey

Jim McNeely & Barbara Moore

Elizabeth Murray

Anne & Francois Poulet

Amy Ryan

Eileen & Tom Sharkey

Anne Sheetz

FENWAY/KENMORE

Stephen Burke

MIDTOWN

Halsey Collins

NORTH END/WATERFRONT

Jean Casale

Janet Stewart

SOUTH END

Ron Eisner

WEST END

Judy & Roger Feingold

Save the Date! Tuesday, October 24 BHV Annual Meeting

THIS YEAR’S ANNUAL MEMBERS’ MEETING promises to be as interesting, informative and fun as last year’s. During the business portion, members will hear about BHV’s programs and finances, including a Q&A. For entertainment, those attending will be treated to a preview of Emerson Theatre’s upcoming season, with actors performing “bits” from shows. The event will conclude with a catered lunch. *First Church Boston in the Back Bay, 11:30 am - 2 pm.*





BEACON HILL VILLAGE SEPTEMBER 2017 CALENDAR

A reservation is required for all programs unless otherwise noted. 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.

Saturday, September 9 9:30 a.m. - 3 p.m.
Gropius House & Codman Estate Fine Arts & Crafts Festival

Founder of the German Bauhaus design school and one of the most influential architects of the 20th century, Walter Gropius designed the Gropius House in Lincoln as his family



Codman Estate Fine Arts & Crafts Festival

home. After our tour of and a box lunch at the Gropius House we're on to the Codman Estate for the Fine Arts & Crafts Festival featuring more than one hundred local artisans. *Van departs Café Tatte, 70 Charles Street, at 9:30 a.m., and Starbucks, 165 Newbury Street (between Dartmouth and Exeter), at 9:35 a.m. BHV members: \$60. Guests of BHV members and prospective members: \$75. Trip price covers van transportation, tour of and admission to Gropius House and a box lunch. Additional cost: \$5 admission to Fine Arts & Crafts Festival (free for Historic New England members).*

Monday, September 11 2 - 3 p.m.
Boston Athenaeum: Conservation Lab



Founded in 1963, the Conservation Laboratory is dedicated to the care and repair of Boston Athenaeum holdings with inherent historic, artistic, or literary value. Conservators

perform conservation treatments on rare books, maps, manuscripts, prints, architectural drawings, broadsides, and pamphlets dating back to the 16th century. Join us for a one-hour talk by Chief Conservator Dawn Walus about the work performed by the Lab's conservators. *Meet at the Boston Athenaeum, 10 1/2 Beacon Street, at 1:45 p.m.; talk begins at 2 p.m. BHV members and their guests: \$10.*

Wednesday, September 13 9:30 - 2 p.m.
Fuller Craft Museum

Three exciting exhibits are on display during our visit to the Fuller Craft Museum in Brockton. *Amber Cowan: Re/Collection* features intricate vessels and sculptures comprised of recycled vintage glass specimens. *Circular Abstractions: Bull's Eye Quilts* features 25 quilts that improvise around the Bull's Eye pattern. *What Remains* showcases artist Laura Petrovich-Cheney's "scrap quilts," created from Hurricane Sandy debris using traditional and contemporary quilt patterns.

Van departs Café Tatte, 70 Charles Street, at 9:30 a.m., and Starbucks, 165 Newbury Street, at 9:35 a.m. BHV members: \$50. Guests of BHV members and prospective members: \$65. Trip price includes van transportation, admission to and tour of Museum, and a box lunch.



Thursday, September 14 11 a.m. tour
Islamic Society of Boston Cultural Center

The ISBCC is a mosque and community center serving over 1,500 congregants at its weekly Friday services and countless others through community programming. The core focus of its religious programs are spirituality, community building and service. Our tour will include a general overview of Islam & Muslims and a discussion of the ISBCC's architectural features and setting. *Meet at Haymarket Station at 10:15 a.m. or at the ISBCC, 100 Malcolm X Boulevard, a very short walk from the Roxbury Crossing Station on the Orange Line, at 10:45 a.m. for 11 a.m. tour. BHV members and their guests. Free.*

Tuesday, September 19 5:30 - 7 p.m.
Conversations with...Robert Zimmerman

One of the country's oldest watershed organizations, the Charles River Watershed Association was formed in 1965 in response to public concern about the declining condition of the Charles. Since its earliest days of advocacy, CRWA has figured prominently in major clean-up and watershed

Please continue to page 5. ►

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>BOOK GROUP BHV members meet on the third Tuesday of each month from 2 – 3:15 p.m. at 74 Joy Street, first floor conference room, to discuss a book previously selected by the group. Members take turns facilitating the discussion. Contact Reese Berman (reeseberman@verizon.net) if interested in joining this group.</p> <p>CANDLEPIN BOWLING Small pin bowling at Sacco's Bowl Haven in Davis Square, Somerville, on Sept. 29. Lunch afterwards. Meet at the turnstiles at Charles/ MGH at 10:30 a.m. Call the office to register.</p> <p>KNIT & STITCH BHV members generally meet twice a month to knit, crochet, embroider or do other stitch work. Contact Diana Crane (dscrane565@comcast.net) if interested and to be added to Diana's email distribution list. In September, the group will meet on September 26, 3-5 p.m., at the home of Joan Doucette, 72 Mt. Vernon Street.</p> <p>MEDITATION Meets every Monday at 8:45 a.m. and Thursday at 8:30 a.m. (except as otherwise noted on the calendar) at the Beacon Hill home of BHV member Susan Cox. Contact Susan (ssn.cox@gmail.com) for more information.</p>	<p>Labor Day BHV Office Closed</p> <p>Total Fitness w/Cindy – Beacon Hill (cancelled) Meditation (8:45)</p> <p style="text-align: center;">4</p>	<p>Grocery Shop (10 & 12) Total Fitness w/Cindy – Back Bay (10-11) Calendar Mailing (10:30)</p> <p style="text-align: center;">5</p>	<p>Trader Joe's (10:00) Total Fitness w/Cindy – Beacon Hill (11-12) Market Basket (noon) Men's First Drink (note new date for September only) (4:00)</p> <p style="text-align: center;">6</p>	<p>Meditation (cancelled)</p> <p style="text-align: center;">7</p>	<p style="text-align: center;">1</p> <p>Grocery Shop (10 and 12) Taxi Coupons (11-12) Total Fitness w/Cindy – Back Bay (11:45-12:45)</p> <p style="text-align: center;">8</p>	<p>Gropius House & Codman Estate Fine Arts & Crafts Festival (9:30-3)</p> <p style="text-align: center;">9</p>
	<p>Meditation (8:45) Total Fitness w/Cindy – Beacon Hill (11-12) Boston Athenaeum: Conservation Lab (2-3)</p> <p style="text-align: center;">11</p>	<p>Grocery Shop (10 and 12) Total Fitness w/Cindy – Back Bay (10-11) Terrific Tuesdays (note new date for September only) (4:00)</p> <p style="text-align: center;">12</p>	<p>Fuller Craft Museum (9:30-2) Total Fitness w/Cindy – Beacon Hill (11-12)</p> <p style="text-align: center;">13</p>	<p>Meditation (8:30) Tour: Islamic Society of Boston Cultural Center (11 tour)</p> <p style="text-align: center;">14</p>	<p>Grocery Shop (10 and 12) Total Fitness w/Cindy – Back Bay (11:45-12:45)</p> <p style="text-align: center;">15</p>	<p>MEN'S FIRST DRINK Join the men of Beacon Hill Village for a late afternoon drink as they continue their exploration of Boston's watering holes. Men's First Drink generally meets on the first Thursday of each month at 4 p.m. Contact BHV member Roger Cox (rhcox1@comcast.net) for the location and to be added to Roger's email distribution list. BHV members and their guests. In September, the group will meet on Wednesday, September 6.</p> <p>WALKING GROUPS We are in the process of organizing morning walks 2-3 days a week. If you would like to be added to the distribution list to receive information about these walks, please contact the office.</p>
	<p>Meditation (8:45) Total Fitness w/Cindy – Beacon Hill (11-12)</p> <p style="text-align: center;">18</p>	<p>Grocery Shop (10 and 12) Total Fitness w/Cindy – Back Bay (10-11) Book Group (2-3:15) Conversations with... Robert Zimmerman (5:30-7)</p> <p style="text-align: center;">19</p>	<p>Trader Joe's (10 & noon) Davis Square: Farmer's Market & Exploration (10:30-2:30) Total Fitness w/Cindy – Beacon Hill (11-12)</p> <p style="text-align: center;">20</p>	<p>Meditation (8:30)</p> <p style="text-align: center;">21</p>	<p>Grocery Shop (10 and 12) Decoupage with Janie (10-12) Total Fitness w/Cindy – Back Bay (11:45-12:45)</p> <p style="text-align: center;">22</p>	 <p style="text-align: right;">Notes</p>
	<p>Meditation (8:45) Total Fitness w/Cindy – Beacon Hill (11-12) Atul Gawande: The Value of Community and Choice as We Grow Older (5:00)</p> <p style="text-align: center;">25</p>	<p>Southwest Corridor Walk (9:30 – 12:30) Grocery Shop (10 and 12) Total Fitness w/Cindy – Back Bay (10-11) Knit & Stitch (3-5)</p> <p style="text-align: center;">26</p>	<p>Total Fitness w/Cindy – Beacon Hill (11-12) Jordan Hall: NEC Philharmonia (5:45 dinner; concert at 7:30)</p> <p style="text-align: center;">27</p>	<p>Meditation (8:30) Kayaking on the Charles (1:30)</p> <p style="text-align: center;">28</p>	<p>Grocery Shop (10 and 12) Bowling (10:30-1:30) Total Fitness w/Cindy – Back Bay (11:45-12:45)</p> <p style="text-align: center;">29</p>	

<p>GROCERY SHOPPING TRIPS Door-to-door transportation to Stop & Shop in Somerville every Tuesday at 10 a.m. and noon and Friday at 10 a.m. and to Stop & Shop in Brigham Circle every Friday at noon. A driver will help carry your groceries. BHV members only: \$10</p> <p>TAXI COUPONS Come to the BHV office on Friday, September 8, 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>TERRIFIC TUESDAYS Terrific Tuesdays generally meets on the first Tuesday of each month at 4 p.m. at 75 Chestnut Street to discuss and plan outings related to the arts. The group often stays for dinner after the meeting. In September,</p>	<p>the group will meet on the second Tuesday, September 12. Contact Roberta Meyers (bonmarchebabes12000@yahoo.com) for more information and to be added to Roberta's email distribution list.</p> <p>TRIP TO MARKET BASKET Door-to-door transportation to Market Basket in Chelsea on Wednesday, September 6 at noon. A driver will help carry your groceries. Space is limited. BHV members only: \$10.</p> <p>TRIPS TO TRADER JOE'S Door-to-door transportation to Trader Joe's in Cambridge on Wednesday, September 6 at 10 a.m., and Wednesday, September 20 at 10 a.m. and noon. A driver will help carry your groceries. Space is limited. BHV members only: \$10.</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 & Fri. at 8:15) Muscle (Wed. at 9:15 & Thurs. at 8:30) Stretching (Thurs. at 9:30) Rejuvenating Yoga (Tues. & Thurs. at noon) Restorative Yoga (Wed. at noon) Gentle Yoga (Fri. at 9:15) <i>Beacon Hill, 3 Hancock Street</i> Senior Conditioning (Mon. & Thurs. at 10)</p>	<p>Total Fitness w/Cindy Sullivan – Beacon Hill: Beacon House, 19 Myrtle Street, Mon. & Wed., 11 a.m. – noon. \$5 for BHV members</p> <p>Total Fitness w/Cindy Sullivan – Back Bay: First Church Boston, 66 Marlborough Street (at the corner of Berkeley). Tues., 10 – 11 and Fri., 11:45 – 12:45. \$5 for BHV members. Call the BHV office for more information. Registration not required.</p> <p>Tai Chi w/Joshua Grant: Beacon House, 19 Myrtle Street, noon-1. \$200 for BHV members for 10-session class. Individual classes: \$25/class. Contact Joshua (gulong16@gmail.com) for more information.</p>
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CRWA's Bob Zimmerman

protection efforts, working with government officials and citizen groups. Bob Zimmerman joined CRWA as Executive Director in 1990. He lectures widely and teaches on water sustainability and transforming traditional water infrastructure to restorative and sustainable systems. *Meet at King's Chapel Parish House, 64 Beacon Street, at 5:30 p.m. for light hors d'oeuvres and wine; program begins at 6 p.m. BHV/BHS members: Free. Guests of members and prospective members: \$20.*

Wednesday, September 20 10:30 a.m. - 2:30 p.m.
Davis Square: Farmer's Market & Exploration

Join Joan Doucette for a tour of Davis Square, home to the renowned Somerville Theatre, quirky shops, a renovated Goodwill Store and J.P. Licks Ice Cream. Thanks to the Somerville Arts Council, Davis Square boasts a host of public art, including murals, painted tiles and switchboxes, sculpture and statues. A visit to the Farmer's Market and lunch completes the outing. *Meet at Charles/MGH Station turnstiles at 10:30 a.m. BHV members and their guests. Free.*



Davis Square Farmer's Market

Friday, September 22 10 a.m. - noon Decoupage with Janie

Join BHV member Janie Wallace for a morning of decoupage, the art of cutting out and gluing paper to an object and adding varnish for an aesthetically pleasing and protective finish. Our project for this session will be a small planting pot. Janie will provide the materials (bring your own medium-sized sharp scissors). A \$10 fee will be collected at the program to cover costs. *Meet at 74 Joy Street, first floor conference room. BHV members.*



Decoupage with Janie

Monday, September 25 5 p.m. Dr. Atul Gawande — Being Mortal's Village: The Value of Community and Choice as we Grow Older

Celebrating its 15th Anniversary and the Village movement it inspired, Beacon Hill Village presents renowned surgeon and author Dr. Atul Gawande, with NPR's Robin Young, at the Boston Public Library, Rabb Hall, 700 Boylston Street. Lecture at 5 p.m., followed by reception at the Lenox Hotel, 61 Exeter Street. This program was sold out for the originally scheduled February date; due to cancellations, a limited number of spaces are now available. If you registered for February and have not confirmed for the new date, please call the office. *Open to the public. BHV members: lecture only, free; lecture and reception, \$45. Non-members: lecture only, \$20; lecture and reception: \$65. Call the BHV office to register.*



Dr. Atul Gawande

Tuesday, September 26 10 a.m. - 12:30 p.m. Southwest Corridor Walk

The Southwest Corridor, a four-mile linear park that was almost a highway stretches from the Back Bay to Jamaica Plain, runs through five neighborhoods, and is one of the area's premier public green spaces. On this fast-paced walk, you'll see what happened when the expressway plan was dropped, the narrow corridor became transit lines, and a park was built around it. Bring a snack and water. *Meet outside the Back Bay T Station on Dartmouth Street; return is on the Orange Line from Forest Hills. Those who don't wish to do the entire walk can hop on the Orange Line at one of the stations along the walk. BHV members and their guests. Free.*



NEC Philharmonia

Wednesday, September 27 7:30 p.m. concert; dinner at 5:45 p.m.
NEC Philharmonia at Jordan Hall

Overture to Candide by Leonard Bernstein, *Kinah* by Leonard Slatkin and the *Incredible Flutist: Suite* by Walter Piston comprise the program at this free concert performed by the NEC Philharmonia at Jordan Hall. *Dinner at Ginger Exchange, 250 Huntington Avenue at 5:45 p.m.; concert only, meet at Jordan Hall at 7:15 p.m. and look for the group. BHV members and their guests. Free.*

Thursday, September 28 1:30 p.m. Kayaking

Join BHV members for an hour or two of kayaking on the Charles. Rental is approximately \$15-20/hour. *Meet at Charles/MGH for walk or T ride to Charles River Canoe & Kayak near Kendall Square. BHV members and their guests.*



Kayaking

Getting Around Town, In More Ways Than One

BY ANGELINA MCCOY

GETTING AROUND BOSTON CAN BE challenging, especially with traffic, bad weather, and time constraints. Let the Village help! In addition to BHV's drivers, other transportation resources are available to our members.

You don't use a smartphone. GoGoGrandparent might be for you! This concierge service uses Uber and Lyft drivers to get you from point A to point B – without a smartphone. Simply call to set up your account with your contact and payment information. When you need a ride, you call GoGo (1-855-GOGOUSA) and let them do the work. The operator will let you know the driver's name, car make, and license plate number. GoGo will also tell you the price of your ride beforehand (on average, cheaper than a taxi). BHV members who have used the service have been pleased with it. Call the office if you need assistance setting up your GoGo account.

You'd like a cab to be ready for you at a specific time. BHV has an agreement with Metro Cab and can schedule trips in advance. Just call the office and we'll make the arrangements with Metro Cab for you. Don't forget to use your City of Boston taxi coupons for a discount!

Prefer an App but you need help using it. BHV has volunteers who can help you upload Uber or Lyft to your smartphone and give you a lesson on how to use them. Call the office and we'll connect you with a volunteer.

You just need a companion while getting around. BHV has volunteers who can accompany you to medical or other appointments, take a walk with you, or help you with errands. Call the office for more information. ■

I Didn't Know BHV Did That!

WE OFTEN HEAR MEMBERS SAY "I didn't know BHV did that!" When our founders first discussed what they might need to help them remain in the homes and neighborhoods they loved as they grew older, they envisioned a single phone number to call with any question or service request. Today, more than 15 years later, the BHV office receives nearly 1500 such calls per year. Recent requests from our members include:

- Picking up slipcovers at the dry cleaner
- Moving a donated couch to its new home
- Picking up medication at the pharmacy
- Collecting mail for a member in the hospital
- Arranging for transportation to take a pet to the vet

So give the office a call...no request or question is too small or too offbeat!



BHV members Miriam Kanter, Suzanne Besser, Jill Ward and Connie Hill and Executive Director Laura Connors (center) enjoy conversation and cocktails along with other BHV members on the roof deck of the River House.

MGH Executive Registry

BY ANGELINA MCCOY

PEOPLE LOVE TO TRAVEL, in this country and abroad, whether to visit family or as a tourist. As we age, concern about access to good medical care while away from home becomes more and more important, sometimes even deterring us from taking a trip. The MGH Executive Registry can provide reassurance and allay those concerns.

The Registry provides personalized assistance in obtaining healthcare,

both routine and urgent, anytime, anywhere. Think of it as a medical matchmaker, that can often problem-solve and create opportunities for members to be seen in a more expeditious manner, if necessary. From help finding an English-speaking physician while in a foreign country, locating dialysis centers or scheduling an ultrasound out-of-state, to transferring records for emergency surgery, the

Executive Registry can help navigate many difficult situations. BHV members can sign-up with an annual fee of \$300 per household (a \$900 discount). Please call the BHV office for more information and let us know by August 31 if you wish to join.

The Executive Registry is not an insurance plan and does not cover the cost of health care. ■

IN MEMORIAM

Beatrice Bass

Carole Cushing

Joseph Massik

Bruce Petri

Nurse, Teacher, Lifelong Learner

MARYAN SURMAN JOINED BEACON HILL VILLAGE in 2005. She celebrated her 96th birthday in April. This interview is excerpted from a longer version that appeared in the July 2010 issue of the *Beacon House News*.

Are you from this area originally?

Yes, I was born in Boston. I am the oldest of three. My family on my mother’s side goes back to Ireland and the potato famine.

Where did you go to school?

In Lynn. I had to leave school in my junior year. With the depression and then Pearl Harbor I got a job at the Lynn General Electric Company airplane factory making parts. Someone told me they were hiring for the Women’s Army Corps. I applied and went in at 22 and was out by 24. After that I got my GED and went to nursing school.

What kind of work have you done?

Nursing. I taught nursing. I got my Masters at Boston College.

What was your favorite job?

Teaching. I never got married. I had corresponded with this one soldier for eight years. He wanted to marry and have kids but I didn’t love him, so he moved on and in months he found a wife.

Are you a religious person? Do you belong to a church or religious organization?

I was a devout Catholic. I feel I still am, but I don’t attend services regularly. When I was young I considered becoming a sister, a nun. But I decided on nursing.

Where did you live before coming here?

I’ve lived all over the place, teaching nursing. I taught at

Carney Hospital in Dorchester, at Boston City Hospital, at Kings County Hospital in New York, in Tunisia, Benin, Kenya, South Africa, Lesotho, and Swaziland. The students in Tunisia were all male, Muslim men. I was propositioned all the time. I developed a curriculum, translating materials from English to French.



Maryan Surman

What do you do with your time? Do you have hobbies or interests that you spend time on?

I read a lot. I love learning. I participate in the BU Evergreen Program. I attend Suffolk University. I’m working on another degree. I understand Chinese, French, English and Arabic. A few years ago I took a seventy-day trip from London to Nepal, overland, and by ship where necessary. We camped out. I really enjoyed that.

What would you do if you hit it big in the lottery?

I would share it around. I would take a slow boat around the world. I love boats. When I was young I thought it would be fun to be a boy so I could go to sea.

Is there anything else you would like for our readers to know about you?

The old saying “life begins at forty” is true. You have a confidence. And if you have a problem with me it’s probably because I want to be in charge of my life. ■

BHV Travels to New Canaan



Laury Coolidge opens the door for Mary Scudder at Grace Farms, one of three notable properties that 25 BHV members visited in May on an all-day trip to New Canaan, Connecticut.

Positive Aging: Living Well/Ending Well continued from page 1

The committee identified professionals and organized a series of informal talks in various locations around Boston, held over a period of eight months. Topics included health, nutrition and exercise; wills and other key documents; organizing important legal and other documents for family and friends; home modification and organization; options when living at home is no longer a viable option; safety at home and on the streets; and end of life choices.

The talks were enthusiastically received and will be repeated, with new programs added and existing programs modified, based on feedback from attendees. The next series, which will be presented over a period of two years beginning in the Fall of 2018, will be organized around the following topics:

- Financial Protections | Communications: Devices, Social Media and More
- Health and Activity: Move, move, move! | Housing
- Getting Around: Driving, Walking, Public Transport | End of Life Choices

In the interim period, programs will be presented on various topics of interest to the BHV membership, including driving safely and alternatives to driving when driving is no longer a safe option. If you have ideas or suggestions for new programs, please email Karen Garvin (karenleegarvin@gmail.com). ■



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www.beaconhillvillage.org

THE VILLAGER *design by Joanne Legge*

A FINE DAY AT FENWAY PARK!



BHV members on the field of Fenway Park during their VIP Tour before a Red Sox game. Back row: Elaine Davidson (partially hidden), Janet Stewart, Charley Davidson Sue Lester, Carolina Kiggins, Stan Berman, Jacqui Soroko, Susan Purdy, Bob Kagey, Sally Withington, Roberta Meyers, Cheryl and JT Aldridge. Front row: Reese Berman, Donna Petro, Karen Garvin, Jane McKinnell, Jackie Kagey, Jean Pilcher, Marilyn and Bob Root.