



Doug Fitzsimmons, BHV's New President



Doug Fitzsimmons has assumed the role of President of Beacon Hill Village as of July 1. A member of the Village since 2011 and a Board member since 2014, Doug succeeds Hal Carroll, who has served as President for the past three years. Doug shares some of his thoughts with us.

How did you get involved in the Village?

Judy and I moved to the Boston area in 1999 following our retirement in Washington, DC. While living temporarily in Cambridge as we looked for a permanent home, our friend Jack Curtin encouraged us to join Beacon Hill Seminars. We were hooked on the importance of urban community, the youthfulness of Beacon Hill and the easy access to Boston's many attractions. We settled on Pinckney Street and joined Beacon Hill Village to facilitate our access to the community we had hoped to find in retirement.

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BHV Joins Study of How Strong Social Networks Help Stroke Survivors

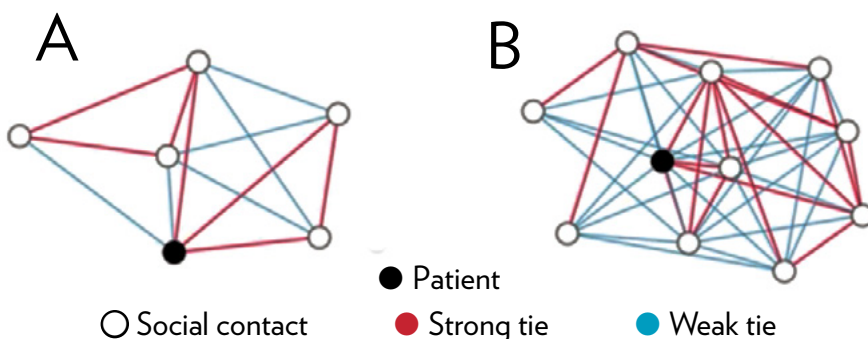
BY KAREN CORD TAYLOR

IN A FEW YEARS, joining a village may be proven to contribute to better outcomes for stroke survivors.

Dr. Amar Dhand and his team at Boston's Brigham and Women's Hospital are now conducting a study to build on their initial findings that a robust social network contributes to the successful recovery of patients after a stroke. They've asked Beacon Hill Village to participate in a pilot project.

"We've developed a relationship with Beacon Hill Village because we are thinking about how to enhance the recovery process," he said. "Beacon Hill Village has created a natural social network. It's a nice fit for a doctor looking into how to improve outcomes."

Which social connection structure is associated with slow arrival to the hospital after stroke symptoms?



Dr. Dhand, a neurologist and a network scientist, began studying the social networks of stroke survivors. His team asked the patients a series of questions that allowed them to map their network. Who did they socialize with? With whom did they discuss personal matters? Who did they turn to for support or advice?

Then the team measured outcomes among patients of the same age and stroke severity at three and six months. Those who had more numerous and stronger connections to family and friends recovered faster. "I realized networks are important to recovery," he said. "A tremendous amount of social support increases motivation and confidence. It provides resources distributed to the patient and the caregivers."

The project has just begun, with the first patient becoming a member of Beacon Hill Village only a couple of weeks ago. Dr. Dhand hopes that access to more social activities and making new friends will increase the function of the patients.

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From the Executive Director

Dear Members and Friends:

WE OFTEN SAY that Beacon Hill Village connects members to each other, that is the focus of a new program in which BHV is a key partner. Studies have shown that social connections are good for us – for our physical health, our mental health and our overall sense of well-being. As you'll read on page 1, Beacon Hill Village is excited to be partnering on a study that, if initial findings hold, will show that a robust social network improves the rate of recovery for patients after a stroke. It will also demonstrate how membership in a village enables us to create and maintain strong social connections.

Because a central goal of BHV is to facilitate connections and mutual support that grows organically from our activities and services, this project is a natural fit with BHV. It requires us to just “do what we do.” A positive outcome for this study will be an important addition to the growing body of evidence that villages have a positive impact on the lives of their members.



Speaking of positive impacts on the Village and our members, it's always hard to say goodbye to someone who has been such an important part of BHV – both to our members and to our staff. We have all benefited from Deborah Drosnin's dedication, creativity, resourcefulness and nurturing spirit for more than six years. From the great programs, activities and events she organized and the social connections she fostered through these activities, to her collaboration and partnership in the day-to-day operations of the Village, she has truly touched us all. I am personally grateful to Deborah for being a great partner, always willing to go the extra mile and being supportive to each and every one of us. Thank you Deborah for making us a better Village. Enjoy your new adventures ... you deserve it!

Warm regards, Laura Connors

PRACTICING ADVOCACY

Jan Beaven Hones Her Skills

BY KAREN CORD TAYLOR



BHV member Jan Beaven (center) receives a certificate after completing the Boston Senior Civic Academy's five-day course in aging policy, government, and advocacy.

BEACON HILL VILLAGE MEMBER Jan Beaven has always been interested in government. So when she spied a notice in the Village weekly email about a city-sponsored program to educate seniors to become more effective advocates for matters that affect them she signed up.

She got a five-day course in government and how effective advocacy can make life in Boston better for men and women of a certain age.

The Boston Senior Civic Academy, a joint venture of the Gerontology Institute at UMass Boston's McCormack Graduate School and the City of Boston Elderly Commission, grew out of Mayor Marty Walsh's Age-Friendly Boston Initiative, which predicted a 52 percent increase in the older population by 2030, and recommended ensuring an environment in which Boston's older adults can lead healthy and productive lives.

Along with 24 other Bostonians from many neighborhoods, Jan attended five all-day sessions on Fridays this past spring. She was the only representative from her Back Bay neighborhood and there were none from Beacon Hill. She felt her attendance was important. “Other neighborhoods are more used to advocating and influencing the city,” she said.

The class got a crash course in matters of aging and how to be an effective advocate. “Tell your story,” she said was an important directive, “whether you're on the phone or meeting with a legislator.”

The group practiced their new skills. One session took place at Boston City Hall where they met all the department heads, who discussed their efforts on behalf of the elderly. Participants' concerns differed by neighborhood. Frustrated South Enders, for example, suggested the city establish treatment centers throughout the city, rather than concentrating them in one place. Other participants focused on pedestrian safety, homelessness, housing and transportation problems.

The group visited the 311 call center where staff members answer phone calls about citizens' concerns. On the last day they went to the JFK federal building and met officials who helped them learn more

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BEACON HILL VILLAGE

SEPTEMBER 2018 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.

Wednesday, September 5 9:30 a.m. - 1:30 p.m.

Emerald Necklace Walk

Join Davida Carvin and Reese Berman for a moderate-paced 3½ mile walk along a section of the Emerald Necklace, from the Back Bay Fens to Jamaica Pond. Along the way, you'll see the extraordinary "fog sculptures" of artist Fujiko Nakaya. Placing art in conversation with nature, Nakaya's installations create shape-shifting, cloud-like, pure water forms that rhythmically appear and dissipate. Lunch in JP. Return on Orange Line. *Meet outside Kenmore T station at 9:30 a.m. BHV members and their guests. Free.*



Friday, September 7 1:30 p.m.

MIT Art

Imagine this: You're a student at MIT living in a dreary dorm room and you can pick one of 600 framed original works of art by leading contemporary artists to brighten up the space. Join Joan Doucette on a visit to the List Center Galleries at MIT to browse the collection of prints and photographs that students can choose from. *Meet at 1:30 p.m. in front of the MIT Coop on Main Street, across from the outward-bound Kendall T station. Optional casual lunch at Clover, next to the Coop, at 1 p.m. BHV members and their guests. Free.*

Wednesday, September 12 11 a.m. - 2 p.m.

Davis Square with Joan

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. Thanks to the Somerville Arts Council, Davis Square boasts a host of public art, including murals, painted tiles, sculpture and statues. A visit to the Farmer's Market and lunch completes the outing. *Meet at Charles/MGH Station turnstiles at 11 a.m. BHV members and their guests. Free.*

All the Best!

Deborah Drosnin Farewell

Thursday, September 20 | 4:30 - 6 | 19 Myrtle Street

Join Beacon Hill Village members in wishing Deborah Drosnin a fond farewell after six years at Beacon Hill Village.

RSVP to the BHV office

(info@beaconhillvillage.org or 617.723.9713).

Thursday, September 13 5 - 6:30 p.m.

Travel Group: Ghana

Rick Robertson ("the computer guy") will share photos and stories about his trip to Ghana, a poor country where running water and electricity are scarce but community is strong. Staying in a small village that sees few foreigners, Rick saw how people there take care of each other, an experience that changed his idea of what community can really be. *Meet at the home of Joan Doucette and Harry Fisher, 72 Mt. Vernon Street. BHV members only. Free.*

Sunday, September 16

meet at 10:30 a.m.; boat departs at 11 a.m.

Liberty Sail Brunch



Join BHV members for Sunday brunch aboard the Liberty Clipper on this public 2½ hour sailing excursion around Boston Harbor. Before setting sail, you'll enjoy a continental style breakfast with fresh fruit, breads, and pastries. Once underway, a hot breakfast will be

served. Alcoholic beverages available for purchase. *Meet at 10:30 a.m. at the Liberty Fleet ticket booth next to the Aquarium's blue whale watch ticket booth at the head of Central Wharf. BHV members: \$45. Guests of BHV members and prospective members: \$55.*

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| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|---|--|--|---|
| MEDITATION Meets every Monday at 8:45 a.m. and Thursday at 8:30 a.m. (unless otherwise noted) at the Beacon Hill home of BHV member Susan Cox. Contact Susan (ssn.cox@gmail.com) for more information. BHV members only. | Labor Day BHV Office Closed Total Fitness w/ Cindy – Beacon Hill (cancelled) Meditation (8:45) | Total Fitness w/ Cindy – Back Bay (10-11) Grocery Shop (10 and noon) Calendar Mailing (10:30) Cultural Connection (moved to Sept. 11) | Emerald Necklace Walk (9:30-1:30) Trader Joe's (10:00) Total Fitness w/ Cindy – Beacon Hill (11-noon) Market Basket (noon) | Meditation (8:30) Men's First Drink (4:00) | Total Fitness w/ Cindy – Back Bay (10-11) Grocery Shop (10 and noon) MIT Art (1:30; optional lunch at 1:00) | 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. This month the group will meet on the fourth Tuesday of the month, Sept. 25. Members take turns facilitating the discussion. Closed. Contact the BHV office if you are interested in joining a new book group. |
| First Night of Rosh Hashanah (begins at sunset) | Second Night of Rosh Hashanah Meditation (8:45) Total Fitness w/ Cindy – Beacon Hill (11-noon) | Total Fitness w/ Cindy – Back Bay (10-11) Grocery Shop (10 and noon) Cultural Connection (4:00) | Total Fitness w/ Cindy – Beacon Hill (11-noon) Davis Square with Joan (11-2) | Meditation (8:30) Travel Group: Ghana (5-6:30) | Total Fitness w/ Cindy – Back Bay (10-11) Grocery Shop (10 and noon) Taxi Coupons (11-noon) Knit & Stitch (3-5) | KNIT & STITCH BHV members generally meet twice a month to knit, crochet, embroider or do other stitch work. This month the group will meet from 3-5 p.m. on Sept. 14 and 28 at the home of Joan Doucette, 72 Mt. Vernon Street. Contact Diana Crane (dcrane565@comcast.net) for more information and to be added to Diana's email distribution list. |
| Liberty Sail Brunch (meet at 10:30 for 11:00 sail) | Meditation (8:45) Total Fitness w/ Cindy – Beacon Hill (11-noon) | Yom Kippur (begins at sunset) Total Fitness w/ Cindy – Back Bay (10-11) Grocery Shop (10 and noon) | Yom Kippur (ends at sunset) Trader Joe's (10:00 and noon) Total Fitness w/ Cindy – Beacon Hill (11-noon) | Meditation (8:30) Farewell Party for Deborah Drosnin (4:30-6) | Total Fitness w/ Cindy – Back Bay (10-11) Grocery Shop (10 and noon) | Beverly Outing: Lunch at the Home of Steve & Barbara Rupp (11-3) |
| HillFest, Beacon Hill's Annual Block Party (noon-4). Be sure to stop by BHV's table to say hello! | Meditation (8:45) Celebrating What Unites Us! (10:30-1) Total Fitness w/ Cindy – Beacon Hill (11-noon) Conversations with ... Amy Bracken (5:30-7) | Total Fitness w/ Cindy – Back Bay (10-11) Grocery Shop (10 and noon) Bowling (10:30) Book Group (2-3:15) Documentary: The Genius of Marian (5:30-7) | Total Fitness w/ Cindy – Beacon Hill (11-noon) Living Well/Ending Well: Preparing for Winter (5:30-6:30) | Meditation (8:30) Decoupage with Janie (10-noon) | Total Fitness w/ Cindy – Back Bay (10-11) Grocery Shop (10 and noon) Knit & Stitch (3-5) | 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 (rcox1@comcast.net) for the location and to be added to Roger's email distribution list. BHV members and their guests. |
| CINDY SULLIVAN TO OFFER SENIOR FITNESS TESTS At her regularly scheduled fitness classes on Sept. 17 and 21 (see calendar above), fitness instructor Cindy Sullivan will conduct the Senior Fitness Test, a comprehensive test battery for assessing physical fitness in adults ages 60 and older. The tests assist health practitioners and fitness and rehabilitation specialists in identifying weaknesses that cause mobility problems, developing exercise programs that improve functional fitness and prevent future mobility issues, and evaluating progress. It consists of six tests covering lower- and upper-body strength, aerobic endurance, lower- and upper-body flexibility, agility, and balance. | discuss and plan outings related to the arts. The group often stays for dinner after the meeting. This month the group will meet on the second Tuesday. Contact Roberta Meyers (bonmarchebabes12000@yahoo.com) for more info and to be added to Roberta's email distribution list. TRIP TO MARKET BASKET Door-to-door transportation to Market Basket in Chelsea on Wednesday, Sept. 5, at noon. A driver will help carry your groceries. Space is limited. BHV members only: \$10. TRIPS TO TRADER JOE'S Door-to-door transportation to Trader Joe's in Assembly Row in Somerville on Wednesday, Sept. 5, at 10 a.m., and Wednesday, Sept. 19, at 10 a.m. and noon. A driver will help carry your groceries. Space is limited. BHV members only: \$10. | GROCERY SHOPPING TRIPS Door-to-door transportation to Stop & Shop in Somerville every Tuesday at 10 a.m. 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 TAXI COUPONS Come to the BHV office on Friday, Sept. 14, 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. CULTURAL CONNECTION Terrific Tuesdays has a new name – Cultural Connection -- to more accurately reflect the group's mission. The group generally meets on the first Tuesday of each month at 4 p.m. at 75 Chestnut Street to | HEALTH & WELLNESS: Beacon Hill Athletic Clubs (\$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. 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) | Total Fitness w/Cindy Sullivan – Beacon Hill: Beacon House, 19 Myrtle Street, Mon. & Wed., 11 a.m. – noon. \$5 for BHV members Total Fitness w/Cindy Sullivan – Back Bay: First Church Boston, 66 Marlborough Street (at the corner of Berkeley). Tues. and Fri., 10-11. \$5 for BHV members. 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. | WALKING GROUP Join Roger Cox and other BHV members for a weekly Monday morning walk. The group generally meets at 9 a.m. at Hill House, 127 Mt. Vernon Street (the old Fire Station). Contact Roger (rcox1@comcast.net) for more information and to be added to Roger's email distribution list. BHV members only. | |



“Oh, the places you’ve taken us, Deborah Drosnin!”

BY SUSAN MCWHINNEY-MORSE

AFTER 6-PLUS YEARS with Beacon Hill Village, Deborah Drosnin will leave us to start the next chapter of her life. During the time she collaborated with the Program Committee (July 2013 to August 2018), they created more than 700 events in which members participated nearly 10,000 times, a record that is statistically impressive. Beacon Hill Village is famous for its extraordinarily wide range of programs and for the sheer creative nature of those programs, which Deborah has elevated to new levels during her tenure. But more importantly, Deborah has become famous for her absolute mastery of overseeing those programs and for the depth of her warm and inclusive nature. For many, she is the heart of Beacon Hill Village.

There was the memorable trip to Mass MOCA in 2017, which Karen Garvin (current chair of the Program committee) remembers specifically. Deborah not only coordinated successfully two early-morning pickup locations and an on-time arrival in North Adams with pre-arranged tours of the massive exhibition, but provided individually ordered lunches for all, opportunities for free time, and a prompt return home.

There was, also, the extraordinary trip Grace Farms in New Canaan, CT, which included a new spiritual center and Philip Johnson’s Glass House. As Steve Roop (chair of the Program Committee Fall of 2013-Spring 2014) remembers, “She worried through all the details to make sure BHV members with a range of mobility and stamina levels could enjoy the long day and get as much out of it as possible.”

But those were just a sampling of the show stoppers. Behind every outing to a museum, concert, restaurant, or social event, behind the assembly of every special interest group (knitting, bridge, bowling, travel), Deborah’s caring hand could be seen. As Jean Pilcher, a BHV member who regularly attends First Monday concerts at Jordan Hall, commented: “Deborah was always on the lookout for those who were newcomers and made a great effort to include them in conversations, always making them feel welcome.”

Deborah came to BHV, initially, as the Volunteer Coordinator in February 2012, and became Program Coordinator in July 2013, serving as primary support for the Program Committee. Her background (she has a law degree from Northeastern) and her work experience (an attorney specializing in legal issues for the elderly) has made her an incredibly knowledgeable and effective contributor to the life of our Village. We have learned so much from her, and we have been the recipients of so much caring and personal attention from her, it is hard to imagine BHV without her. But we wish her well. We wish her much happiness as she finds time to travel with her husband, examine new interests, and enjoy this new phase of her life.

But Deborah ... before you go, please promise to send us cards from Zanzibar or wherever life takes you. You will remain an indelible part of our lives. Farewell.



WELCOME TO FAMILIAR AND NEW FACES!

New Board Member | Michael Grogan

BY ALLIE GODSEY



PBS ENTHUSIASTS MAY already be familiar with our newest board member, Michael Grogan, who can be seen on the hit television program *The Antiques Roadshow* as a silver, Oriental carpets, and paintings expert. A nationally recognized appraiser, Michael is the President and Chief Auctioneer of Grogan & Company on Charles Street.

Michael and his wife, Nancy, recently joined Beacon Hill Village after relocating to Boston from Dedham, their home for 30 years, where Michael was an active member of the Dedham Community House and Dedham Historical Society.

“Now that I live in Boston and run a business in Beacon Hill, I am ready to participate with a local group, and Beacon Hill Village seemed like a natural fit.”

On a recent day at his gallery, Michael was at work appraising a collection of heirloom furnishings consigned for auction. During his 40 years in the business,

he has often worked with families going through major life transitions, which is part of what drew him to BHV.

“As I age and work with older clients, I have much more empathy than I would have had in my 30s or 40s,” he said, patting the gallery’s four-legged “chief morale officer,” Stanley. “Now I find myself coming into households where I get deeply involved with family members and talk at great length about their life experiences. I’m more aware and empathetic to the older segment of society than I ever have been.”

As a member of the board, Michael said he’s excited to roll up his sleeves and learn more about BHV and its members. “I’m ready to work,” he said. “I’m excited to be a member of this community.” ■

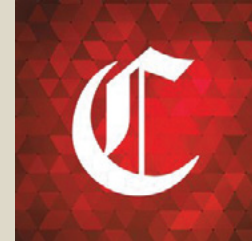
Program & Events Coordinator | Allie Godsey

WE ARE DELIGHTED to announce that Allie Godsey has joined the Beacon Hill Village staff as Program & Events Coordinator.

A native of Northern Virginia, Allie says it was her parents’ strong example of service, through their work with the Peace Corps and prison ministry, that contributed to her decision to redirect her career after nearly 10 years in business. She recently received her MSW from Boston College’s School of Social Work, where she concentrated in work with older adults and families. Allie’s internships prepared her well for her new role at BHV. At Ethos’ Age-Well West Roxbury program, she planned and coordinated healthy aging programs, including leading *A Matter of Balance* falls prevention classes. She also worked as a legislative advocate at the Massachusetts Coalition for the Homeless.

Allie was thrilled to learn that BHV was looking for a Program & Events Coordinator, because she has long-admired the Village and its pioneering aging-in-place model. “I’m inspired by BHV’s member-driven approach. I’ve always believed in the importance of belonging to a healthy community, and I am excited to be joining BHV, which has done so much to redefine aging in the 21st century.” She is looking forward to getting to know our members and continuing the tradition of high-quality programs, activities and events for which Beacon Hill Village is known.

Welcome Allie ... we’re so glad you’ve joined us!! ■



**Thank you,
Cambridge Trust Company.**

Since 2009,
Cambridge Trust Company
has generously funded
Beacon Hill Village’s
Conversations with... speaker series.

Thanks to this ongoing support,
BHV has hosted nearly 100
Conversations with... programs.

You’re a great neighbor,
Cambridge Trust!



Fitness Assessments with Cindy

*Celebrating
What Unites Us!*



Amy Bracken



The Genius of Marian



Living Well/Ending Well: Winter



Decoupage with Janie

Monday, September 17 & Friday, September 21

Fitness Assessments with Cindy

At her regularly scheduled fitness classes on September 17 and 21 Cindy Sullivan will conduct Senior Fitness Tests. See calendar page for more information. Registration not required.

Monday, September 24 10:30 a.m. - 1 p.m. Celebrating What Unites Us!

Celebrating What Unites Us! celebrates the diverse cultures that unite Bostonians. The event begins on the Greenway with a meditative walk through the Armenian Heritage Park's labyrinth to learn about the benefits of "walking meditation" as a way to reduce stress. Local community leaders will share stories of their immigrant experience. Then walk to the KITCHEN where a chef will prepare a seasonal dish celebrating his cultural heritage for the group's lunch. *Meet at the Armenian Heritage Park, located north of the Carousel, at Atlantic Avenue and Cross Street, at 10:30 a.m. For cooking demonstration and lunch only, meet at The KITCHEN, 100 Hanover Street (corner Sudbury and Congress Streets) at 11:30 a.m. BHV members and their guests. Free.*

Monday, September 24 5:30 - 7 p.m. Conversations with...Amy Bracken

Amy Bracken is a Boston-based independent reporter and radio producer whose primary beat is migration and all things Haitian. She's also reported on religion, economic development, human rights, and disaster response. Since 2005, Amy's work has been broadcast on Public Radio International. She's a graduate of the Columbia School of Journalism and Fletcher School of Law and Diplomacy. *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.*

Tuesday, September 25 10:30 a.m. Bowling

Join BHV members for candlepin bowling at Sacco's Bowl Haven in Davis Square. *Meet at the turnstiles at Charles/MGH at 10:30 a.m. BHV members and their guests. Pay individually.*

Tuesday, September 25 5:30 - 7 p.m.

Documentary: The Genius of Marian

The Genius of Marian is the story of Pam White, diagnosed at age 61 with early onset Alzheimer's. As she loses the ability to write, Pam's son records their conversations, allowing her to share memories of childhood and of her mother, the painter Marian Williams Steele who died of Alzheimer's. The film is a moving depiction of the impact of Alzheimer's disease, the power of art and the meaning of family. Q&A after the screening. RVSP to BHV or, if you prefer, to MGH (617.724.0406). *Meet at MGH, Blake One, O'Keefe Auditorium. Free.*

Wednesday, September 26 5:30 - 6:30 p.m.

Living Well/Ending Well: Preparing for Winter

Looking for tips and tricks to stay ahead of the cold weather this winter? Volunteer Nurse Practitioner Kate Sciacca will lead an education session and discussion on wintertime topics: vaccines, staying warm, winter skin care, depression, common illnesses and remedies, over-the-counter medications to avoid, and getting around in the snow and ice. *Meet at Beacon House, 19 Myrtle Street, Community Room. BHV members only. Free.*

Thursday, September 27 10 a.m. - noon Decoupage with Janie

Join BHV member Janie Wallace in making a set of glass-topped coasters using the technique of decoupage, the art of gluing paper to an object and adding a protective and aesthetically pleasing varnish finish. \$10 materials fee collected at the class. *Meet at 74 Joy Street. BHV members only.*

Saturday, September 29 11 a.m. - 3 p.m. Beverly Outing at the Roops

Once again, BHV members Barbara and Steve Roop have generously offered to host a lunch at their home in Prides Crossing, a historic section of Beverly. This outing is a favorite! *Van departs Café Tatte, 70 Charles Street, at 11 a.m., and Starbucks, 165 Newbury Street, at 11:05 a.m. BHV members only: \$35.*

Study of How Strong Social Networks Help Stroke Survivors continued from page 1.



Dr. Amar Dhand

At this point it is unclear how much management those who enter the program will need. A good candidate is a downtown resident who has survived a mild stroke, leaving him or her with isolated physical deficits that can be rehabbed.

We expect lots of feedback from Beacon Hill Village to see how this works.

But it is a work in progress, he said. He and his medical team will take care of the physical and medical side, but allow the Village to provide what it does best without affecting or contaminating it with too much oversight. Will patients take advantage of the offerings? Will they need a phone call every day? Will they need help getting to events? Many questions still need to be answered.

"We expect lots of feedback from Beacon Hill Village to see how this works," said Dr. Dhand. "We're extending to patients the secret ingredient of social interactions and the fellowship Beacon Hill Village naturally provides its members."

The study, funded by previous National Institutes of Health grants, will involve patients at the Brigham, comparing those who join villages to those who do not. It will take two or three years, with the team eventually recruiting other villages to participate.

On its part, Beacon Hill Village wants to get going. "The board and staff are eager to contribute to this project," said Laura Connors, BHV's executive director. "We have much anecdotal evidence about the importance of strong social networks as we age. This study will put meat on those bones." ■

New President: Doug Fitzsimmons continued from page 1.

What has kept you involved?

In addition to the great plethora of programs and activities of which we have availed ourselves, I have come to understand the importance of volunteering to further the mission of the Village. We have had a wide range of opportunities to volunteer to support other members and the Village as an organization.

What are the Village's most important contributions to downtown Boston's older folks?

The Village exists to create opportunities for people to choose how and where they live as they grow older. Social connections are critical to healthy aging, and BHV enriches the lives of both active people as well as those who need some help to remain living independently.

What are the challenges in the next couple of years?

As the Village matures, so does our mission. BHV must continue to grow so that we can collectively support each other on our individual journeys. Outreach and attracting new members will always be a challenge for the Village, which operates with a small staff and a large corps of volunteers.

How can Village members help address these challenges?

We are all ambassadors for our Village. Members can help ensure our continued success by joining in the Village effort to attract new members who can help make happen the many things BHV does. ■



Practicing Advocacy: Jan Beaven continued from page 2.

about Medicare, Social Security and Medicaid, federal programs about which Jan is particularly concerned. "We could see a path to getting messages to all those people," said Jan.

Jan came away impressed with Emily Shea, the Commissioner of Elderly Affairs, who despite her tender age of 44, seems to well understand seniors' concerns and how to address them. She also believed the experience was worth the time.

This academy was a pilot program. Jan believes it should become a regular offering. "It was sophisticated and worthwhile," she said. She plans to put her skills to use not just in city matters but in trying to influence state and federal officials also. ■

MEMBER PROFILE

LOOKING FOR COMMUNITY AND SOCIABILITY

Barbara Lindeman

BY KAREN CORD TAYLOR

ABOUT 80 PERCENT OF THE respondents in a 2014 AARP survey said they wanted to stay in their own home as they aged. The other 20 percent? They headed for assisted living, a better climate, adventure or a move to be near their children.

The latter was what Barbara Lindeman decided to do. Barbara and her husband, Philip, had brought up their four children in New Jersey. Barbara had a satisfying job at Kean University, mentoring adults who were returning to undergraduate studies after dropping out. After their children left home, the Lindemans decided to move into Manhattan. They plunged into the city's cultural offerings, loving that they no longer had a long drive home after attending the opera or an orchestral performance. Then, in 2011, Philip died.

Barbara couldn't stay in the apartment she had shared with her husband because she feared she would become isolated. "New York was not a good place to be alone," she said. "There was no community there."

Three of her children lived in the Boston area as did four of her seven grandchildren. She decided to move to be closer to them. Her move required little downsizing since she and her husband had already gone through that when they moved into Manhattan.

She rented a furnished apartment in the Back Bay in the spring of 2012 and looked for a place to either rent or own, seeing advantages to both. She didn't want to walk up a hill, and she wanted an elevator, so much of Beacon Hill was out.

She looked for older Back Bay apartments, but found them overpriced and shabby. She wanted a place that didn't need much work.

She needed convenience, security, services and a doorman. She found all that in a newish condominium building near Downtown Crossing. It was the right choice.

She attends her grandchildren's games and sees her children, but also leads an independent life. She loves her location, with three T stations, banks, movie theatres, a drugstore, restaurants and a Roche Bros. market nearby. She said neighbors in her building are of all ages, and the staff members are lovely.

But a social life is necessary for health and entertainment. Barbara heard about Beacon Hill Village from a friend who started a village in Greenwich, Connecticut. The friend's village was directed more toward services than sociability. "I had no expectations," she said, "and I knew no one."

She joined anyway.



She enjoyed the first BHV holiday party she went to. She ended up going to Cuba with the BHV group. "I felt so included and now have many friends," she said. "I take part in concerts, theatre, movies – all with friends from the Village."

She is philosophical about living alone, which she had not done since she married at age 20. She acknowledged that she eats when she wants to eat and that living alone is liberating in those ways. She sees her family frequently and her small dog is a good companion. But it's the friends nearby who are important.

"The friends you make when you are older are different from the friends you made when you were young," she said. "With old friends there is a history. Here, it is starting over, and none of our past lives matter that much. We just have a good time."

Barbara said she moved because it was prudent but she had little idea of the future. "I had no picture of what life would be like here," she said. "But what came out of it was a whole life." ■

BHV WELCOMES

BACK BAY

Prilla and George Brackett
Joan Florsheim
Sally Mead
Stephanie (Stevie) Smith

BEACON HILL

Miriam Allman
Suzanne Archambault
Liana Cheney
John Cunningham III
Mary Ellen Grogan

Michael and Nancy Grogan
Merloyd Lawrence and John Myers
Kenneth Mendoza
Stewart Wise

BROOKLINE

Nancy Ciaranello

SOUTH END

John Mathurin



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THE VILLAGER design by Joanne Legge

BHV on the Go...



Above: BHV members and good friends (left to right) Tina DiMaggio, Elsie Herrmann, Joan Doucette and Mary Scudder at BHV's annual all members' birthday party.

Upper right: BHV members and their guests pose for a photo aboard the Nantucket Lightship on their tour of the decommissioned Lightship, now being restored as a floating museum. Lunch at KO Pies in East Boston completed the outing.

Bottom right: Charley and Elaine Davidson trying their hand at compiling pages of a Braille book on BHV's tour of the National Braille Press in Boston.

