



BHV@TWENTY

BEACON HILL VILLAGE SPECIAL VILLAGER ISSUE

DECEMBER 2021

Beacon Hill Village: A Twenty-Year Balance Sheet

by SUSAN MCWHINNEY-MORSE and STEVE ROOP

THE FOUNDERS OF BHV REALLY resembled an affinity group. We shared a common, compelling interest: concerns about aging. Each of us – eleven in all – spoke disparagingly of our parents' last years, lives too often marred by isolation and patronizing and infantilizing treatment, where small issues became major problems and where the search for help meant moving, most often, to retirement communities, assisted living facilities or nursing homes. As we talked, it became clear to us that

we needed to change how aging is experienced.

It took two years of soul searching, intense investigation into the issues surrounding the aging process, and an evaluation of what our community and the City of Boston had to offer before we were able to develop a plan.



Beacon Hill Village became a reality in February of 2002. Its virtual building blocks were based in the profound belief that we, the aging generation,

needed to remain in control of our own lives rather than conceding that control to others. We wanted to be able to "age in place," a radical concept at that time. Of equal importance was our determination to create a support system to enable us to do this wisely and safely.

The results: a non-profit membership organization that would be self-governing and self-supporting. It would care for the whole person –

BALANCE SHEET continued on page 4. ►

BEACON HILL VILLAGE TIMELINE 1999-2022

1999	2001	2002	2004	2006	2007	2008
<p>Founders gather as friends and neighbors in December to discuss aging issues.</p> 	<p>BHV incorporates and receives 501(c)(3) status.</p> <p>501(c)(3)</p>	<p>BHV opens in January with its first 60 members.</p> <p>60</p>	<p>The Boston Foundation awards Beacon Hill Village \$25k grant.</p> <p>First international visitor from Japan consults with BHV.</p> 	<p>New York Times publishes full-page article on BHV. Hundreds of inquiries pour into the Village office.</p> <p>BHV begins extensive support for those wishing to start villages around the country and publishes <i>A Founders' Manual</i> to respond to demand for how-to advice.</p>	<p>BHV hosts 250 people in Boston for the first National Village Conference.</p> <p>Next two villages, Cambridge at Home and Capitol Hill Village, open.</p>	<p>Manhattan Institute honors BHV with Social Entrepreneurship Award.</p> <p>MANHATTAN INSTITUTE</p>

TIMELINE continued on page 4. ►



From the Executive Director

Dear BHV Members,

ANNIVERSARIES GIVE US A CHANCE to reflect on where we have been and look ahead to where we are going. In this newsletter we are delighted to kick off a year of celebration to mark our 20th anniversary. We hope you enjoy the timeline of events and accomplishments starting with the launch of the village idea in 1999. Indeed, we have come a long way since 2002.

In the cover article, "A Twenty-Year Balance Sheet," Susan McWhinney-Morse and Steve Roop reflect on our journey and the movement we created, and share their hopes for the future. Thank you both for all your efforts along the way.

As we look ahead to 2022, there is room for optimism in all corners of our village lives. Our model for aging in place is attractive and worthy of sharing across the Boston neighborhoods. We are looking ahead to long-awaited in-person gatherings and activities in the new year, planned carefully to safely bring us back together. We will celebrate our anniversary and the success of the village movement starting in February with a national virtual event co-hosted with Village to Village Network (VTV) on February 15, 2022. What's more, we are planning several 20th-anniversary-themed programs to return the joy we have all been missing for the past 18 months. Stay tuned for more information and how to be involved.

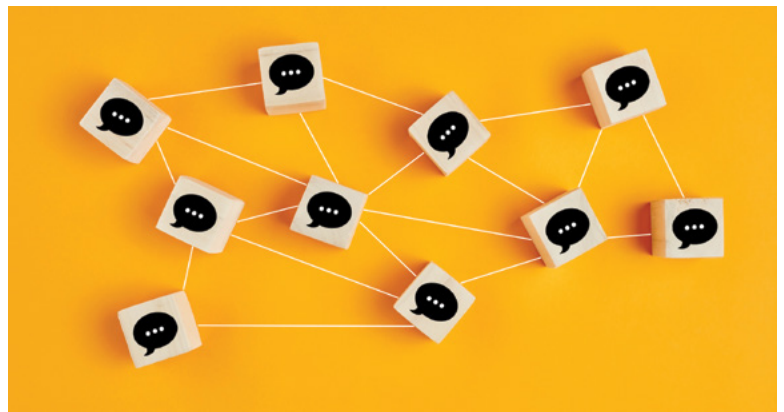
In the meantime, check out the December calendar and the exciting upcoming programs planned. This month there's the always-entertaining "Coffee with Staff" on December 9, the trip to the Worcester Art Museum on December 15, and "Get Smart About Smart Phones" on December 16, and more.

We also have many affinity groups to consider joining. The current list of groups can be found on the back of the calendar page insert, along with contact information for each affinity group leader. Please also see the AFFINITY GROUP HOW-TO & FAQs on the upper right corner of this page.

As we enter the holiday season I wish you peace, hope and light, and good fortune in the New Year. ■

Be well.

Gina
Gina



AFFINITY GROUP HOW-TO & FAQs

What is an affinity group?

Affinity groups are organized and led by members who have special interest in a topic or activity. Each affinity group determines their own meeting schedule.

Interested in participating in an existing affinity group?

Join in! Email the contact listed below each respective group for more information. (See the back of the calendar insert.)

Who starts and runs affinity groups?

Any member may start and host an affinity group anytime.

How do I suggest or host a new group?

If you have an idea for a new group, or one you'd like to start, begin by emailing Joanne Cooper, Member Services Committee Chairperson at joandbill1234@rcn.com.

Why do affinity groups matter?

They cultivate and sustain member leadership, energy, engagement, and relationships. They are the backbone of the Village!

Have questions or need more assistance?

Reach out to Joanne Cooper joandbill1234@rcn.com or any of the other AG leaders whose contact information is listed on the reverse-side of the calendar for their suggestions. ■

BHV WELCOMES

BEACON HILL

Carmen Lee Janis Wagner

SOUTH END

Fernando Requena & Margaret Preston Norma & Arnold Zack

WEST END

Leon-Diego Fernandez Jane Kelley

PRESIDENT'S LETTER

Dear Beacon Hill Village Members,

YOUR BOARD OF DIRECTORS HAS been extremely active this fall. First, in lieu of an in-person strategic retreat, the board divided into three working groups, and held separate virtual meetings to address top board priorities.

The working groups have held substantive discussions on top priority issues: defining the value of membership; increasing awareness of BHV both internally and externally; and, planning for succession (i.e., identifying future leaders within membership.) The groups will present actionable recommendations at our next board meeting, after which I will update you on our progress.

Second, a steering committee was formed to plan for BHV's 20th Anniversary celebrations in 2022. (BHV began operating in 2002, launching a movement that has resulted in over 300 villages opened and in-development worldwide. There are 19 villages in Massachusetts alone.

You can see where the MA villages are located by visiting our website and clicking on the Resource tab.)

The steering committee has so far identified the following ways to celebrate this 20-year milestone: 1) a National Villages' Day virtual celebration to be held on February 15, 2022 in coordination with the Village-to-Village Network; 2) a reading of the official proclamation by the Massachusetts General Assembly to its members, lauding BHV's success and that of the Village movement; 3) a virtual Hearth & Home fundraising event to include an online auction; and, 4) a special lecture or panel discussion on aging and health in a prominent venue.

If you have ideas for ways to celebrate this incredible achievement, or if you would like to be part of the event task forces, please email me. Let's make 2022 a fun and engaging year for everyone. Happy 20th! ■

Allan Hodges
hodges2@comcast.net

MEMBER PROFILE: TOM KWEI BY JEN SPRING

You
Get
Out
What
You
Put
In

YOU MAY BE FAMILIAR WITH Tom Kwei, as he has contributed many photos to BHV's online and print newsletters. You may know him from his attendance at our weekly fitness classes. Or, maybe you know him from his participation on the BHV board, *BHV WALKS!*, his volunteer tech assistance to BHV members, or from the affinity group *Collaborative Crosswords* that he recently formed with Cheryl Miller.

The point being, Tom has immersed himself in BHV on many levels, and has become an integral part of the fabric of Beacon Hill Village.

Tom was born in Shanghai, China, and came to the US from Hong Kong to finish high school in Massachusetts before graduating from Yale University with Bachelor & Master Degrees in Electrical Engineering. He started his career, working for IBM for almost a decade. In 1972, he started his own computer memory technology company and served as its president until his retirement in 1995. He and his wife, Amy, who is a published author, moved to Cambridge in 2004 to be close to promised grandchildren, a promise realized four years later.

It also may not surprise you to find out that Tom has many interests. He and his family have loved skiing in Aspen in the winters, and attending music festivals and hiking there in the summers. Since moving to Cambridge, Tom

has been a volunteer at the Museum of Science, the Boston Symphony Orchestra, and a Class Agent for the Yale Alumni Fund. He especially enjoys visiting his grandchildren in Milton, watching them grow up interestingly and nicely.

His love of music started with learning to play the harmonica in China. Since then, he claims to have "tortured" other instruments, including piano, accordion, viola da gamba, recorders. He treasures his time spent coaching his daughter on Suzuki violin for nine years and doing karate with his son for four years. Tom continues to practice taichi, a related form, weekly.

More recently during the pandemic, Tom took up banjo to learn a new challenge. He initiated the *Collaborative Crosswords* affinity group out of a desire to complete the NYT crossword with fellow fans. They now meet twice a month! Tom believes that to slow down the inevitable aging process, it is important to do today what can be done the day before.



Tom Kwei

TOM KWEI continued on page 7. ►



Steve and Susan receiving the Beacon Award in 2013.

mind, body and soul – as we were fully aware that isolation and anxiety were as dangerous as malnutrition and inactivity. It would utilize the rich resources of our community, negating the need to own or manage property; it would be a consolidator of vetted services. The driving force behind this all: the skills and passions of our members aided by a small professional staff.

Twenty years later, this fundamental BHV vision remains remarkably intact.

In many ways today’s BHV would be almost unrecognizable to its founders. There is more of what there was in 2002--more staffers, a bigger board, many more committees. The generosity of members and donors has made BHV financially strong. But by 2022 there is also a luxuriant growth of affinity groups, created by BHV members themselves and serving their diverse interests. Yet all this complexity, and its coordination, still serves the founders’ vision: a vigorous support system which taps and fosters members’ skills and passions. COVID-19 fundamentally challenged this whole structure when the face-to-face premise of BHV’s member activities suddenly became a health threat. BHV’s talents for organizing met and mastered this challenge, though members look hopefully towards a restored face-to-face world.

Perhaps unimaginably to the founders, BHV has become an inspiration for hundreds of other villages, across America and the world. Each new village, of course, reflects the needs, desires and capacities of its own community. But all the villages are engaged in changing how aging is lived and valued. It seems like a commonplace assertion today, but in 2002 the idea of aging people remaining in control of their own lives radically challenged the status quo. So BHV and all the villages represent as much as anything the triumph of imagination. Their members did not merely covet a newer world: they created it, and do so anew every day with every plan, meeting, service and event their energies conceive. ■

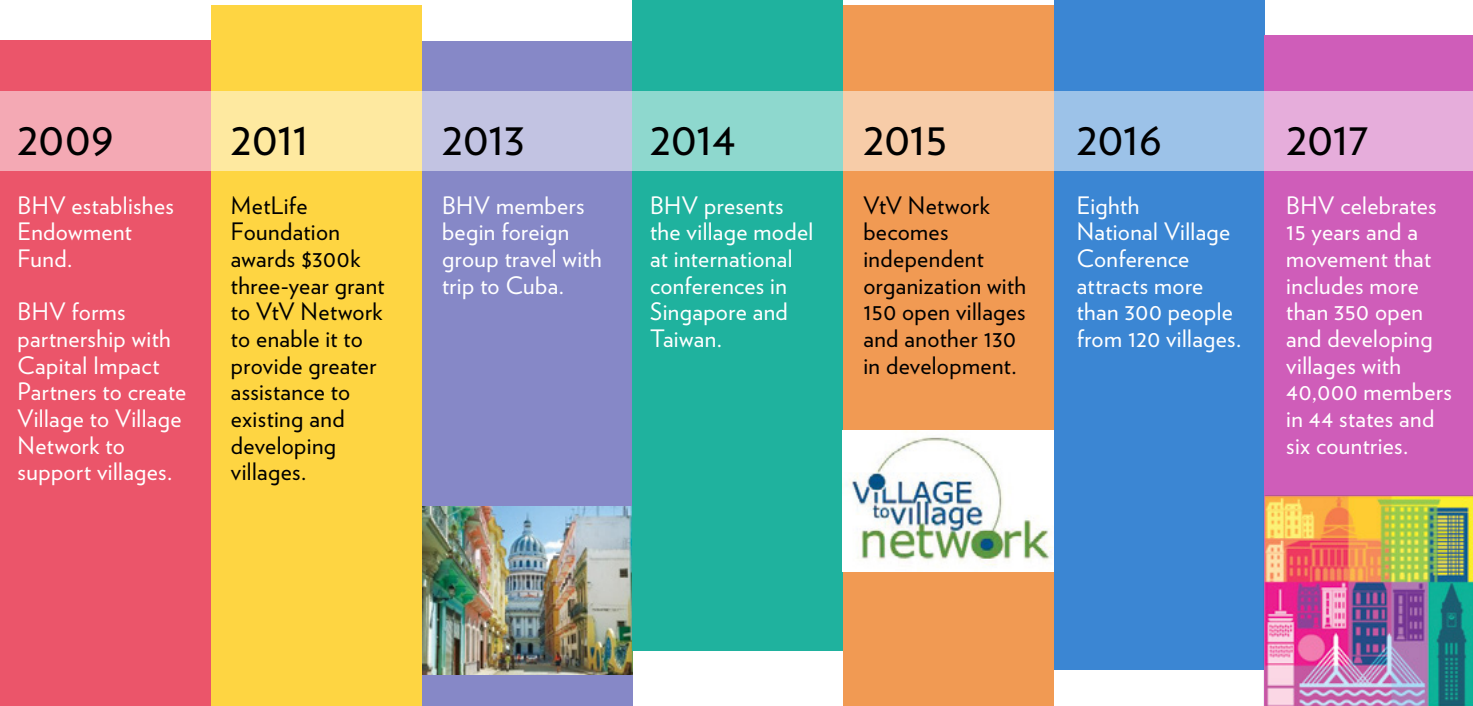


Steve and Susan today.

BEACON HILL VILLAGE TIMELINE 1999-2022

continued from page 1.

How we’ve grown...



1999

BHV THROUGH THE YEARS

2022



and what's ahead...

2018

BHV hosts its 5th annual Creative Kitchens Tour, by now a beloved community event.



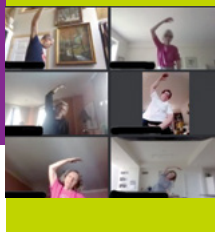
2019

BHV becomes a community partner with the Boston Public Library, launching its inaugural series of public healthy aging lectures at the Central Library in Copley Square.

LW EW

2020

BHV successfully pivots to all-virtual programming during the pandemic; data show marked growth in participation.



2021

BHV WALKS! (our member-led walking series) launches; Meanwhile, BHV members together contribute 6+ millions steps to the EOE's Steps Challenge for Falls Prevention.

2022

Our 20th Anniversary Celebrations commence!



Clockwise from top left: Members enjoying the beach on Martha's Vineyard. Atul Gawande presents on the value of community and choice as we grow older. Members at a festive Valentine's BHV brunch at the firehouse. Members visit at the All-Member Birthday Party at King's Chapel Parish House. Inside a Beacon Hill home featured in BHV's Creative Kitchens Tour. **Center:** Members on a guided tour of the Harvard Museum of the Ancient Near East. **Bottom right:** Members take in the view of the city skyline on a member-led walk.

!! BHV WALKS! BY THE NUMBERS



MJ Shultz

We extend our heartfelt thanks to MJ Shultz and Davida Carvin for creating and executing this wonderful series of member-led walks at a crucial time. We look forward to the next series come spring.

Thank you!



Davida Carvin

These fun outings led to an unlimited number of smiles!



First series held over **5** months
(June through October 2021)



Planned by our **2** fearless leaders
(members MJ Shultz and Davida Carvin)



8+ Boston neighborhoods visited and **8** group meals



Series featured **2** kinds of outings (Walks and Strolls) **1,392** total estimated miles



4 Brisk Walks and **4** Leisurely Strolls completed by **87** members



More than **2.5 million** total steps walked

MEMBER PROFILE: **TOM KWEI** continued from page 3.

Tom and his wife Amy joined Beacon Hill Village in 2017 and have since really engaged themselves in our organization. With a sharp eye for noticing details, and appreciation for beauty in the world, Tom involves himself in each new endeavor with curiosity, and admirable focus and attention. Beacon Hill Village is lucky to have such a dedicated and active member in our community!

Tom wishes to express his gratitude for all the hard work of the BHV staff and contributions from fellow members.

Thank you, Tom! ■



Collaborative Crosswords, BHV's newest affinity group, having some laughs on Zoom.



*Next up in Beacon Hill Village's
Living Well Ending Well lecture series in
partnership with the Boston Public Library.*



Christine Ritchie



Esteban Franco-Garcia

Join us on December 14 at 2:00 via Zoom

“When Good Things Maybe Aren’t Anymore: Medication, Polypharmacy and Aging with Christine Ritchie, MD, MSPH and Esteban Franco-Garcia, MD”

AS WE AGE, WE TEND to accumulate prescription and over-the-counter medications. Have you ever wondered, “too many?”, “too much?”, “wrong mix?”, “better options”? The answers to these questions change along with our metabolism, other chronic conditions we may develop and the mix of drugs we take.

Drs. Ritchie and Franco-Garcia will walk us through the ever-changing, age-related landscape of risks and benefits from multiple medications, including drugs elders should avoid taking if possible. Next time you see your doctor, you will be ready for an informed discussion of what meds make the most sense for you.

Christine Ritchie, MD, MSPH is the Director of the Center of Aging and Serious Illness Research at Massachusetts General’s Mongan Institute where she leads a

team of researchers focused on improving the well-being of older adults and enhancing the lived experience of those with advanced illnesses. Dr. Ritchie is a board-certified geriatrician and palliative care physician.

Esteban Franco-Garcia, MD specializes in geriatric medicine and internal medicine at Senior Health, Massachusetts General Hospital. Dr. Franco-Garcia directs the MGH Orthogeriatrics Program and is the Program Director for the MGH Geriatric Fellowship Program.

Registration is now open on our online calendar for this virtual public program. Stay tuned for updates on the rest of the series running through June 2022.

Many thanks to the LWEW Committee for bringing BHV and the broader community these rich series of lectures and smaller group conversations. ■



**BEACON HILL
VILLAGE**

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THE VILLAGER design by Joanne Legge

1999 < BHV THROUGH THE YEARS > 2022



Clockwise from top left: Members celebrate at the Holidays Party at the Church of the Advent. A member visits with a neighbor at the annual Beacon Hill Block Party on Charles Street. Members gather for the annual BHV Community Seder.




BEACON HILL VILLAGE

Happy Holidays by John S., 2004

DECEMBER 2021 CALENDAR



MON	TUES	WED	THURS	FRI
 <p>LWEW designates lectures, conversations, and workshops that are part of BHV's Living Well Ending Well Series.</p> <p><u>All underlined activities are in-person events!</u></p>		<p>Another Cup (10:00) <u>Wreath Decorating at King's Chapel Parish House (3:00-5:00)</u> Meditation (4:00)</p>	<p>Meditation (8:30) Zoom Fitness w/ Cindy (11:00) Men's First Drink (4:00) <u>Caroling at the Beacon Hill</u> <u>Holiday Stroll (6:00-7:30)</u></p>	<p>Gentle Yoga w/ Jen Peterson (9:30) Joan's Happy Hanukkah Hour (4:00)</p>
<p>Meditation (8:30) Zoom Stretch and Strength w/ Cindy (9:30) Collaborative Crosswords (11:00) Movie Discussion Group: <u>Queen Marie</u> (4:00) <u>First Monday at Jordan Hall (7:30 p.m. concert)</u></p>	<p>Zoom Fitness w/ Cindy (11:00) LWEW Living Well After Lockdown (3:00) Cultural Connection (4:00)</p>	<p>Another Cup (10:00) Meditation (4:00)</p>	<p>Meditation (8:30) Zoom Fitness w/ Cindy (11:00) Coffee w/ Staff (2:00)</p>	<p>Gentle Yoga w/ Jen Peterson (9:30) Taxi Coupon Distribution (11:00-noon)</p>
<p>Meditation (8:30) Zoom Stretch and Strength w/ Cindy (9:30) New Yorker Hour (2:00)</p>	<p>Zoom Fitness w/Cindy (11:00) Book Group w/ Diana (2:00) LWEW When Good Things Maybe Aren't Anymore: Medication, Polypharmacy and Aging with Christine Ritchie, MD, MSPH and Esteban Franco-Garcia, MD (2:00)</p>	<p>Another Cup (10:00) <u>Worcester Art Museum By Train: 'Love Stories from the National Portrait Gallery, London'</u> <u>(meet at 9:35)</u> Meditation (4:00)</p>	<p>Meditation (8:30) Zoom Fitness w/ Cindy (11:00) Get Smart about Smartphones with LBFE's Digital Dividends (2:00)</p>	<p>Gentle Yoga w/ Jen Peterson (9:30) Joan's Happy Holidays Hour (4:00)</p>
<p>Meditation (8:30) Zoom Stretch and Strength w/ Cindy (9:30) Collaborative Crosswords (11:00)</p>	<p>Zoom Fitness w/Cindy(11:00) LWEW Living Well After Lockdown (3:00)</p>	<p>Another Cup (10:00) Meditation (4:00)</p>	<p>Meditation (8:30) Zoom Fitness w/ Cindy (11:00)</p>	<p>BHV Office Closed</p>
<p>Meditation (8:30) BHV Office Closed</p>	<p>Zoom Fitness w/Cindy (11:00) Book of the Month Group w/ Joanne (2:00)</p>	<p>Another Cup (10:00) Meditation (4:00)</p>	<p>Meditation (8:30) Zoom Fitness w/ Cindy (11:00) Turner Classic Movies Discussion Group (3:00)</p>	<p>Gentle Yoga w/ Jen Peterson (9:30)</p>

DECEMBER 2021

Call 617-723-9713 or visit beaconhillvillage.org
for registration and information

AFFINITY GROUPS

ANOTHER CUP

Ken Scott (KenScott@alum.mit.edu)

BHV BOOK GROUP WITH DIANA

Diana Crane (dscrane565@comcast.net)

COLLABORATIVE CROSSWORDS

Tom Kwei (tms6kw@yahoo.com)

CULTURAL CONNECTION

Roberta Meyers
(bonmarchebabes12000@yahoo.com)

MEDITATION

Jerry Fielder (info@beaconhillvillage.org)

MEN'S FIRST DRINK

Ken Scott (KenScott@alum.mit.edu)

THE BOOK OF THE MONTH GROUP WITH JOANNE

Joanne Cooper (joandbill1234@rcn.com)

THE NEW YORKER HOUR

Davida Carvin, Jean Sipe, and Maureen Yoder
(newyorkerhour@yahoo.com)

TURNER CLASSIC MOVIES DISCUSSION GROUP

Patricia Sheehan & Barbara Lindeman
(info@beaconhillvillage.org).

GROCERY DELIVERY and TAXI COUPONS

Email memberservices@beaconhillvillage.org
or call (617) 723-9713 to submit your list or
for more information.

HEALTH & WELLNESS

ZOOM STRETCH AND STRENGTH & ZOOM FITNESS WITH CINDY SULLIVAN

Email info@beaconhillvillage.org to sign up.
\$7 per class.

GENTLE YOGA WITH JEN PETERSON

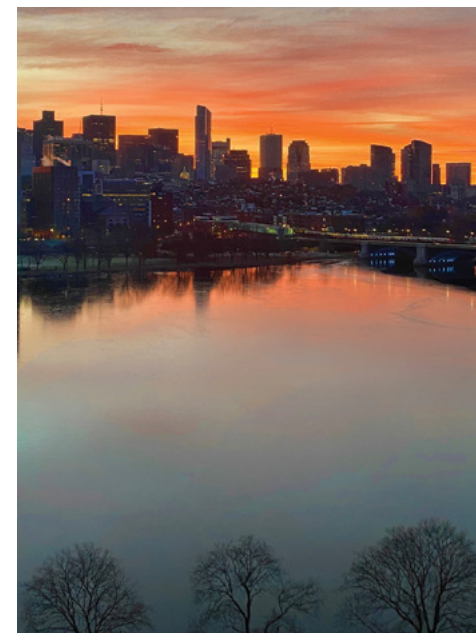
Email info@beaconhillvillage.org to sign up.
\$7 per class.

TAI CHI WITH JOSHUA GRANT

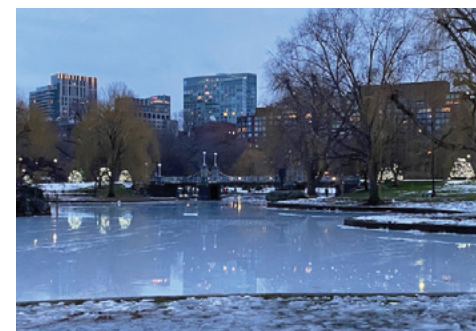
Email gulong16@gmail.com to sign up and
for schedule and fee information.



Clockwise from top left: Members visit the Victoria Mansion in Portland, Maine. Members take in the first fall colors at the Arnold Arboretum in Jamaica Plain. BHV ladies out for a delicious lunch al fresco at Ma Maison.



A Winter Sunrise by Tom K.



Frozen Pond by Katharine H.



Good Fortune by Joanne L.