

Get Fit. Stay Sharp. Age Well.



at Youville

A Glimpse Into Our Programs Fall 2022

1573 Cambridge Street
Cambridge, MA
617.491.1234

10 Pelham Road
Lexington, MA
781.861.3535

www.youvilleassistedliving.org

YouvilleHouse  YouvillePlace
Assisted Living Residences



About Youville Assisted Living Residences

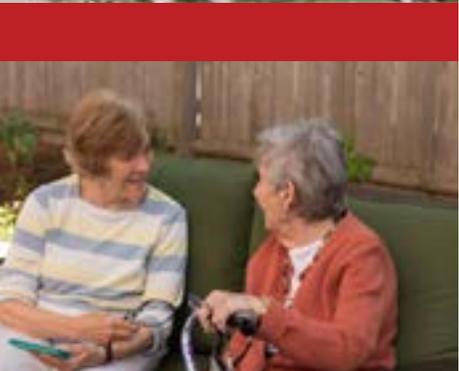
Youville House in Cambridge and Youville Place in Lexington are vibrant assisted living communities with a shared tradition of mission-oriented service for older adults.

Each with its distinct feel, Youville House and Youville Place offer the comfort and privacy of apartment living, the security of 24-hour onsite wellness staff, housekeeping services and a robust activities schedule that reflects the diverse interests of residents. Residents enjoy nutritious, home-cooked meals prepared and served by professional dining staff.

The Courtyard at Youville Place provides memory support for residents in the early to advanced stages of dementia.

Youville derives its name from St. Marguerite d'Youville, who lived in 17th Century Montreal and founded "The Grey Nuns" of Montreal, devoting her life to charity. Youville is a member of Covenant Health, a non-profit, Catholic healthcare organization serving communities throughout New England. For more information about the Youville communities, please visit us on the web:

www.youvilleassistedliving.org



Assisted Living - with the emphasis on *living*

Dear Friends,

This catalog is meant to give you a glimpse into the active lifestyle residents enjoy at Youville House and Youville Place. We provide opportunities for ongoing learning, creativity, spirituality and fitness, and we regularly update these offerings to ensure that they reflect the current needs and interests of our residents. The diversity of programs in this catalog reflects the diversity of the individuals that come together to make Youville such a unique community. As you will see, Youville offers exercise classes, meditation groups, religious support, live concerts, lectures, specialized dance classes and much more.

In addition to live, in-person programs, we are proud to embrace remote technology and virtual programming. This "hybrid" approach to programs gives residents maximum flexibility in how they participate throughout the year, while also allowing us to easily adapt our programs as we see fit to keep our community safe and healthy.

Program Categories



Intellectual	2
Spiritual	4
Physical	6
The Arts	8

If you would like to attend a program in person or schedule a tour, please feel free to contact us in Cambridge at 617.491.1234 or in Lexington at 781.861.3535. We would be happy to hear from you. As always, we remain committed to supporting both our residents and our friends in the outside community.

Sincerely,

Nicole M. Breslin
President/CEO
Youville Assisted Living Residences

Parkinson's Conference

Friday, November 4 | 8:00 AM - 10:00 AM

Youville House in Cambridge invites the community to a conference for caregivers and individuals living with Parkinson's disease. Our keynote speaker, Dr. Bruno Benitez, will discuss his lab's innovative research involving genetic translational processes to discover new biomarkers and therapeutic targets for Parkinson's.

1573 Cambridge Street, Cambridge, MA

Please RSVP to Yanira Burgos:
617.491.1234 or email yaniraburgos@youvillehouse.org



Bruno Benitez, MD
*Benitez Lab
Beth Israel Deaconess
Medical Center*

The History of Opera

A Lecture Series with Erika Reitshamer

Countess Maritza

"Countess Maritza," written by Emmerich Kalman, is one of the most acclaimed of all Silver Age Viennese operettas. It premiered in Vienna on February 28, 1924 at the Theater an der Wien. Erika Reitshamer will present a filmed version of the opera along with details about its rich production history.



The Abduction from the Seraglio

"The Abduction from the Seraglio" bolstered Mozart's reputation and earned rave reviews upon its release. Emperor Joseph II, who commissioned the opera, notably criticized it as being "too fine for my ears... it has too many notes," to which the composer replied, "There are just as many notes as there should be."

Hansel & Gretel

Engelbert Humperdinck's opera "Hansel & Gretel" has become a holiday classic. It was first conducted by Richard Strauss on December 23, 1893 in Weimar. A subsequent production in Hamburg was conducted by Gustav Mahler.

Latin American Literature

A Lecture and Discussion Series with Flora Gonzalez
Professor Emerita, Emerson College

In this bi-weekly series, Professor Gonzalez shares a range of poetry and short fiction from Latin America. Attendees read selections at the beginning of each session, with Professor Gonzalez guiding discussion and providing historical and literary context.



About the Instructor

Flora Gonzalez has published widely on the topic of the Latin American novel since the 1960s, and of Cuban literature and the arts. In 2009 she was the recipient of the Helaine and Stanley Miller Award for teaching at Emerson College. Her teaching interests include Latin American fiction and non-fiction, the literatures of the Caribbean and feminist writing. Professor Gonzalez has taught at Dartmouth College, Middlebury College and The University of Chicago.

INTELLECTUAL

A Short History of Classical Music

A Three-Part Music Appreciation Series with Sivan Etedgee

In this performance and lecture series, pianist Sivan Etedgee will cover the entire history of classical music from the Renaissance to the present day. Mr Etedgee performs and teaches throughout New England, appearing frequently as a recitalist, chamber musician and lecturer for audiences of all ages. His performances have been presented by Harvard University; the Brookline Library Music Association; Friends of the Wellesley Public Library; Music at Eden's Edge; "Music at the Meetinghouse" in Lebanon, New Hampshire; the Brooklyn Public Library's Dweck Center and the Beverly Hills Presbyterian Church in Los Angeles, California.



Memoir Writing Group

with Tom Daley

Award-winning poet and local writing instructor Tom Daley leads ongoing virtual writing workshops at Youville. Experienced and/or aspiring writers are encouraged to join. During a typical workshop, participants share and discuss one another's writing, receive feedback from the instructor, and go through a series of in-class prompts to help set a scene and stimulate the imagination and memory.





SPIRITUAL



Catholic Mass

For many lifelong Catholics, celebrating Mass is the most important part of their day and a welcome reminder of why living in a faith-based community is so important. Residents benefit from a full church experience without have to arrange for transportation off campus.



Rosary & Communion Service

Many Catholic residents take great comfort in performing religious rituals such as saying rosary and celebrating Holy Communion. During Covid-19, the Director of Mission and Spiritual Care is available for one-on-one visits to offer rosary and Communion service.

Guided Meditation

Countless studies have confirmed that meditation promotes mental and physical health. Some of the benefits include lower blood pressure, a decreased rate of respiration and lower blood lactate levels. Meditation is also associated with clearer thinking, improved concentration and increased happiness. Youville residents have the opportunity to practice mindfulness meditation on a regular basis. Mindfulness involves concentrating on the breath and keeping one's awareness on the present moment.

Inspirational Insights

A Discussion Series with Natacha Viollet

Natacha Viollet hails from Paris, is a mother of six young adults, a family practitioner, and a Boston-trained hospital chaplain. In this series, she leads searching and heartfelt discussions about the things that matter most in life. Topics have included patience, humility, how to build up others, and how to practice self-care. This program encourages attendees to be deliberate and intentional about living their best lives as individuals and within community.



Embracing Religious Diversity

A Lecture & Discussion Series with Kathleen Kelleher, Director of Mission & Spiritual Care

Youville embraces religious diversity and celebrates the faiths and spiritual practices of all residents. Kathleen Kelleher, Director of Mission and Spiritual Care, offers programs throughout the year devoted to a wide variety of religious traditions and sacred holidays.



Celebrate Hanukkah

with Kathleen Kelleher

Director of Mission & Spiritual Care

Hanukkah commemorates the restoration of the Second Temple during the 2nd century BC, a time when Jewish people were persecuted by an occupying Greek military. The symbol most commonly associated with Hanukkah, the menorah, commemorates the miracle of just a day's worth of oil keeping the Second Temple lit for eight days.



In remembrance of this miracle, people often indulge in tasty foods fried in oil during Hanukkah. There is also an exchange of gifts throughout the eight day period, symbolic of the many gifts provided by divine providence during the rededication of the temple.



PHYSICAL

Steps in Time: Ballroom Dancing A Dance & Movement Class with Michael Winward Dance Instructor, Choreographer

Inspired by the idea that people of all ages and abilities should have opportunities to dance, Michael Winward has led social Ballroom and Latin dance workshops throughout Greater Boston, witnessing firsthand the many benefits that dancing provides for the "Over-55" community. Dance encourages good posture, offers low-impact, cardiovascular exercise and connects people through the skills of leading and following.



Tai Chi

A Movement Class with The School of Oom Yung Doe

Tai Chi offers a series of meditative movements that open the energy meridians, promoting internal and external strength. This class welcomes Tai Chi novices as well as those with previous experience. Practitioners of Tai Chi often report increased energy, focus, mood and physical wellness. Classes at Youville will be offered for ten weeks in August, September and October.

Fox Rehabilitation Physical & Occupational Therapy

In partnership with Fox Rehabilitation, Youville offers an array of in-house physical and occupational therapy services. Therapists work with residents on an individualized basis, using a multi-disciplinary approach to address coordination, physical strength, fall risks and cognitive wellness. For residents living with Parkinson's disease, Fox offers the services of a specialized speech therapist certified in the LSVT "Big and Loud" Program, a high effort speech treatment that has been shown to improve vocal loudness.



Laughter Yoga

Spontaneous laughter is known to promote cardiovascular health, social bonding, stress reduction and mental wellness. Laughter Yoga involves a combination of physical movements and coordinated, voluntary laughter. Studies have shown that Laughter Yoga produces the same positive results that spontaneous laughter provides.



Ageless Grace

Ageless Grace is a series of physical exercises designed to stimulate neurogenesis, the creation of new neural pathways. Most Ageless Grace sessions are 10 minutes long and performed seated in a chair. Seating ensures that people of all abilities can perform the movements, while also engaging the core muscles that support the spine and limbs. More importantly, the movements are unfamiliar, which is key for stimulating neurogenesis. As the brain works to figure out how to perform movements that normally assume a standing posture, new neural pathways form. Ageless Grace classes are taught by a certified instructor on the Youville leadership team.





THE ARTS



ArtMatters

An Art Lecture Series with Jane Blair

ArtMatters has been exposing Youville residents to great art for over a decade. Lecturers draw from an enormous library of life-size, high resolution prints and provide accessible commentary and historical context. A typical ArtMatters lecture might encompass an entire historical period, such as the art of ancient Greece, or home in on the life and work of a singular genius like Van Gogh. A lecture might also focus on a particular medium such as watercolor, the art of portraiture, Impressionism, Surrealism, women artists, the role of humor in art, and much more. Facilitators encourage residents to discuss the works under consideration and share their reactions.



The History of American Popular Music

A Lecture & Performance Series with Pianist David Sparr

In this performance and lecture seminar, pianist David Sparr will trace the origins of American popular music. Mr. Sparr will focus on specific trends and styles, such as Ragtime and New Orleans music, examining how and why they emerged. This presentation will also examine the British Invasion, Motown and related genres that rose to prominence in the 60s and 70s.

Travers Music Lecture Series

A Lecture Series with Richard Travers,
Music Historian & Educator

Dolly, Loretta & Tammy

With their strong feminine stances in the 1960s and 1970s, Dolly Parton, Loretta Lynn, and Tammy Wynette revolutionized the world of country music for women performers. Today they are regarded as enduring icons of the genre. Join music historian Richard Travers for a multimedia presentation on the lives, careers, and songs of these three kindred country stars.



Billy Joel

Having sold more than 150 million records, Billy Joel ranks as one of most popular entertainers and respected recording artists in the world. Joel's songs have acted as personal and cultural touchstones for millions of people, mirroring his own goal of writing songs that "meant something during the time in which I lived ... and transcended that time."



Music and The Military

Music plays a central role in military life, for reasons that go way beyond marching. In his most popular lecture, Richard Travers examines the many uses of music in all aspects of military life. From sunrise to sunset, from the battlefield to the final resting place, music is front and center in all branches of the military.



Silent Movie with Pianist Richard Hughes

Master pianist and movie expert Richard Hughes takes you back to the magical era of silent movies. It was a time when films flickered in black and white on the big screen and the action unfolded in pantomime, accompanied by dramatic "mood music" performed live on an upright piano. In this signature presentation, Mr. Hughes provides commentary and live musical accompaniment to a handpicked film from this bygone era.



Support Groups at Youville



*Hosted by Kathleen Kelleher
Director of Mission
& Spiritual Care*



Kathleen Kelleher, MDiv, is a board certified chaplain and a regular presence at both Youville House and Youville Place. She is available to meet privately with residents, as well as family members and caregivers. In addition to hosting and facilitating the Parkinson's and Alzheimer's Support Groups, Kathleen strives to be active in the lives of all residents at Youville, whether through one-on-one conversation, group discussions, prayer or simply offering her presence during difficult times.

Every Second Thursday of the Month

Parkinson's Support Group

3:00 PM

For those living with the challenges of Parkinson's disease, regular group support can have an enormous impact on morale and emotional wellness. Participants benefit from the opportunity to establish a network, share information and process their experiences with peers who understand what it's like to have Parkinson's disease.

Offered at Youville House

**1573 Cambridge Street, Cambridge, MA
Attendees may join in-person or via Zoom!**

Alzheimer's Support Group

4:30 PM

Caregivers, friends and family members of individuals living with Alzheimer's disease are invited to join the Alzheimer's Support Group.

Each session fosters group discussion focused on a variety of caregiver-related topics based on the particular concerns of attendees.

**This group currently meets via Zoom.
For in-person support at Youville Place,
call us anytime at 781.861.3535**

**For Zoom access to either support group or to learn more,
call Kathleen Kelleher at 617.491.1234
or email kkelleher@youvilleplace.org**