

Get Fit. Stay Sharp. Age Well.



at Youville

A Glimpse Into Our Programs Winter 2024

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

Dear Friends,

Youville is proud to celebrate 25 years serving Cambridge and Lexington as values-based, non-profit assisted living residences. Our legacy is based on a strong sense of mission that is carried out daily by our dedicated staff. Our mission continues to thrive through strong partnerships with friends in the outside community. We are more focused than ever on fostering that special feeling of connection and personal fulfillment we like to call the "Youville experience." I hope you will join us for as many programs as you like and experience this feeling for yourself.

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 unique 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,

Program Categories



Intellectual 2

Spiritual 4

Physical 6

The Arts 8

live concerts, lectures, specialized dance classes and much more.

If you would like to attend a program 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,

Joanne R. Scianna
Interim CEO
Youville Assisted Living Residences

Winter Wonderland Concert *with Harpist Judith Kogan*

Warm yourself with a mug of hot chocolate as Judith Kogan provides live entertainment. Kogan is a classically trained harpist who has performed throughout New England.

At Youville Place

Tuesday, January 30 at 1:30 PM



At Youville House

Tuesday, January 23 at 3:00 PM





INTELLECTUAL

The History of Opera

A Lecture Series with Erika Reitshamer

Antonin Dvorak's *Rusalka*

Based on a Czech fairy tale, "Rusalka" follows the story of a water nymph who has fallen in love with a human prince. Longing to become human and live with him, she drinks a potion that makes her mortal while taking away her ability to speak. She is then deserted by the prince. To return to her former state, she kills him with a kiss. First performed in 1901, "Rusalka" became Antonin Dvorak's most successful and influential opera. Today it is performed in opera houses throughout the world. In this talk, Erika Reitshamer will discuss the music and performance history of this classic opera while sharing famous scenes from a performance starring Renée Fleming, Piotr Beczala, Dolora Zajdic.



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About The Presenter

Erika Reitshamer is a lifelong opera aficionado who remembers attending opera performances as a small girl growing up in Germany, where attending the opera was "as common for townspeople as going to a soccer game." She was a founding member of the Boston Lyric Opera Company and served as Vice President of the Boston Wagner Society. Her multi-media lectures at Youville include visual and audio components from some of the most influential operas of all time.

Latin American Literature

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

In this 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.

Memoir Writing Group

A Writing Workshop 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.



Music for Piano & Viola

A Live Performance by Pei-yeh Tsai & Taisiya Sokolova

Pianist Pei-yeh Tsai and violist Taisiya Sokolova will showcase music from three prominent Romantic and post-Romantic era composers: Franz Schubert, Max Bruch, and Isaac Albeniz. Selections will include Schubert's "Arpeggione Sonata in A minor," Bruch's "Romanze Op. 85," Albeniz's "Evocation," and more.





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.

Inspirations

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.



Pope Francis's Message on Climate Change

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

In 2015, Pope Francis addressed the urgency of climate change in his influential encyclical, *Laudato Si*. In 2023, he wrote a follow up letter titled *Laudate Deum*, in which he amplified his calls for powerful nations of the world to address the social and environmental impacts of climate change. In this series, Kathleen Kelleher will lead discussion about the Pope's stance on climate justice and its context within important Catholic social teachings. We will also discuss outcomes from the most recent COP 28 gathering and watch a documentary about the Pope's message to all people of the world.





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.



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.



Forever Fit

Forever Fit provides group exercise classes designed to help older adults move better, feel better, and experience an overall better quality of life. The classes are accessible to people with all levels of mobility, including arthritis, dementia, stroke recovery, and Parkinson's disease. Certified instructors lead classes that can help older adults improve strength, balance, flexibility, and endurance.



Chair Yoga

This seated yoga class is designed to be safe, effective, and enjoyable while accommodating all skill levels. The exercises are designed to improve mobility, balance, flexibility, and endurance. Instructor Ann offers encouragement and feedback as she leads the class.





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 examine 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.



Introduction to Painting

A Studio Art Class

In this introductory class, attendees will receive personal instruction and feedback on brushwork, layering colors, perspective, and composition. No previous painting experience is necessary. Supplies will be provided on site!



An Afternoon of Music with Minkyung Oh

At the age of 15, Minkyung Oh performed as a soloist with the Seoul Symphony Orchestra. She earned her Bachelor of Music and Master of Music with Distinction in Performance from New England Conservatory and a Doctor of Musical Arts from Boston University. Her recordings have been praised by Steve Reich as "a beautiful addition to piano literature."



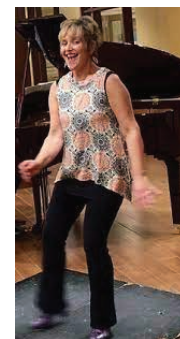
An Afternoon of Music with Nancy Day

An accomplished pianist, singer, and composer, Nancy Day thrills audiences with her dynamic performances. She draws from a wide ranging repertoire that includes jazz, country, ragtime, musical theater, and enchanting love songs.



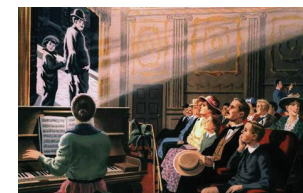
Tap Dancing with Valery Marcantonio

Immerse yourself in the lively world of tap dancing! Instructor Valery Marcantonio will put on a wonderful show and lead participants in a tap routine that is tailored for all mobility levels, along with a diverse playlist of songs that mixes nostalgic favorites with newer, highly dance-able hits. She will also share fun facts and images of late greats such as Doris Day, Fred Astaire, Frank Sinatra, and Ella Fitzgerald.



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