

JUNE 2024

Youville House Newsletter



Youville House
Assisted Living Residence

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Scams

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Returns

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CRLS Portrait Art
Exhibit

Youville House
Honored at
Lesley University



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Program Highlights

Get fit. Stay Sharp. Age Well.

Bridge Club

Sundays & Wednesdays at 3:00 PM

If it has been a while since you last took a seat at the Bridge table, don't be shy! The Bridge Club welcomes new members and will happily walk you through the rules. Even if you barely remember how to play, your presence is valued.

Memoir Writing with Tom Daley

Tuesday, June 4 & 18 at 2:30 PM

Join award-winning poet Tom Daley for a memoir writing workshop. 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 memory and imagination.

Richard Travers

Music Lecture Series

Felix Mendelssohn

Wednesday, June 5 at 1:30 PM

This lecture will include a presentation of Felix Mendelssohn's most famous works. A gifted musician and composer in his own right, he also played a central role in saving Bach from obscurity by reviving his work for contemporary audiences. Although Mendelssohn lived a short life, his instrumental and choral works make him one of the finest composers of the Romantic period.

Dance with Parkinson's

Thursday, June 6 & 13 at 10:30 AM

Taught by an instructor from Urbanity Dance, Dance with

Parkinson's includes live musicians and trained professionals with extensive knowledge of how Parkinson's disease affects movement. Participants report improvements in range of motion, balance and mind-body coordination.

Forever Fit Yoga Class

with Sara Olenich

Saturdays at 9:30 AM

This yoga class is designed to be safe, effective, and enjoyable while accommodating all mobility levels. Chairs will be available for anyone who is not comfortable with standing postures. The exercises are designed to improve balance, coordination, flexibility, and endurance. An instructor from Forever Fit will offer encouragement and feedback as she leads the class.

Tai Chi

Tuesdays at 10:30 AM

Tai Chi offers a series of meditative movements that open the energy meridians, promoting internal and external strength. This weekly class is open to all residents, regardless of previous Tai Chi experience. Those who practice Tai Chi often report increased levels of energy, focus, happiness and physical wellness.

Crescendo Chorus

Monday, June 10 & 24 at 10:30 AM

Do you have Parkinson's disease? Do you feel like you are losing your voice or having difficulty speaking loudly enough? Consider joining the Youville Crescendo Chorus for a

therapeutic singing experience. Led by a Neurologic Music Therapist from MedRhythms, Crescendo Chorus helps people improve breath support, volume, and articulation through enjoyable group singing exercises. No previous musical experience is required.

Latin American Literature

with Flora Gonzalez

Friday, June 14 & 28 at 3:00 PM

Professor Flora Gonzalez will share poetry and short fiction from Latin America. Attendees will read selections at the beginning of each session, with Professor Gonzalez guiding discussion and providing historical and literary context. Professor Gonzalez has published widely on the topic of the Latin American novel since the 1960s and of Cuban literature. In 2009, she was the recipient of the Helaine and Stanley Miller Award for teaching at Emerson College. In 1997-1998 she was a Fellow at the W.E.B. DuBois Institute at Harvard University and has been an affiliate of the David Rockefeller Center of Latin American Studies at Harvard University and of the greater Boston Latino Consortium. 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.

Knit & Crochet

with Bianca Medeiros

Wednesday, June 19 at 1:30 PM

Whether you have previous knitting or crocheting experience, or are interested in picking up a new hobby, this program combines the pleasure of craft with a relaxing social atmosphere. In this introductory program, Bianca will share her own experiences crocheting through the years and will invite attendees to discuss needlework projects they might be interested in pursuing.

Tasting History

with Yanira Burgos

Tuesday, June 18 at 2:00 PM

What was on the menu in ancient Egyptian dining rooms? What recipes were Roman mothers teaching their daughters during the reign of Caesar? What childhood dish do you fondly remember that has gone out of style? In this cooking demonstration, Yanira Burgos shares and prepare recipes that span continents and centuries. In each program, attendees will learn about a recipe and its far flung (or perhaps near and dear) origins, and

then participate in its preparation and consumption. Selections will range from Tiger Nut Cake from 400 B.C. to Oatmeal Honey Bread from the 1940s.

"God's Waiting Room"

with Kathleen Kelleher

Monday, June 24 at 3:00 PM

In her essay, "God's Waiting Room," Ruth Daniloff reflected on life's impermanence with the trademark wit and humor that endeared her to so many of us who knew her at Youville House. Written during the Covid era, her essay is still sparking conversation and reflection. In this program, we will re-visit the themes and memorable lines of her essay and share our own thoughts about enjoying life in the full awareness of its transience.

Outdoor Concert Series

The Modernistics Trio

Thursday, June 27 at 1:30 PM

The Modernistics Trio are Peter H. Bloom, flute; Mark Leighton, guitar; and Dave Zox, double-bass. The group performs music from the Great

American Songbook, with crowd-pleasing favorites by Duke Ellington, Cole Porter, Harold Arlen, Irving Berlin, George Gershwin, Dorothy Fields, and other master tunesmiths.

"A Lovely Light": The Poetry of

Edna St. Vincent Millay

with Stephen Collins




Friday, June 28 at 7:00 PM

Edna St. Vincent Millay (1892-1950), winner of the 1923 Pulitzer Prize for Poetry, was a daring, versatile writer whose work includes plays, essays, short stories, songs, and the libretto to an opera that premiered at New York's Metropolitan Opera House to rave reviews. In this seminar/performance, acclaimed actor and teacher Stephen Collins recites and discusses Millay's voluminous body of poetry, beginning with her masterpiece, "Renascence," which she wrote at the age of 19.



We were honored to receive the James S. Wilbur Award from Lesley University last month at their Threshold Graduation Celebration Luncheon. The Threshold Program offers inclusive higher education for young adults with disabilities, providing on-campus living, classes and internships. Staff at Youville have had wonderful experiences working with Threshold interns over the years and we look forward to continuing this meaningful relationship. Congratulations to the class of 2024!

June 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Youville's Walking Club Monday/Wednesday/Friday 11:00 AM	 Transportation Hours Monday - Friday 8:00 AM- 2:00 PM	 PS Salon Tuesday 9:00 AM - 3:00 PM				<div>1</div> 9:00 Confessions 9:30 Forever Fit Yoga Class 2:00 Matinee Movie: Oklahoma! 3:30 Outreach Project: Make Sandwiches for the Outdoor Church 7:00 Movie: Oklahoma!
<div>2</div> 10:45 Catholic Mass 2:00 Book Club w/ Mary D. & Pat D. 2:30 British Sitcom: Waiting for God: Season 1:5 3:00 Let's Play Bridge 7:00 Movie: Seven Brides for Seven Brothers	<div>3</div> 9:30 Forever Fit Exercise Class 10:45 Catholic Mass 12:45 Shopping Trip: Star Market 1:30 Bingo 2:30 Meditation w/ Yanqing 3:00 Doc West Moves w/ Federico Muchnik 7:00 Movie: Philomena	<div>4</div> 9:30 Balance Challenge 10:30 Tai Chi 10:45 Catholic Mass 1:30 Scams w/ Cambridge Police 2:30 Memoir Writing w/ Tom 3:30 Pet Pals 4:00 Rosary 7:00 Movie: King Richard	<div>5</div> 9:30 Stretch & Flex 10:45 Catholic Mass 1:30 Music Lecture: Life & Music of Mendelssohn w/ Richard Travers 3:00 Bridge Club 3:30 Happy Hour 7:00 Movie: Dark Waters	<div>6</div> 9:30 Balance Challenge 10:30 Dance w/ Parkinson's 10:45 Catholic Mass 1:30 Book Talk w/ Brynne from Cambridge Public Library 3:00 Bingo 7:00 Movie: Footloose	<div>7</div> 9:30 Stretch & Flex 10:45 Catholic Mass 1:50 CRLS Art Exhibit 3:00 Flower Arranging 7:00 Movie: French Kiss	<div>8</div> 9:30 Forever Fit Yoga Class 10:45 Piano Music w/ Mary Lou 2:00 Matinee Movie: Casablanca 4:00 Rosary 7:00 Movie: Casablanca
<div>9</div> 10:45 Catholic Mass 3:30 British Sitcom: Waiting for God: Season 1:6 3:00 Let's Play Bridge 7:00 Movie: The Best Exotic Marigold Hotel	<div>10</div> 9:30 Forever Fit Exercise Class 10:45 Catholic Mass 10:30 Crescendo Chorus 12:45 Shopping Trip: Star Market 1:30 Bingo 3:00 Craft Connection 4:00 Pet Pals 7:00 Movie: Under the Tuscan Sun	<div>11</div> 9:30 Balance Challenge 10:30 Tai Chi 10:45 Catholic Mas 2:00 Piano Concert w/ Solon 3:00 Jeopardy Trivia 4:00 Rosary 7:00 Movie: Something's Gotta Give	<div>12</div> 9:30 Stretch & Flex 10:45 Catholic Mass 11:00 Food Forum 1:30 Pokeno w/ Vinnie 3:00 Bridge Club 3:30 Happy Hour 7:00 Movie: My All American	<div>13</div> 9:30 Balance Challenge 10:30 Dance w/ Parkinson's 10:45 Catholic Mass 1:30 ArtMatters Post Impressionism 3:00 Bingo 4:00 Rosary 7:00 Movie: A Beautiful Life	<div>14</div> 9:30 Stretch & Flex 10:45 Catholic Mass 1:30 Flower Arranging 2:00 Meditation w/ Yanqing 3:00 Latin American Literature w/ Flora G. 7:00 Movie: A Walk in the Woods	<div>15</div> 9:30 Forever Fit Yoga Class 10:30 Sing Along w/ Lowell & Friends 2:00 Matinee Movie: South Pacific 4:00 Rosary 7:00 Movie: South Pacific
<div>16</div> Father's Day 10:45 Catholic Mass 2:30 Celebrate Father's Day w/ Concert Pianist Moshe Feldman 3:00 Let's Play Bridge 7:00 Movie: The Greatest Showman	<div>17</div> 9:30 Forever Fit Exercise Class 10:45 Catholic Mass 12:45 Shopping Trip: Trader Joe's 1:30 Bingo 2:30 Meditation w/ Yanqing 3:00 Opera Lecture (Zoom) w/ Erika Reitshamer 7:00 Movie: About Time	<div>18</div> 9:30 Balance Challenge 10:30 Tai Chi 10:45 Catholic Mass 2:00 Tasting History w/ Yanira 2:30 Memoir Writing w/ Tom 3:30 Pet Pals 4:00 Rosary 7:00 Movie: Micki & Maude	<div>19</div> 9:30 Stretch & Flex 10:45 Catholic Mass 1:30 Knit & Crochet w/ Bianca 3:00 Bridge Club 3:30 Happy Hour 7:00 Movie: Mother of the Bride	<div>20</div> 9:30 Balance Challenge 10:30 Nurse's Chat 10:45 Catholic Mass 11:30 Lunch Trip: Oak Bistro 2:00 Resident Council Mtg. 3:00 Bingo 7:00 Movie: Keys to the Heart	<div>21</div> 9:30 Stretch & Flex 10:45 Catholic Mass 1:30 Flower Arranging 2:00 Meditation w/ Yanqing 3:00 Play Reading 7:00 Movie: The Intern	<div>22</div> 9:30 Forever Fit Yoga Class 10:45 Piano Music w/ Mary Lou 2:00 Matinee Movie: The Phantom of the Opera 4:00 Rosary 7:00 Movie: The Phantom of the Opera
<div>23/30</div> 10:45 Catholic Mass 2:30 British Sitcom: Waiting for God: Season 1:7 3:00 Let's Play Bridge 7:00 Movie: TBA	<div>24</div> 9:30 Forever Fit Exercise Class 10:30 Crescendo Chorus 10:45 Catholic Mass 1:30 Bingo 2:30 Meditation w/ Yanqing 3:00 "God's Waiting Room" w/ Kathleen 4:00 Pet Pals 7:00 Movie: The Wedding Planner	<div>25</div> 9:30 Balance Challenge 10:30 Tai Chi 10:45 Catholic Mass 1:30 An Afternoon of Music w/ Nancy Day 3:00 Jeopardy Trivia 4:00 Rosary 7:00 Movie: Out of Africa	<div>26</div> 9:30 Stretch & Flex 10:45 Catholic Mass 2:00 Piano Concert w/ Solon 3:00 Bridge Club 3:30 Happy Hour w/ Tamarah 7:00 Movie: A Passage to India	<div>27</div> 9:30 Balance Challenge 10:30 Programs Planning Mtg. 10:45 Catholic Mass 1:30 Outdoor Summer Concert The Modernistics Trio 3:00 Bingo 7:00 Movie: The Miracle Club	<div>28</div> 9:30 Stretch & Flex 10:45 Catholic Mass 1:30 Flower Arranging 2:00 Meditation w/ Yanqing 3:00 Latin American Literature w/ Flora G. 7:00 The Poetry of Edna St. Vincent Millay w/ Stephen Collins	<div>29</div> 9:30 Forever Fit Yoga Class 2:00 Matinee Movie: A Chorus Line 4:00 Rosary 7:00 Movie: A Chorus Line



Meet Yanqing Cao, Harvard Divinity Intern

We are thrilled to welcome Yanqing Cao, our summer intern from the Harvard Divinity School. Yanqing (pronounced "Yen-ching") will be available for visits and conversation Monday through Friday and will lead meditation groups on Monday and Friday afternoons. She looks forward to developing additional programs during her summer internship.

Originally from Shanghai, Yanqing has an undergraduate degree in philosophy and comparative religions. At Harvard, she is two-thirds of the way toward completing her Masters in Divinity program.

Make Sandwiches for The Outdoor Church

*Saturday, June 1
at 3:30 PM*

The Outdoor Church has been serving homeless and street-involved men and women in Cambridge since 2003. Services are led every Sunday at the Porter SquareT Station by clergy from over 40 churches in the Cambridge and Somerville area. Join fellow residents for a marathon sandwichmaking session that will help feed our neighbors during the Sunday service!



Live at The Steinway

Pianist Solon Gordon

Tuesday, June 11 at 2:00 PM

Wednesday, June 26 at 2:00 PM

Solon Gordon specializes in music for strings and piano and finds joy in collaborating with young students, touring professionals, and everything in between. In recent years he has joined cellist Yo-Yo Ma for projects including his "Beginnings" recital and residency in Acadia National Park. He also maintains a comprehensive live music calendar for the Boston area at bostonshows.org. We look forward to welcoming him back to the Steinway this month!

**Celebrate Father's Day
with Pianist David Sparr**

Sunday, June 16 at 2:30 PM

David Sparr will perform a special concert for Father's Day.

**An Afternoon of Music
with Nancy Day**

Tuesday, June 25 at 1:30 PM

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

Out on the Town

Lunch Trip: Oak Bistro

Thursday, June 20

Depart: 11:30 AM

Return 2:00 PM

Cost: \$ for lunch

Located in the heart of Inman Square, Oak Bistro draws inspiration from nostalgic memories and fresh, local ingredients. Dishes reflect a celebration of flavors stemming from diverse origins, each carrying a distinctly modern essence. Each creation is meticulously crafted from scratch.

Shopping Trips

Star Market

Monday, June 3, 10 & 24

Time: 12:45 PM

Return: 2:00 PM

Trader Joe's

Monday, June 17

Time: 12:45 PM

Return: 2:00 PM

Documentary Screening: "Doc West Moves" with Federico Muchnik & Doc West

Monday, June 3 at 3:00 PM

Federico Muchnik's short film, "Doc West Moves," follows Cambridge resident Lewis "Doc" West as he moves out of his apartment and into a new place across town. West is an aging, blind, Black blues musician whose faith in God, love of music, and optimism guide him through life. Following the screening of this 16-minute film, there will be a Q & A with Muchnik and West. If time allows, Muchnik will also share "Martha's Magic Garden," a short documentary that explores the nature of friendship.



Director Statement

"Lewis West embodies perseverance, resilience, love, faith, and hope. As a Black, blind, diabetic residing in an assisted living facility in East Cambridge, Lewis has all manner of challenges yet he remains positive, inspiring those who come into contact with him. I'm privileged to have Lewis as a friend."

How To Avoid Scams with Cambridge Police Department

Tuesday, June 4 at 1:30 PM

Older adults have always been attractive targets for scammers. These days, they employ a variety of tactics to gain access to your personal information and, sometimes, your money. The scammer's playbook includes phone calls, text messages, emails and snail mail. In this talk, Cambridge Vice-Mayor Marc McGovern and members of the Cambridge Police Department will discuss how scammers operate and what you can do to avoid them.



CRLS Intergenerational Portrait Art Exhibition

Friday, June 7 at 1:50 PM

Students from Elizabeth Menges' portrait art class will unveil full-scale portraits they have been working on this semester in collaboration with Youville residents who have served as their models. The exhibition will include sketches, portraits and biographies that the students developed while interviewing residents over the course of the semester.



Upcoming Meetings

Food Forum

with Keithroy Haynes, Chef Manager
Wednesday, June 12 at 11:00 AM

Resident Council Meeting

Thursday, June 20 at 2:00 PM

Programs Planning Meeting

Thursday, June 27 at 10:30 AM



Meal Times

Main Dining Room

Breakfast

7:00 AM - 9:00 AM

Lunch

First Seating - 11:30 AM

Second Seating - 12:45 PM

Dinner

First Seating - 4:30 PM

Second Seating - 5:45 PM



Programs / Menu Hotline...

Hear a recorded list of the daily programs and the menu for lunch and dinner at Youville House. Simply call (857) 253-2024.

Youville TV: Channel 918

Tune in to channel 918 to view daily program listings, lunch and dinner menus, news bulletins, weather updates, and more.



Catholic Mass

Monthly schedule posted in lobby

Car/Van Transportation

Monday through Friday

8:00 AM - 2:00 PM

Please submit your requests for transportation to the Reception Desk forty-eight hours before the date of your appointment. Requests with less than forty-eight hours notice will be accommodated whenever possible, but not guaranteed.

The fee for transportation is \$10.00 for Cambridge and \$20.00 for surrounding communities. As always, we will do our best to meet your needs. If you have any questions, feel free to stop by or call.

Katie Blanchard, Director of Programs



Shopping Requests

Youville offers concierge service for your shopping needs on Mondays and Fridays. Shopping forms are available at the Reception desk. A surcharge of \$5.00 will be charged for requests exceeding five items.



Youville House Management Team

Susan Cwieka	<i>CEO/President</i>
Bianca Medeiros	<i>COO</i>
Tamarah Berleus	<i>Director of Community Life</i>
Katie Blanchard	<i>Director of Programs</i>
Yanira Burgos	<i>Senior Director of Marketing & Community Relations</i>
Sydney Douglas	<i>Director of Human Resources</i>
Ellis Garvin	<i>Director of Dining Services</i>
Kathleen Kelleher	<i>Director of Mission & Spiritual Care</i>
Vinnie Rodrigues	<i>Director of Environmental Services</i>
Jackie Saraco	<i>Director of Wellness</i>

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HOW TO **Avoid Scams**



On Tuesday, June 4 at 1:30 PM, Cambridge Vice-Mayor Marc McGovern and members of the Cambridge Police Department will visit Youville House to discuss scams that target older adults – and how to avoid being tricked by them.

For older adults who rely heavily on life savings, it is especially important to be careful about who to entrust with personal and financial information. Many of us are bombarded daily with ads, mailings and solicitations. In the midst of so much information, knowing who to trust and how to identify scams can save us from a world of stress.

Many scams today specifically target adults.

These might include appeals for charity, free prize offers, vacation bargains, lottery tickets, and inexpensive health care products. According to the Senate Special Committee on Aging, older adults lose approximately \$2.9 billion every year due to scams and financial exploitation.

We should all exercise great caution before giving out any private information— this includes anything related to your credit card, a bank account, insurance information or Medicare ID. When confronted with offers from telemarketers or by mail, remember that a healthy dose of skepticism is the best approach.

Phone Scams

Before giving out any private financial information over the phone, learn as much as you can from the caller— the name and phone number of the salesperson; the name, number and address of the organization; and the organization's business license number. Even if the caller seems legitimate, tell them you will be back in touch and hang up.

Remember that legitimate businesses very rarely call consumers unsolicited, and that banks and government agencies virtually never do. If you receive a call from someone claiming to be from your bank, the IRS or a similar government agency saying that

you owe money, hang up and report the call to the Reception Desk.

On its website, the FBI has posted a list of typical lines you might hear from a fraudster:

- “You must act now, or the offer won’t be good.” This is an attempt to pressure you into acting quickly and unreflectively— don’t fall for it!
- “You’ve won a free gift, vacation or prize— you just have to pay for postage and handling, convenience fees, or taxes.” Any attempt to get you to pay for a “free” prize is a ploy. Furthermore, the caller is breaking federal law if they tell you that the payment is for taxes.
- “You must send money, give a credit card or bank

continued

account number, or have a check picked up by courier.” Once your financial information is given over the phone, it is virtually impossible to recover the money or track down the perpetrator. Likewise, a courier who picks up your cash in person can even more easily vanish without a trace. Never agree to have a courier from an unfamiliar business come to your home to pick up cash.

The Grandchild Scam

“The Grandchild Scam” involves a caller claiming to be your grandchild or someone involved with your grandchild, with news that he or she is in some kind of trouble and needs money. In some cases, the caller may even have the correct name of your grandchild. While it is distressing to think about a grandchild in trouble, know that this is one of the most prevalent scams out there. Never agree to send money when contacted over the phone in this way. Contact your grandchild’s parents and tell them about the call. In almost all cases, you will find that your grandchild is fine and did not make the call.

Mail Scams

Common mail scams include invitations to participate in sweepstakes (which are fake) or foreign lotteries (which are illegal). In the case of the sweepstakes offer, you may be asked to buy magazine subscriptions or inexpensive jewelry, which will “automatically enter you in the sweepstakes.” Not only will you not see any winnings, but you will also see a lot more junk mail

like this once you have taken the bait; your name will be put on an “easy-target” list, which scammers buy and sell from one another.

In the foreign lottery scam, you may receive an authentic-looking check that says you have won the lottery in a foreign country. The accompanying note will instruct you to wire a portion of your winnings for taxes or other fees. Alternatively, the mailing might invite you to send money for a “special chance” to win the foreign lottery. Both versions are scams, as it is illegal to buy or sell foreign lottery tickets in the U.S. If you receive any foreign lottery mailings, the best thing to do is turn them in to the Reception Desk.

To report or inquire about telemarketing or mail scams, you can contact the Massachusetts Attorney General’s Public Inquiry & Assistance Center Hotline at (617) 727-8400.



“Once your financial information is given over the phone, it is virtually impossible to recover the money or track down the perpetrator. Likewise, a courier who picks up your cash in person can even more easily vanish without a trace.”

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Youville House
Assisted Living Residence