JULY 2024

Youville House ewsletter

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Youville Olympic Games











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Pianist Solon Gordon

Tuesday, July 2, 9 & 30 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!



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.

Crescendo Chorus

Monday, July 8 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. Open to all.

Robert Frost Seminar with Stephen Collins

Wednesday, July 10 & 24 at 1:30 PM

According to instructor Stephen Collins, Robert Frost's poetry does not fit easily into a neat category. Frost himself once said, "I never dared to be radical when young for fear it would make me conservative when old." In this series, Mr. Collins will give consideration to many of Frost's lesser-known works such as "Provide, Provide," "The Need of Being Versed in Country Things," and "For Once, Then, Something." We will also study better known works such as "A Tuft of Flowers," "Mending Wall," and "Birches." The class format will favor inclusive group discussion over didactic lecturing. Don't miss the opportunity to delve into the life and work of one of America's most well-known, yet misunderstood and under-read poets.









Latin American Literature with Flora Gonzalez Friday, July 12 at 3:00 PM

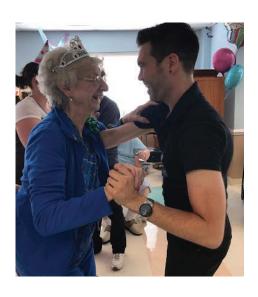
Professor Flora Gonzalez will share poetry and short fiction from Latin America. Attendees will read selections at the beginning of each session, with Professor Gonzalez guiding discussion and providing historical and literary context. Professor Gonzalez has published widely on the topic of the Latin 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.



Ballroom Dancing with Michael Winward

Tuesday, July 16 at 1:30 PM

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.







On Friday, June 7, students from Elizabeth Menges' Portrait Art Class at the Cambridge Rindge & Latin School unveiled portraits of Youville residents in the main atrium. Youville resident Gillian Aguilar, who is herself a painter and a retired high school teacher, participated in the project.

Program Highlights

Memoir Writing with Tom Daley

Tuesday, July 16 & 30 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.

Hawaiian Luau with Robert Black as Elvis Monday, July 29 at 3:00 PM

Join us for a live, Hawaiian Luau-themed performance by the award-winning Elvis impersonator Robert Black. His performances include elaborate costuming, charismatic audience interaction and vocal talent reminiscent of The King himself. Whether you yearn for the glory days of early Rock 'N Roll or just love a good spectacle, you won't want to miss this performance.



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.

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.





Shopping Trips

Star Market

Monday, July 1, 8, 15 & 29 Time: 12:45 PM Return: 2:00 PM

> Trader Joe's Monday, July 22 Time: 12:45 PM

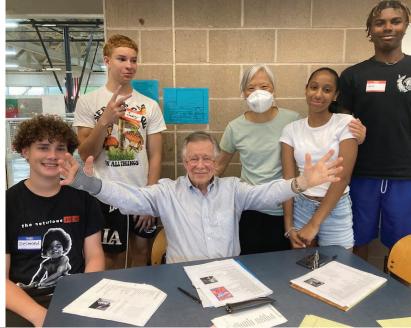


Like us on Facebook

Visit our Facebook page for regular updates and photos. Just search for "Youville Assisted Living" on Facebook and click "like."

Partners in Rhyme Information Session Monday, July 1 at 3:00 PM

Are you interested in connecting with local youth? Would you like to have more poetry in your life? Partners in Rhyme is a weekly, summer intergenerational poetry program sponsored by the Mayor's Summer Youth Employment Program and funded by Cambridge Arts. The program's director, Patti Russo, will discuss program logistics including locations, enrollment, time frame, and what to expect if you decide to participate in this experience.



Lunch Trip: Oak Bistro Thursday, July 18 at 11:00 AM

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.

Museum of Fine Arts Trip: "Dress Up" Exhibition Tuesday, July 23 at 1:00 PM

Fashion allows us to take on different roles, choosing clothing, jewelry shoes, handbags, and other accessories to transform the way we are seen and the way we see ourselves. One's choice of dress can make a political statement, express a mood or communicate personal identities. Through more than 100 works from the MFA's collection, "Dress Up" celebrates 20th- and 21st-century style with fashions by Alexander McQueen, Bob Mackie, Pauline Trigere, Patrick Kelly, and Oscar de la Renta.





July 2024

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	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 Partners in Rhyme w/ Patti Russo 7:00 Movie: Vertigo	9:30 Balance Challenge 10:30 Tai Chi 10:45 Catholic Mass 2:00 Piano Concert w/ Solon 3:30 Pet Pals 4:00 Rosary 7:00 Movie: Last Tango in Paris	9:30 Stretch & Flex 10:45 Catholic Mass 1:30 Music Lecture: Music for the 4th w/ Richard Travers 2:30 Meditation w/ Yanqing 3:00 Bridge Club 3:30 Happy Hour 7:00 Movie: This is the Army	4th of July 9:30 Balance Challenge 10:15 All Are Welcome w/ Kathleen 10:45 Catholic Mass 1:30 Celebrate the 4th of July w/ Pianist Yas Ishibasahi 3:00 Bingo 8:00 Boston Pops Fireworks Spectacular on TV	9:30 Stretch & Flex 10:45 Catholic Mass 1:30 Tap Dancing Show	9:00 Confessions 9:30 Forever Fit Yoga Class 10:30 Patriotic Sing Along w/ Lowell & Friends 2:00 Matinee Movie: Gigi 3:30 Outreach Project: Make Sandwiches for the Out Door Church 7:00 Movie: Gigi
7 10:45 Catholic Mass 2:30 British Sitcom: Waiting for God: Season 2: 1 3:00 Let's Play Bridge 7:00 Movie: A Man and a Women	9:30 Forever Fit Exercise Class 10:30 Crescendo Chorus 10:45 Catholic Mass 12:45 Shopping Trip: Star Market 1:30 Bingo 2:30 Meditation w/ Yanqing 3:00 Growing Up in Shanghai 4:00 Pet Pals 7:00 Movie: Bebette's Feast	9:30 Balance Challenge 10:30 Tai Chi 10:45 Catholic Mass 2:00 Piano Concert w/ Solon 3:30 Craft Connection 4:00 Rosary 7:00 Movie: Vertigo	9:30 Stretch & Flex 10:45 Catholic Mass 11:00 Food Forum 1:30 Robert Frost Poetry w/ Stephen Collins 2:30 Meditation w/ Yanqing 3:00 Bridge Club 3:30 Happy Hour 7:00 Movie: Call Me Kate	9:30 Balance Challenge 10:45 Catholic Mass 1:30 ArtMatters Italian Renaissance 3:00 Bingo 7:00 Movie: Gentleman Prefer Blondes	9:30 Stretch & Flex 10:45 Catholic Mass 1:30 Latin American Literature w/ Flora G. 3:00 Meditation w/ Yanqing 3:30 Flower Arranging 7:00 Movie: A Little Romance	9:30 Forever Fit Yoga Class 10:45 Piano Music w/ Mary Lou 2:00 Matinee Movie: 4:00 Rosary 7:00 Movie: The Triplets of Belleville
14 10:45 Catholic Mass 2:30 British Sitcom: Waiting for God: Season 2: 2 3:00 Let's Play Bridge 7:00 Movie: The Apartment	9:30 Forever Fit Exercise Class 15 10:45 Catholic Mass 12:45 Shopping Trip: Star Market 1:30 Bingo 2:30 Meditation w/ Yanqing 3:00 Eco-Spirituality w/ Kathleen 7:00 Movie: Three Coins in the Fountain	9:30 Balance Challenge 10:30 Tai Chi 10:45 Catholic Mass 1:30 Ballroom Dancing w/ Michael & Sierra 2:30 Memoir Writing w/ Tom 3:30 Pet Pals 4:00 Rosary 7:00 Movie: A Room with a View	9:30 Stretch & Flex 10:45 Catholic Mass 1:30 Befriending Mortality w/ Yanqing 2:30 Meditation w/ Yanqing 3:00 Bridge Club 3:30 Happy Hour 7:00 Movie: Amelie	9:30 Balance Challenge 10:45 Catholic Mass 11:00 Lunch Trip: Oak Bistro 2:00 Resident Council Mtg. 3:00 Bingo 4:00 Rosary 7:00 Movie: Phantom Thread	9:30 Stretch & Flex 10:45 Catholic Mass 1:30 Fire Safety w/ Vinnie 3:00 Meditation w/ Yanqing 3:30 Flower Arranging 7:00 Movie: The Peanut Butter Falcon	9:30 Forever Fit Yoga Class 2:00 Matinee Movie: I AM Celine Dion 4:00 Rosary 7:00 Movie: I AM Celine Dion
10:45 Catholic Mass 2:30 British Sitcom: Waiting for God: Season 2: 3 3:00 Let's Play Bridge 7:00 Movie: Mrs. Palerey at the Claremont	9:30 Forever Fit Exercise Class 22 10:45 Catholic Mass 12:45 Shopping Trip: Trader Joe's 1:30 Bingo 3:00 Jeopardy Trivia 4:00 Pet Pals 7:00 Movie: Dirty Rotten Scoundrels	9:30 Balance Challenge 23 10:30 Tai Chi 10:45 Catholic Mass 1:00 Trip: MFA 3:00 Documentary Film: TBA 4:00 Rosary 7:00 Movie: An American in Paris	9:30 Stretch & Flex 10:45 Catholic Mass 1:30 Robert Frost Poetry w/ Stephen Collins 3:00 Bridge Club 3:30 Happy Hour 7:00 Movie: Remembering Gene Wilder	Youville Summer Olympics! 25 9:30 Balance Challenge 10:15 Opening Ceremony 10:45 Catholic Mass 1:30 Youville Olympic Games 3:00 Closing Ceremony 7:00 Movie: Diana: The Musical	9:30 Stretch & Flex 10:45 Catholic Mass 1:30 Programs Planning Mtg. 3:00 Flower Arranging 7:00 Movie: The Short Game	9:30 Forever Fit Yoga Class 10:45 Piano Music w/ Mary Lou 2:00 Matinee Movie: Roman Holiday 4:00 Rosary 7:00 Movie: Roman Holiday
28 10:45 Catholic Mass 2:30 British Sitcom: Waiting for God: Season 2: 4 3:00 Let's Play Bridge 7:00 Movie: When a Man Loves a Women	9:30 Forever Fit Exercise Class 10:45 Catholic Mass 12:45 Shopping Trip: Star Market 1:30 Bingo 3:00 Hawaiian Luau w/ Robert Black as Elvis 7:00 Movie: Sleepless in Seattle	9:30 Balance Challenge 10:30 Tai Chi 10:45 Catholic Mass 2:00 Piano Concert w/ Solon 2:30 Memoir Writing w/ Tom 3:30 Pet Pals 4:00 Rosary 7:00 Movie: Funny Face	9:30 Stretch & Flex 10:45 Catholic Mass 1:30 Play Reading 3:00 Bridge Club 3:30 Happy Hour 7:00 Movie: Rather	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

Mission in Action

Eco-Spirituality with Kathleen Kelleher Monday, July 15 at 3:00 PM

Kathleen Kelleher recently attended a retreat led by Diarmuid O'Murchu, an Irish priest and social psychologist who promotes a vast and inclusive vision of "eco-spirituality" for the 21st-century. For O'Murchu, spirit is very much of the earth and the term "earthling" captures the essence of our role as spiritual beings in this urgent era of climate change. During Kathleen's multi-day retreat, attendees (the majority of them religious sisters) explored concepts such as deep time, belonging, and our interconnectedness with every other living thing.



O'Murchu's evolutionary thinking is rooted in his belief that the Christian story does not begin with the Greek philosophers and the birth of Christ, but is more than seven million years old. He also traces fundamental connections between First Nations and Indigenous cultures across the world whose spirituality is rooted in deep respect for the natural world.

In this discussion, Kathleen will share her affirmations and takeaways from the retreat while reflecting on O'Murchu's ideas about eco-spirituality in a Christian context. All are welcome to attend this open discussion.

Make Sandwiches for the Outdoor Church Saturday, July 6 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 Square T Station by clergy from over 40 churches in the Cambridge and Somerville area. Join fellow residents for a marathon sandwich-making session that will help feed our neighbors during the Sunday service!





An Interview with Yanqing Cao, Harvard Divinity School Intern

Left: Yanqing led her first meditation session with residents in June.

Have you met our summer intern,

Yanqing Cao, from the Harvard Divinity School? Yanqing began interning at Youville House last month to fulfill the field education requirement for her Master of Divinity degree.

Yanqing grew up in Shanghai, China, where she attended Fudan University as an undergraduate and majored in religious studies. After graduation, she decided to continue religious studies overseas to broaden her perspective. At Harvard, she has become particularly focused on spiritual issues related to confronting mortality in a pastoral setting.

Youville Newsletter (YN): How has your experience interning at Youville been so far?

Yanqing Cao (YC): It has been good so far! Everyone I have met is friendly and kind. Even though I'm not the most extroverted person by nature, I have felt very comfortable here.

YN: Do you come from a particular faith background?

YC: I was raised in a mostly secular environment, though we would go to temple for special occasions. I'm not

a devout Buddhist but I believe in the Buddhist concept of impermanence, and I believe chaplaincy to be very meaningful in this context for me, providing spiritual care means listening to people compassionately, building connections with them, finding out the life-giving resources they have, and encouraging them during conversations.

YN: What are some programs you have led/look forward to leading?

YC: My first program at Youville was a meditation group. About eight residents came and we did sound meditation. Both breath and singing have been associated with the breath of life in different religious traditions. and here we all sang different notes together, to co-create a peaceful space. I plan to introduce different types of meditation practice each week. I am also looking forward to leading a conversation focused on "making friends with our mortality." If it sounds disturbing, don't worry. These conversations don't have to be upsetting and I have tools to make it more fun. For example, there is a card came that we will play that has conversational prompts. Each card has a question about the end of life,

and three possible answers on the back, and you guess which answer your partner would choose, which usually sparks conversation.

YN: What are some of your hobbies outside of school and work?

YC: I like reading. I also like playing piano and violin, but just for myself – I am not a performer!

YN: What is your favorite book?

YC: That's a very hard question. A couple of my favorites are "Roots of Romanticism," by Isaiah Berlin and "All Quiet on The Western Front."

YN: What is a fun fact about you?

YC: The middle character of my name means "goose"!

YN: After school, do you plan to go into academia or chaplaincy?

YC: I have recently been thinking that I might like to teach high school in China. That is a bit of both – academic, but with a pastoral component because you are working with people in their formative years.



Richard Travers Music Lecture Series Patriotic Songs Wednesday, July 3 at 1:30 PM



Patriotic music has been a part of American culture since the Declaration of Independence.

This program will trace the history of patriotic songs and reflect on the various ways composers have expressed patriotic sentiments. Join Richard Travers for an afternoon of music that honors our rich lineage of national unity and democratic ideals.



Celebrate
The Fourth of July
with Pianist Yas Ishibashi
Thursday, July 4 at 1:30 PM



Yas Ishibashi is a classical pianist and instructor at the Powers Music Conservatory. She has recorded and performed extensively throughout the Greater Boston area.



Youville Voices: July Greetings From The Margueriteers

By Lowell Lindgren

Of late, The Margueriteers have reached a state of perfection at every Sing-Along, even though their singing line-up has differed slightly every time. Our most recent performance date was idyllic, sunny and relatively cool. The program, chosen by Judith (the only remaining member of the Lowellettes, the Youville predecessor of the Margueriteers) featured fifteen songs in four categories: Lehrer, Motown, West Side Story, and Folksome. It began and ended locally, with "Fight Fiercely, Harvard" and "The M.[B.]T.A."

Judi and Mary formed the first incarnation of The Margueriteers. Mary Lou then informed us of Patricia, who joined the group after some coaching by Mary and matched José Carreras in "Maria" last month. Ann joined us rather recently, masters the pieces she does not know, reserves a postperformance dining table for us all, and recruited Rita as our fifth member.

All five are splendid musicians as well as Sing-Along leaders, but only Rita has admittedly sung chorally in Carnegie Hall. Last week, she took our first group fotos, relished our luncheon as much as the rest of us, and is already

looking forward to our patriotic Sing-Along on Saturday, July 6 at 10:30 AM.

Youville House has truly become a vibrant musical center. Its luminous core is formed by the second and fourth Saturday performances of Mary Lou on our vintage Pappenheimer grand. No wonder we're all rarin' to go and hopin' for somethin' cooler than last month's heat wave, so we'll all want to holler (in a real-life, bluesy manner) "GLORY GLORY HALLELUIAH. HIS TRUTH IS MARCHING ON," "I'M A YANKEE DOODLE DANDY" and a dozen other revolutionary treasures. Perhaps by then we'll have octet status!

Your Pappenheimer Player,

Lowell

Lowell Lindgren & The Margueriteers



Patriotic Sing-Along Saturday, July 6 at 10:30 AM

Tree of The Month: The Weeping Mulberry of Youville

Have you acquainted yourself with the weeping mulberry tree at Youville House? Chances are you have noticed its dark berries accumulating on the sidewalk that leads from our front parking lot to Cambridge Street. Did you know that these berries, in addition to being extremely plentiful through the months of June, July and August, are also nutritious? Black mulberries (Morus nigra) are considered a "superfood," containing unusually high amounts of iron and protein for a fruit, as well as 61% of your daily Vitamin C needs. Mulberries are also a good source of calcium, fiber and antioxidants that can reduce your risk of cancer and heart disease.

In addition to their prolific berry production, mulberry trees have long played a critical role in the cultivation of silk. This is because silkworms feed exclusively on mulberry leaves. Silk farming involves cultivating rows of pruned mulberry saplings, upon which tens of thousands of silkworms will feed through their brief, six-week live cycle. Their waste products restore important nutrients to the soil, perpetuating the



tree growth cycle, while farmers harvest the silk from their cocoons to make beautiful cloths. Mature silk moths will lay their eggs on mulberry leaves, and the cycle will continue. The mulberry tree at Youville is not your typical mulberry tree. Its thick, pendulous canopy resembles that of a willow tree, and indeed our tree is a "weeping mulberry," a special hybrid variety. If you decide to take refuge under the shade of its canopy on a hot summer day, the thick, twisted, knotty branches are sure to captivate your interest, whether or not you are a fan of eating mulberries.



Olympic Games at Youville Thursday, July 25

Opening Ceremony 10:15 AM

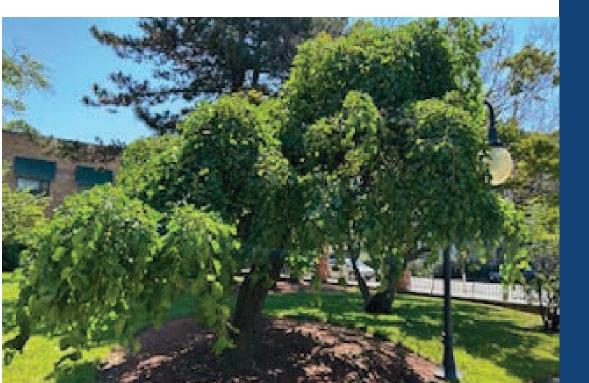
Games 1:30 PM - 3:00 PM

Closing Ceremony 3:00 PM

You don't have to go to Paris or be an elite athlete to enjoy some friendly competition.
Staff and residents are invited to compete in Olympic-inspired events in the back yard. Stay tuned for more details about events and how to sign up!



One mulberry tree can have up to three different types of leaves: heart-shaped, mitten-shaped, and three-lobed. All three leaf-shapes have ridged margins.



Upcoming Meetings

Food Forum

with Keithroy Haynes, Chef Manager Wednesday, July 10 at 11:00 AM

Resident Council Meeting

Thursday, July 18 at 2:00 PM

Programs Planning Meeting

Friday, July 26 at 1:30 PM

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 CEO/President

Bianca Medeiros COO

Tamarah Berleus Director of Community Life

Katie Blanchard Director of Programs

Yanira Burgos Senior Director of Marketing

& Community Relations

Sydny Douglas Director of Human Resources
Ellis Garvin Director of Dining Services

Kathleen Kelleher Director of Mission

& Spiritual Care

Vinnie Rodrigues Director of

Environmental Services

Jackie Saraco Director of Wellness

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