



Youville Place Newsletter

JANUARY 2025

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Happy New Year!
2025

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Program Highlights

Get fit. Stay Sharp. Age Well.

Celebrate Hanukkah with Rabbi Judith Kummer

Thursday, January 2 at 1:30 PM

Join Rabbi Judith Kummer as we gather to celebrate the last day of Hanukkah. Rabbi Kummer is a board-certified chaplain and a Boston native who has previously led numerous holiday celebrations at Youville. For 18 years, she served as Executive Director of the Jewish Chaplaincy Council of Massachusetts and has directed several other non-profit organizations. She has served as a congregational rabbi in Washington DC, New Jersey, and New York.



Meditation with Nancy Ross

Monday, January 6 & 13 at 3:00 PM

Countless studies have confirmed that a regular meditation practice promotes mental and physical well-being. 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. Mindfulness meditation involves concentrating on the breath and keeping one's awareness in the present.



Modern Contemporary Poetry Series with Stephen Collins

Wednesday, January 8 & 22 at 2:00 PM

In this series, Stephen Collins will lead readings and discussions of work by Mary Oliver, Jane Kenyon, Stanley Kunitz, Seamus Heaney, Thomas Lynch, and Billy Collins. All materials will be provided in class.



An Afternoon of Music with Pianist MinKyung Oh

Thursday, January 9 at 2:00 PM

Classical pianist MinKyung Oh returns to Youville for a virtuosic performance of selections from Tchaikovsky's "The Nutcracker," Rachmaninoff, and Glinka the Lark. Dr. Oh 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."



Silent Movie with Richard Hughes

Saturday, January 11 at 1:30 PM

Master pianist and film buff 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.



Conversations with Paul Ross

Tuesday, January 14 at 3:00 PM

This program was designed by Youville resident Paul Ross to energize and connect residents through conversation. Each session centers around resident-chosen topics that are identified in advance. As always, your participation is critical! The bigger the group, the better the conversation. Whether you have joined before or are new, all are welcome, so be sure to add your voice and your ears to this month's conversation!

Richard Travers Music Lecture Series The Life & Music of Barbara Streisand

Wednesday, January 15 at 2:00 PM

Barbara Joan "Barbra" Streisand is an American singer, actress, songwriter, producer, and director. With a career spanning over six decades, she has achieved success across multiple fields of entertainment, being among the first performers awarded an Emmy, Grammy, Oscar, and Tony.

Up to the Mountain: The Life of Martin Luther King, Jr.

Monday, January 20 at 3:00 PM

Martin Luther King, Jr. was one of the most important social leaders in the history of the United States. His work for civil rights and social justice profoundly altered the course of modern American society. In celebration of Martin Luther King Day, this talk will examine Dr. King's life and legacy.

Celebrate The Life of Audrey Hepburn with Debra Block

Tuesday, January 21 at 1:30 PM

Theatre Director Debra Block will lead a one-hour workshop on one of the greatest screen legends of Hollywood's classical cinema. A celebrated actress and fashion icon, Hepburn starred in a string of Academy award winning movies including Roman Holiday, My Fair Lady, Sabrina, and Breakfast at Tiffany's. This program will survey classic moments from these films and take you behind the scenes into Hepburn's life.

Ballroom Dancing with Michael Winward

Tuesday, January 28 at 10:30 AM

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.

Inspirations with Natacha

Thursday, January 30 at 1:30 PM

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






Shopping Trips

Walgreen's
Tuesday, January 14
Time: 10:30 AM
Return: 12:00 PM

Dollar Tree
Tuesday, January 21
Time: 10:30 AM
Return: 12:00 PM

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January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 PS Salon Hours Friday 9:30 AM - 2:00 PM Saturday 9:00 AM - 12:00 PM	 Country Store Store Hours Monday & Friday 10:00 AM - 11:30 AM	 Transportation Hours Monday through Friday 8:00 AM- 2:00 PM	Happy New Year 1 9:00 Catholic Mass 9:45 Stretch & Flex 10:30 Get to Know the Monthly Highlights 1:30 Celebrate New Year's Day w/Pianist Yas Ishibashi 3:00 Bingo 7:00 Movie: The Chorus Line	2 9:45 Balance Challenge 10:30 Resident Council Mtg 1:30 Celebrate Hanukkah w/ Rabbi /Kummer 3:00 Happy Hour 7:00 Movie: Being Julia	3 9:00 Catholic Mass 9:45 Stretch & Flex 10:30 Painting Class 1:30 Bonus Bingo 3:00 Flower Arranging 7:00 Movie: The Whale	4 9:45 Balance Challenge 10:30 Open Art Studio 1:30 Pictionary 3:00 Documentary Film 4:00 Rosary 7:00 Movie: Conclave
5 9:00 Catholic Mass 9:45 Stretch & Flex 10:30 Open Art Studio 1:30 Word Within a Word 3:00 Matinee Movie 4:00 Rosary 7:00 Movie: Bridget Jone's Diary	6 9:00 Catholic Mass 9:45 Chair Yoga 10:30 Current Events 1:30 Bingo 3:00 Meditation w/ Nancy R. 7:00 Movie: The Family Man	7 9:00 Catholic Mass 9:45 Balance Challenge 10:30 Programs Planning Mtg. 1:30 Improv Comedy Hour 3:00 Coffee & Word Games 7:00 Movie: Death on the Nile	8 9:00 Catholic Mass 9:45 Stretch & Flex 10:30 Bible Study 1:00 Callie Attends Dog Training 2:00 Modern Poetry Series w/ Stephen Collins 3:00 Bingo 7:00 Movie: Fly Me to the Moon	9 9:45 Balance Challenge 10:30 Word Games 2:00 Pianist Minkyung Oh 3:00 Happy Hour 7:00 Movie: The Six Triple Eight	10 9:00 Catholic Mass 9:45 Stretch & Flex 10:30 Painting Class 1:30 Bonus Bingo 3:00 Flower Arranging 7:00 Movie: TheCall of the Wild	11 9:45 Balance Challenge 10:30 Open Art Studio 1:30 Silent Movie Presentation w/ Richard Hughes 3:00 Documentary Film 4:00 Rosary 7:00 Movie: Far From the Maddening Crowd
12 9:00 Catholic Mass 9:45 Stretch & Flex 10:30 Open Art Studio 1:30 Guitarist Gregory Peters 3:00 Matinee Movie 4:00 Rosary 7:00 Movie: Grumpy Old Men	13 9:00 Catholic Mass 9:45 Chair Yoga 10:30 Baking Club 1:30 Bingo 3:00 Meditation w/ Nancy R. 7:00 Movie: Donovan's Reef	14 9:00 Catholic Mass 9:45 Balance Challenge 10:30 Shopping Trip: Walgreen's 1:30 Pokeno w/ Vinnie 3:00 Conversations w/ Paul 7:00 Movie: A Chorus Line	15 9:00 Catholic Mass 9:45 Stretch & Flex 10:30 Bible Study 2:00 Musical Lecture w/ Richard Travers 3:00 Bingo 7:00 Movie: Twisters	16 9:45 Balance Challenge 10:30 Word Games 1:30 Folk Music w/ Adam 3:00 Happy Hour 7:00 Movie: Maria	17 9:00 Catholic Mass: 9:45 Stretch & Flex 10:30 Painting Class 1:30 Bonus Bingo 3:00 Flower Arranging 7:00 Movie: The Horse Whisperer	18 9:45 Balance Challenge 10:30 Open Art Studio 1:30 Pictionary 3:00 Documentary Film 4:00 Rosary 7:00 Movie: The Help
19 9:00 Catholic Mass 9:45 Stretch & Flex 10:30 Open Art Studio 1:30 Word Within a Wrod 3:00 Matinee Movie 4:00 Rosary 7:00 Movie: Funny Farm	MLK, Jr Day 20 9:00 Catholic Mass 9:45 Chair Yoga 10:30 Current Events 1:30 Bingo 3:00 MLK Life & Legacy w/ Paolo Di Gregorio 7:00 Movie: The Long Walk Home	21 9:00 Catholic Mass 9:45 Balance Challenge 10:30 Shopping Trip: Dollar Tree 1:30 Celebrate Audrey Hepburn w/ Debra Block 3:00 Card Creations 7:00 Movie: The Hobbit: An Unexpected Journey	22 9:00 Catholic Mass 9:45 Balance Challenge 10:30 Bible Study 2:00 Modern Poetry Series w/ Stephen Collins 3:00 Bingo 7:00 Movie: The Age of Adaline	23 9:45 Balance Challenge 10:30 Word Games 1:30 Trip: Winter Wonderland Ride 3:00 Happy Hour 7:00 Movie: The World's Fastest Indian	24 9:00 Catholic Mass 9:45 Stretch & Flex 10:30 Painting Class 1:30 Bonus Bingo 3:00 Flower Arranging 7:00 Movie: Lost on a Mountain in Maine	25 9:45 Balance Challenge 10:30 Open Art Studio 1:30 Pictionary 3:00 Documentary Film 4:00 Rosary 7:00 Movie: Greenbook
26 9:00 Catholic Mass 9:45 Stretch & Flex 10:30 Open Art Studio 1:30 Word Within a Word 3:00 Matinee Movie 4:00 Rosary 7:00 Movie: Phenomenon	27 9:00 Catholic Mass 9:45 Chair Yoga 10:30 Baking Club 1:30 Bingo 3:00 Travel to Portugal Part 2 w/ Bianca 7:00 Movie: Love is a Many-Splendored Thing	28 9:00 Catholic Mass 9:45 Balance Challenge 10:30 Ballroom Dancing* 11:00 Let's Talk Food 2:30 Mad Hatter Tea Party 7:00 Movie: Alice through the Looking Glass	29 9:00 Catholic Mass 9:45 Stretch & Flex 10:30 Bible Study 1:30 All Things Whipped Cream w/ Ginger 3:00 Bingo 7:00 Movie: Mansfield Park	30 9:45 Balance Challenge 10:30 Word Games 1:30 Inspirations w/ Natacha 2:00 Pianist KeunYoung Sun 3:00 Happy Hour 7:00 Movie: Silverado	31 9:00 Catholic Mass 9:45 Stretch & Flex 10:30 Painting Class 1:30 Bonus Bingo 3:00 Flower Arranging 7:00 Movie: Wicked	

Happy Birthday!

Theresa R.	January 11
John F.	January 12
Kathy S.	January 22
Giuliana W.	January 28

The January birthstone is garnet. Garnet symbolizes constancy, truth, and faith. Travelers who carried garnet on their voyages were thought to be protected from harm. The name "garnet" originates from the Latin word "granatus," meaning "seeds," likely due to its pomegranate-like appearance. Garnets can be found in a variety of places, including sandy sentiments and sandstones. Have you ever noticed those red-colored grains found along beaches? They are garnets!



Exploring The Azores with Bianca Medeiros

Monday, January 27 at 3:00 PM

Last month, Bianca Medeiros, COO, shared highlights and photography from her trip to the island of St. Michael in the Azores. The presentation offered a broad survey of the life and history of St. Michael. In this sequel presentation, Bianca will zoom in on Vila Franca, one of a handful of municipalities on the island with its own distinct culture and history.

Staff Spotlight: Donna Howard Programs Assistant



Just last summer, Donna Howard was hired as Programs Assistant at Youville Place. In only half a year, Donna has become such an integral part of residents' lives that it is difficult to imagine Youville before her arrival.

"One reason that Donna thrives at Youville is that she really relishes her interactions with residents," says Katie Blanchard, Director of Programs. "This was not something she ever thought she would do, and it has been wonderful to watch her grow into the role. She brings so much joy and warmth to everything she does."

The Youville Newsletter recently sat down with Donna for an interview, where she discussed her path to Youville and what she enjoys most about working here.

Youville Newsletter (YN): How did you learn about Youville Place?

Donna Howard (DH): Until very

recently, I didn't even know that jobs like this existed. For most of my adult working life, I worked at the Lahey Clinic, where I helped enroll doctors in health care plans. Last year, I took an eight-week medical training course to do billing and office type work, similar to what I had done at Lahey. At the end of the course, I realized that it wasn't for me. I'd spent enough time behind a desk in my previous job. I wanted to be out with people and having a more direct impact, having fun. I spoke to a career counselor who suggested that I look into assisted living as an option for working more directly with people. I posted my resume online and got a call from Youville asking for an interview."

YN: Have you always liked being around older adults?

DH: I've always enjoyed older people more than little kids or people my own age. I come from a family with a lot of older folks, including my parents who are now in their 80s. When I was young, I'd always be trying to hang around the outsides of adult conversations. One of the reasons my husband and I moved to Woburn was so that we could help care for my parents, who are still in Burlington where I grew up."

YN: Where were you living before you moved to Woburn?

DH: I lived in western Massachusetts for a long time. I went to school at UMass Amherst and continued to live in the western part of the state for a long time.

YN: What do you enjoy most about

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"Staff Spotlight: Donna Howard" continued from page 6

working at Youville Place?

DH: I really like seeing people get excited about something new. Bringing in programs like painting and seeing residents get excited about their work is very meaningful. I also like leading trivia – particularly when you can see the spark in someone's eyes when they remember the answer to a question."

YN: What do you like to do when you're not at work?

DH: When I'm not working, I'm probably at home painting or working on something creative. A couple years ago I wrote, illustrated and self-published a children's book in 2021. It's called *Peace All The Time* and it's about kindness and inclusion.

YN: Who is an artist who inspires your work?

DH: Picasso, particularly his Blue Period.

YN: What is a typical day in the life of a Programs Assistant like?

DH: The first thing I do when I come in is look at the schedule to make sure it matches the posters in the lobby. I make sure the daily programs are going to happen as planned – so I'll confirm with people who are scheduled to visit or to present a program. I make sure that I have backup material in case I have to fill in if something gets canceled. When I'm not leading a program or setting up for a program I work on the posters and schedules that are displayed in the

lobby and make sure everything matches up.

YN: Favorite book or author?

DH: Anything by Christopher Moore.

YN: Favorite television show?

DN: I don't watch TV. I don't even have Netflix. Basically I work and I paint!

YN: What's the most interesting place you've traveled?

DN: For my honeymoon I went to St. Lucia and saw an active volcano where there was bubbling mud that smelled like sulfur!

"Program Highlights" continued from page 3

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.

Pianist Keun Young Sun

Thursday, January 30 at 2:00 PM

Pianist Keun Young Sun will perform Bach's *Toccata No. 5*, Mozart's *Piano Sonata No. 7*, and Liszt's *Ballade in B minor*. Keun Young Sun received her Master's of Music in Piano Performance from the New England Conservatory and served as staff pianist at Boston Conservatory.

Painting Class with Donna Howard

Fridays at 10:30 AM

Take your painting skills to the next level with help from Donna Howard, an experienced artist and teacher. Attendees will receive personal instruction and feedback on brushwork, layering colors, perspective, and composition.

No previous painting experience is necessary.



Debut Exhibit Exceeds Expectations

Youville resident Jerri O'Neill took her first painting class last summer, at the age of 91. She recently exhibited - and sold! - 21 paintings at Youville Place. She has generously decided to donate the proceeds from her art sales back to our art department so that we can purchase new supplies. We are grateful to Jerri and look forward to her continued great work on canvas!

Save The Date . . .

Resident Council Meeting

w/ Youville Directors

Thursday, January 2 at 10:30 AM

Programs Planning Meeting with Katie Blanchard

Tuesday, January 7 at 10:30 AM

Let's Talk Food with Mark Timpe

Tuesday, January 28 at 11:00 AM

Country Store

Store Hours

Monday 10:00 AM - 11:30 AM

Friday 10:00 AM - 11:30 AM

Store Volunteers

Sr. Theresa R. & Sr. Dolores B.

Mission

We are a Catholic health ministry, providing healing and care for the whole person, in service to all in our communities.

Our Heritage

Youville Assisted Living Residences are communities grounded in the spirit of St. Marguerite d'Youville, foundress of the Sisters of Charity of Montreal, "Grey Nuns." Trusting in God's love, each community serves all those in need with compassion and respect.

Transportation Services

Transportation Hours

Monday through Friday

8:00 AM - 2:00 PM

The fee for transportation is \$10.00 for Lexington and \$20.00 for surrounding communities. Please see the Programs Department with any questions. We will make every effort to accommodate your wishes, but please understand that no transportation can be guaranteed with less than 48 hours notice.

Programs / Menu Hotline/Youville TV Channel

Have you ever wondered whether your favorite program is on the schedule for the day? You can hear a recorded list of the daily programs as well as the menu for lunch and dinner at Youville Place. Simply call (781) 761-1334 directly, or call the Reception Desk and the receptionist will connect you. You can also tune in to channel 918 to view daily program listings, lunch and dinner menus, news bulletins, weather updates, and more.

Youville Place Management Team

Susan Cwieka
Bianca Medeiros
Sydney Douglas

CEO & President
COO
Director of
Human Resources
Director of Mission &
Spiritual Care

Kathleen Kelleher

Director of Environmental
Services

Vinnie Rodrigues

Director of Dining Services
Director of Programs
Director of Marketing

Mark Timpe
Katie Blanchard
Susan Snow

Director of Community Life
Courtyard Director
Senior Director of Marketing
& Community Relations

Virginia Ellis
Anna Bercot
Yanira Burgos

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