“Team Youville” Joins The Walk to End Alzheimer’s

Youville will proudly participate in this year’s Walk to End Alzheimer’s, sponsored by the Alzheimer’s Association, on Sunday, September 28th in Boston. Held annually in more than 600 communities nationwide, The Walk is the world’s largest fundraising event in support of Alzheimer’s care, support, and research.

Youville staff, family members, and residents alike are invited to walk with “Team Youville!” Anyone can join our team via the Alzheimer’s Association website (if you need help, the Programs office is available to assist you!). If you are unable to be with us on the day of the walk, you can still participate with a donation to our fundraising campaign.

While this year marks the debut of “Team Youville!” it will not be the first Walk for many members of the Youville community, staff and residents alike. Youville resident Anna Pier participated in her first Walk in 2009 and has continued to support the event – either as a walker or contributor – every year since. “We still don’t understand how the disease works,” she says. “I do this not just for people in my generation, but also for people in the next generation.” Anna walks in memory of her late husband and sister in law, both of whose lives were claimed by Alzheimer’s.

By 2050, it is expected that 15 million Americans will be living with Alzheimer’s. With this daunting prospect, increased research and funding is more of a priority than ever. The good news is that Alzheimer’s research is relatively young, with the likelihood of further advances on the horizon.

Quick Facts about Alzheimer’s

- Alzheimer’s disease is the sixth leading cause of death in the United States.
- Alzheimer’s affects over 5 million Americans.
- One in three seniors dies with Alzheimer’s or another form of dementia.
- In 2013, 15.5 million caregivers provided an estimated 17.7 billion hours of unpaid care valued at more than $220 billion.

Outdoor Summer Concert
The Winiker Brothers Band
Tuesday, September 2 at 2:00 PM
Come spend a wonderful summer afternoon as the Winiker Brothers trio serenades you with magical musical moments from summers past.
Flu Clinic at Youville
Rite Aid Pharmacy will be at Youville House on Thursday, September 4th from 11:00 AM to 2:00 PM to administer flu shots in advance of the winter flu season. The Center for Disease Controls recommends that all adults get annual flu shots to protect against the three most active strains of flu. People over the age of 65 are especially encouraged to have their annual vaccinations. Please sign up at the front desk to reserve your appointment for a flu shot.

As in previous years, this year’s vaccine contains the three strains of flu that experts predict will be most prominent. Every year the strains typically include: a) an Influenza A (H1N1) virus, b) an Influenza A (H3N2) virus, and c) an Influenza B virus. The vaccination works by exposing the body to small amounts of the viruses and causing the immune system to develop antibodies.

Peak flu season is generally in January and February, but people can begin coming down the flu as early as October. The earlier you get your vaccine, the better your chances of being protected against an early outbreak. The most typical flu symptoms include:

- Fever/chills
- Sore throat
- Cough
- Headache
- Runny or stuffy nose
- Fatigue
- Headache

Getting a flu vaccine is the best way to avoid the flu. However, it won’t give you a 100% guarantee of an influenza-free winter. Flu viruses are constantly changing, and there's always the small chance of catching a virus not included in the vaccine. So take extra precautions: Get into the habit of washing your hands often and thoroughly this winter. Make use of the hand sanitizer dispensers stationed around the building, and cover your coughs to avoid spreading germs.

Community Outings

Boston “DUCK” Boats
Friday, September 19  *Rescheduled from August
Depart: 1:15 PM
Return: 4:30 PM  Cost: $27.00
The fun begins as soon as you board your “DUCK,” an authentic, renovated WWII amphibious landing vehicle. You’ll cruise by all the places that make Boston the birthplace of freedom and a city of firsts. As the best of Boston unfolds before your eyes, your conductor will provide lots of little known facts about our unique and wonderful city.

Museum of Fine Arts
Hollywood Glamour
Fashion and Jewelry from the Silver Screen
Tuesday, September 30
Depart: 1:00 PM
Return: 4:30 PM  Cost: $23.00
“Hollywood Glamour: Fashion and Jewelry from the Silver Screen” presents designer gowns and exquisite jewelry from the 1930s and ‘40s—the most glamorous years of Hollywood film. The exhibition focuses on the iconic style of sultry starlets of the period, including Gloria Swanson, Anna May Wong, Greta Garbo, Marlene Dietrich, Mae West, and Joan Crawford. Hollywood style in this era was a blend of on- and off-screen fashion and accessories, including dramatic costumes created for the screen by famous designers such as Adrian, Travis Banton, and Chanel and dazzling jewelry from makers of the era like Trabert & Hoeffer-Mauboussin and Paul Flato.

Along with eye-catching gowns and sparkling jewels once worn by famous figures, this exhibition includes photography by Edward Steichen, film stills, film clips and period photography that captured the style of the silver screen era. Enjoy a glimpse of Hollywood in the Golden Age of glamour.
Celebrating Holy Week—Shana Tova
Rosh Hashanah and Yom Kippur

Rosh Hashanah marks the beginning of the period known as the High Holy Days on the Jewish calendar. It is also the official beginning of the Jewish New Year. This year, Rosh Hashanah will begin at sundown on September 24th, and last until September 26th.

Rosh Hashanah is traditionally announced by the blowing of the shofar, a ram's horn. According to the Tanakh, “On the first day of the seventh month you shall keep a sabbath rest, with a sacred assembly and with the trumpet blasts as a reminder; you shall then do no sort of work, and you shall offer an oblation to the Lord” (Lev. 23:24).

Traditional foods consumed during this period include apples dipped in honey and round challah bread with raisins, which represent hopes for an ongoing, sweet new year.

The High Holy Days culminate with Yom Kippur, the Day of Atonement. Yom Kippur is the most sacred day of the year in the Jewish faith. This year it begins on the evening of October 3rd. Jewish faithful will fast for a 25-hour period and spend most of the time in synagogue services in deep prayer.

The source of Yom Kippur appears in Leviticus: “The tenth day of this seventh month is the Day of Atonement, when you shall hold a sacred assembly and mortify yourselves and offer an oblation to the Lord.” (Lev. 23:26).

At Youville, we’ll celebrate this sacred time of year with a special afternoon tea celebrating the traditions and customs on Thursday, September 25 at 2:30 PM with Maria Benoit, Director of Mission and Pastoral Care. On October 3rd at 7:00 PM we will have a special program, Yiddishkeit celebrating the Jewish holidays with traditional Jewish and Hebrew songs with pianist Alan Pearlmutter and clarinetist Linda Poland.
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<th>Sunday</th>
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<td>Labor Day</td>
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<td>Dead Sea Scrolls—</td>
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<td>The Rise of the Jewish Sects</td>
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<td>Celebrate Charlotte's</td>
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<td>Bonus Bingo w/ Carol</td>
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<td>Great Courses on DVD:</td>
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<td>Information Seminar: Onsite Dental Care</td>
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<td>The Metropolitan Museum of Art:</td>
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<td>Bridge Club</td>
<td>What's Happening... w/ Richard Griffin</td>
<td>Classic Movie Night</td>
<td>Documentary Film: Running the Sahara</td>
<td>Movie: Heaven is for Real</td>
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**September 2014**
Resident and Family Satisfaction Surveys Will Be Mailed This Month

Each year, Youville House engages a consultant organization, My InnerView, to administer a Resident and Family Satisfaction Survey. Although we have an open door culture and regularly scheduled forums to meet with residents, we want to provide an opportunity for families and residents to give us feedback on every aspect of living at Youville House. Your feedback helps us know where we are doing well, and where to focus our energies as we go forward.

You will receive this survey in the mail very soon. The survey allows you to rate your satisfaction with various services and aspects of life at Youville House. You can rate us in areas such as “Global Satisfaction,” “Home-like Atmosphere,” “Respect for Privacy,” and many other categories. Our goal, as always, is to achieve “Excellent” ratings in all areas.

Please take a few minutes to complete the survey when you receive it in the mail and return it to My InnerView using the provided envelope. Your participation in the survey helps us to maintain our highest standards of service and to identify areas of improvement.

Thank you for taking the time to fill out this survey. It is very important to us to know how you think we are doing. It is your feedback that enables us to continue to perfect the “Youville experience.”

Sincerely,

Joanne C. Parsons
CEO/President

Youville Celebrates Assisted Living Week and “The Magic of Music”

September 7-September 13

The second week of September is “National Assisted Living Week.” The theme for this year’s Assisted Living Week is “The Magic of Music.”

According to the National Center for Assisted Living, “‘The Magic of Music’ showcases the integral role that music plays in assisted living residences every day. The transformational effect of music continues as individuals age and can provide joy, comfort and in some cases, memories long ago experienced. The powerful connection that music provides to residents, team members, volunteers and families will be celebrated throughout National Assisted Living Week through events, celebrations and more.”

With this month’s emphasis on music, we hope you will join us for our final outdoor concert of the year, featuring The Winiker Brothers on Tuesday, September 2nd. Other great performers include Vladimir Svoysky on Tuesday, September 16 and Jack Craig on Thursday, September 11th. All performances start at 2:00 PM.

Shopping Trips

Whole Foods
Monday, September 8
Time: 12:45 PM Return: 2:00 PM

Porter Square
Friday, September 5 & 26
Time: 10:15 AM Return: 12:00 PM

Star Market
Monday, September 15 & 29
Time: 12:45 PM Return: 2:00 PM

Assembly Square
Friday, September 19
Time: 10:15 AM Return: 12:00 PM

Trader Joe’s
Monday, September 22
Time: 12:45 PM Return: 2:00 PM

Dance for Parkinson’s 8 week class starts September 11

For more information or to sign up for the Dance for Parkinson’s 8 week class, please see the Programs Department.
A Fall Tribute to Pomology
(The Art of Growing Apples)

Apple-picking is a beloved New England tradition and one of the most enjoyable aspects of the fall harvest season. In the fall, apple orchards come to life, enticing apple enthusiasts with the promise of fresh cider, baked goods, redolent farmland and an array of fresh apples.

Apple farmers go to great lengths to cultivate specific apple varieties and to keep those apples fresh. Here is an abbreviated description of the work done on a typical apple orchard throughout the year.

Winter
Farmers spend the cold months carefully pruning their trees to allow maximum exposure to sunlight. This exposure to sunlight leads to a higher quality of fruit in the fall. Grafting may also occur in the winter months. Grafting is necessary for the cultivation of most varieties of apples, because apple trees do not grow “true to their seed.” Half of each apple seed contains pollen that a bee picked up from another apple tree during pollination – so the tree that results from a seed will in all likelihood not be a pure “gala” tree. In order to cultivate the desired type of tree, growers graft the bud of a known apple variety to a “rootstock.” The hybrid tree is later transferred to the orchard. It takes about three years for a new tree to bear fruit.

Spring
The planting season begins. New trees are planted to be used as rootstock. Spring is also the time to pollinate the trees. Farmers often rent a colony of bees from their local beekeeper to do the job.

Fall
After harvesting the apples, growers must keep their yields fresh. They do this by storing the apples in a room at 32 degrees and low humidity. The oxygen is replaced by nitrogen to prevent the apples from ripening. Apples can be kept this way for a year and still taste as fresh as when they were first picked.

This month we will take advantage of the fall harvest to bake a variety of apple treats. Join us on Friday, September 26 in the All Day Café as we bake pies and other delicious confections using fresh, local apples.

Expressive Therapy Interns from Lesley University starting in September

We are thrilled to enter our second year of collaboration with graduate interns from Lesley University’s acclaimed expressive therapy program. This year we will be working with interns Jamie, Anita, and Stephanie on a variety of creative activities, ranging from the visual arts to dance.

What is Expressive Therapy?
According to Shaun McNiff, a pioneer in the field of expressive therapy and a professor at Lesley University, “Both art and healing transform afflictions into affirmations of life.” Expressive therapy emphasizes the healing aspects of the arts with the ultimate aim of promoting good health. Licensed expressive therapists implement specific “modalities” or mediums, based on the needs of their clientele. For example, studies show that people recovering from a stroke have a speedier recovery if singing is made a part of their rehabilitation process. An expressive therapist trained in music therapy can help with this. Other individuals may respond to painting, poetry, or dance.

As with last year’s interns, we look forward to exploring the full gamut of our creative potential this year with the help of our talented expressive therapists, Jamie, Anita, and Stephanie. Be sure to meet our new interns this month.

Information Seminar
Onsite Dental Care

Friday, September 5 at 2:00 PM
Youville residents will have the option to sign up for Onsite Dental Care, an organization that will bring dental care right into our community. Using mobile dental equipment, Onsite Dental Care provides full-service dental care. If you would like to take advantage of this convenient service, please attend this information seminar.
September Meetings

Resident Association Meeting
w/ Joanne Parsons, CEO
Monday, September 15 at 10:15 AM

Programs Planning Meeting
w/ Director of Programs, Katie Blanchard
Wednesday, September 10 at 10:15 AM

Food Forum
w/ Dining Services Director, Mike Dickerson
Friday, September 19 at 3:00 PM

Meal Times

Breakfast
7:00 AM - 9:00 AM
Main Dining Room

Lunch
First Seating - 11:30 AM
Second Seating - 12:45 PM
Main Dining Room

Dinner
First Seating - 4:30 PM
Second Seating - 5:45 PM
Main Dining Room

Bare Essentials Store

Store Hours
Monday & Friday
9:45 AM - 10:45 AM

Store Managers:
Mary Ann P. & Lay Lee O.

Catholic Mass
Sunday, Tuesday & Thursday at 10:45 AM

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 $8.00 each way for one to five miles and $1.00 for each additional mile. The fee for transportation to the Cambridge Hospital and the Cambridge Harvard Vanguard is $4.00 each way. 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

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 directly or call the Reception Desk and the receptionist will connect you.

Youville House Management Team

Joanne Parsons CEO/President
Joanne Scianna COO
John Cooney Senior Director of Finance
Dinah Olanoff Senior Director of Marketing & Communications
Joan Landers, RN Senior Director of Wellness
Bruce Jordan Director of Environmental Services
Katie Blanchard Director of Programs
Ildiko Szabo Director of Community Life
Lisa Yarin Director of Marketing
Maria Benoit Director of Mission & Pastoral Care
Tom Landry Director of Human Resources
Mike Dickerson Director of Dining Services
On Music & Memory

The human relationship with music is mysterious. Professional songwriters often struggle to describe where their inspiration comes from, often simply attributing it to a mystical creative source. In *Alive Inside*, a recent documentary about music and the aging brain, filmmaker Michael Rossato-Bennett traces our natural affinity for music back to the moment when the first cell of the human heart starts to beat in its embryonic state. This single cellular beat is followed by a proliferation of other cells that learn to beat in unison. A nascent sense of musical rhythm is established long before our brains even begin to develop.

The primary focus of *Alive Inside* is on the profound impact of music on seniors coping with memory loss. The first scene in the film introduces viewers to a 94-year old woman who is struggling to describe her childhood. The woman pauses, looks frustrated, then explains that she can’t remember anything. “I’ve been on this earth 90 years,” she says sadly, “I’ve lost so much.”

At this point, the interviewer asks the woman, “Would you like to listen to some music?” He helps the woman put on a pair of headphones, and shows her how to press the “play” button on the attached ipod. Seconds later, her face brightens as she recognizes the song: “When The Saints Go Marching In” performed by Louis Armstrong. “I haven’t listened to this since I was a little girl,” she nods vigorously to the music. Soon the memories come flooding in. “My parents did not want us listening to this kind of music when we were growing up…”

Music has been known to unlock memories and assist with learning new information, but only recently has it been explored in the context of the aging brain. Dan Cohen, a social worker featured in the film, is so confident in the effectiveness of music as a cognitive enhancer that he began his own foundation, “Music & Memory.” The foundation’s goal is to raise money to equip seniors residing in skilled nursing facilities throughout the country with access to their favorite music (www.musicandmemory.org).

A 2010 study at Boston University suggested that music, rather than medication, might help people with short-term memory loss learn new information. A neuropsychologist named Brandon Ally studied two groups of seniors. One group had dementia, the other group did not. The participants were asked to remember information that was relayed to them in a variety of ways – printed, spoken, and sung. The researchers found that all of the participants – both those with dementia as well as the cognitively healthy group – retained the most information when it was sung.
While listening to music is great for the aging brain, performing music may be even better. Nina Kraus, from the Auditory Neuroscience Laboratory at Northwestern University, designed a study that studied the brains of musicians and non-musicians, both young and old. Her research team attached electrodes to the heads of 87 participants, for the purpose of tracking their memory and sound processing skills. If a participant was eating dinner with a friend in a crowded restaurant, the electrodes would measure how quickly the individual processed his or her friend’s voice through the clamor of surrounding noises.

Music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything.

— Plato

The two main factors in the experiment were age and musical experience. Half of the participants had considerable musical training and a lifetime of experience performing music, while the other half had little or no experience as musicians. Musical experience turned out to be more important than age when it came to understanding and remembering sounds. The musicians, no matter how old they were, were found to have stronger memories and stronger sound processing skills.

According to Kraus, musicians “get very good at pulling out important information from a complex soundscape…that involves hearing, but it’s related to how quickly you can process information and how well you remember it.”

September 7-13 is National Assisted Living week, and the theme this year just happens to be “The Magic of Music.” We hope you will seize the occasion to attend the many concerts scheduled at Youville this month and reconnect with some of your favorite songs from the past.

Yoga w/ Annie Hoffman
Balance Challenge
Stretch & Flex
Forever Fit

Get fit. Stay sharp. Age well.

Dark leafy greens are a rich source of vitamin C, K, E, and B, as well as iron, calcium, and fiber, which are essential for good health.

Catholic Mass
Reflections w/ Maria Benoit
Celebrate Rosh Hashanah
Meditation

ArtMatters Presents...
Impressionism
Historical Lecture w/ Gary Highlander
Painting Class: Autumn Trees

Outdoor Summer Concert:
Winiker Brothers Band
Concert Pianist Vladimir Svoysky
The Big Band Era with Jack Craig

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