



Massachusetts PATRIOT

Massachusetts Life Care Residents' Association (MLCRA) WINTER 2019

The Residents' Advocate-Management's Friend www.mlcra.org

MLCRA ELECTS NEW PRESIDENT AND VICE PRESIDENT

MLCRA has a new president and a new vice president for membership. The MLCRA board of directors voted at its October 2018 meeting to name Lauren Hale of Southgate as president and Jean Stringham of Lasell Village as vice president for membership.



Lauren Hale

Since they took office, both Lauren and Jean have been in contact with MLCRA representatives and other MLCRA members at some retirement communities around the state. Both Jean and Lauren have articles

in this edition of the *Patriot*.

Lauren Hale, the new MLCRA president, has been a member of the MLCRA board of directors since 2015. In 2016, she organized a meeting at Southgate that brought together participants from five retirement communities in the central Massachusetts area.

She has also served as a MLCRA vice president.

Lauren is a retired diplomat. She managed public affairs, educational exchange and cultural programs at U.S. embassies in Africa, the Near East, and South America. She was a member of the governing board of the American Foreign Service Association.

Lauren is a past president of the Southgate Residents' Council. She is a moderator of Southgate's monthly Current Events Forum. She is a graduate of Northwestern University in Evanston, Illinois and has a Master of Arts from Columbia University.

Jean Stringham, our new vice president for membership, hopes to increase our membership

both in terms of the number of facilities and the number of individual members at each place. She welcomes your help.

Prior to moving to Lasell Village in 2016, Jean lived for 43 years in Brookline, where she was a town meeting member and active on community boards.

Jean has an undergraduate

degree from Cornell University and a Masters of Social Work and MBA from Simmons University.

At Lasell Village, Jean is co-chair of the Arts Committee and serves on the Residents Advisory Council and the (cont'd on p. 9)



Jean Stringham

SAVE THE DATE!

MLCRA ANNUAL MEETING

WEDNESDAY, MAY 1, 2019

Southgate at Shrewsbury

As details develop, they will be posted on the MLCRA website (www.mlcra.org). We will also contact individual communities with information.

Eat Well (*cont'd from p. 7*)

Group size in this study was small. It might be that a larger study would show that either dietary changes or improved aerobic exercise alone is helpful in improving cognitive function, but at least this small study shows that

the combination is very helpful. It would be interesting to see how long the benefits last and how helpful the intervention is after a year, two years, etc. ●

New Officers (*cont'd from p.1*)

the Caring Committee.

The MLCRA board wishes to thank Sheila McMahon of Springhouse for acting as interim

president during the period between our annual meeting last May and Lauren's recent election as MLCRA president. ●

MLCRA Members at December 2018 Board Meeting at Southgate at Shrewsbury



Left to right: Will Holton, former president and member at large, Springhouse; Jerry Lyle, treasurer, Willows at Westborough; Jean Stringham, vice president for membership; Lasell Village; Lauren Hale, president, Southgate at Shrewsbury; Meg Kerber, corresponding secretary; Brooksby Village; Jean Stolbach, member at large, Newbridge on the Charles; and Allen Broughton, webmaster, Southgate.