



# Massachusetts PATRIOT

Massachusetts Life Care Residents' Association (MLCRA) JANUARY – MARCH 2022

The Residents' Advocate – Management's Friend • [www.mlcra.org](http://www.mlcra.org)

## Three Options for a Climate Change Committee in a Retirement Community

*By Cyrus Hopkins, Brookhaven*

At Brookhaven, we have begun to think that our Climate Change Committee has three levels of interest: personal, institutional, and governmental.

**1. What can we do as individuals?** While the impact of any single individual may be minimal, the effect on the personal satisfaction of the individual is, for many, very meaningful. So periodically we prepare lists of suggestions about what they might consider doing, like turning off water, adjusting the AC properly, changing light bulbs to LED bulbs, recycling properly, eating a more plant-rich diet, and being careful about food wastes. This doesn't do much, but it does something, AND it gives us something to say to our grandchildren.

Recycling and trash are also problems. What can be done depends on the availability of local waste, recycling, and composting options.

**2. What should our institutions be doing?** Several issues are actively in discussion here. It started us asking Brookhaven's administration about restricting gas-powered leaf blowers. Then, last year, a citizens' petition in Lexington put this issue on the Warrant for Town Meeting. All of a sudden we saw an opportunity to help. This is very exciting and energizing.

But the biggest question is still on the table here, and it will confront most institutions. The question is what are our institutions going to do

about energy savings and efficiency, and generating sources of energy like rooftop solar in response to increased public interest and recent state legislation.



However the decision is to be made, residents want a way to make their views and values known to institution managers. How we will do that here is still under discussion. We acknowledge that although the cost and technical issues are now beyond the capability (and longevity) of the residents, our values and goals need to be considered, and weighed, transparently, in the process.

**3. Advocacy at higher levels.** We can also make a difference by getting into advocacy for "climate action" for our town, state and nation. How we do it will differ in each community, and we're mounting a campaign to inform our residents about relevant local and state issues, and assist them in acting. It's an issue that results in personal satisfaction and even sometimes in governmental success!

For some residents experienced in political

*continued on page 2*

advocacy, this is an easy pivot. Others are making contact with community action groups to find bills and issues they might be interested in supporting both on their own and by coaching other members on how to do it. There are also some issues on which we can vote as a committee, particularly in local

or even state issues. We're starting to make some headway in this, and we find this quite exciting and useful.

Three areas to work on, and the choice is up to you! ●

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## A Request from the MLCRA Advocacy Committee

*By Joan Kerzner, Edgewood*

MLCRA has submitted testimony to the Massachusetts legislature's Joint Committee on Health Care Financing regarding two pieces of legislation: *S417/H746 – An act relative to disclosing continuing care retirement community entrance fees* and *S2656 – An act authorizing common sense health services in assisted living*. We believe both of these bills would provide positive improvements for our communities. Please consult the list on pages 8 and 9 in this newsletter to find the names of your legislators. Then contact your legislators (email is best) to urge them to ask the members of the Joint Committee on Health Care Financing to release the two bills favorably. ●



Photo by Jean Stringham



## President's Message

*By Jean Stringham, Lasell Village*

In 1998, a handful of continuing care retirement communities (CCRCs) got together to discuss mutual interests. That was the beginning of MLCRA, the Massachusetts Life Care Residents' Association. Over the past twenty four years we have grown from a handful to seventeen CCRCs, and we continue to be the only statewide organization for residents of continuing care retirement communities. We are pleased to say that recently we got IRS status as a 501(c)(3) organization.

As our association grows larger, we especially want to make sure that we have good representation on our board. In early May at our Annual Meeting we will elect officers and board members. If your community has not been involved on the board level recently or ever, please speak with your MLCRA representative or resident council chair about nominating someone. We meet monthly, now by Zoom, and have some committees that work behind

the scenes. Please contact me for questions or suggestions about nominations for the board and I will connect with the Nominating Committee.

If you are reading this, you know that we produce the newsletter, The Patriot, four times a year. We are pleased that we have found a new design layout editor, but are still looking for a new managing editor. If you are interested in what that involves, please contact me to talk about it.

Thanks again for your support of MLCRA. ●



**Managing Editor  
Wanted!**



## MLCRA Membership

*By Caroline Jacobs, VP Membership, The Commons in Lincoln*

# YOUR MEMBERSHIP MATTERS

The membership drive continues for 2022. The good news is that we are within reach of our targeted goal. We would like to thank those community representatives who have worked hard to recruit new members and ensure that existing members renew, particularly during a time when group meetings were not possible. In the spirit of sharing information, here are some “success” stories:

David McKinley at The Willows in Worcester put an advertisement in the monthly newsletter, wrote a generic letter to all residents and an individual letter to renewing members. He also put past issues of the Patriot and membership forms in the library.

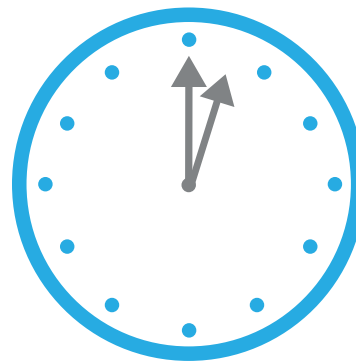
Debbie Austin at Southgate sent out letters, resulting in a good rate of renewals and a significant number of new members. She also sent thank you notes to all.

Florence Richards at The Willows in Westborough worked with floor representatives and asked the Association President to announce the membership drive and encourage floor representatives to participate in recruitment. Lastly, Florence created a special mailbox for membership forms and checks which was placed

in the mailroom, with great success.

Cynthia Childs at The Overlook relied on letters and hand-written notes. She also spoke at two Council meetings. Membership at The Overlook has increased by more than 40%!

We look forward to finishing the membership drive, hopefully by the end of April. If you are reading this and haven't yet renewed your membership (your expiration date is December of the year on the label), please use the form inside the back cover of this Patriot and return it with your check to your MLCRA representative or Allison Dolan. We look forward to your continuing membership! ●



**Time to  
Renew  
Your  
Membership**

# Volunteer Opening on the Patriot

*By Lauren Hale, Southgate*

This is my last issue as the Patriot editor. I became editor in 2020, when I was also the MLCRA president. My tenure as president ended in May 2021. In accordance with the MLCRA bylaws, I have remained on the MLCRA board as the immediate past president for one year. During this year, I have continued as the Patriot editor. It is now time for me to step down and turn the Patriot over to a new leader.

The Patriot has been the quarterly publication of MLCRA for many years. It provides a way to share information and ideas among MLCRA communities. The Patriot covers serious news about legislation and other issues affecting residents of continuing care retirement communities. It also carries stories about activities and events in our individual communities. We strive to be an advocate for residents' rights.

If you join the Patriot, you will be part of a team. There is an active editorial committee whose members are Jean Stringham, Allison Dolan and Caroline Jacobs. The Patriot's copy editor, Elizabeth Losa, catches mistakes and polishes

our prose. We are joined this issue by a talented new design and layout editor, Suzette Barbier.

My successor will be called the managing editor of the Patriot, The editorial committee is seeking someone who will:



- Lead the editorial committee Zoom meetings
- Write and help others with articles
- Collect and organize articles and photos for each issue
- Submit final copy and photos to our layout designer
- Proof the Patriot before the designer sends it to the printer.

Please contact Jean Stringham at [jean.stringham@gmail.com](mailto:jean.stringham@gmail.com) or 617-244-2492 for questions or more information. ●

## Free At-Home COVID-19 Tests

The United States government is making free at-home COVID-19 tests available for every household in the United States. The initial program allows four free tests to be requested per residential address. There are two ways to order the tests:

**Online:** Go to [www.COVIDTests.gov](http://www.COVIDTests.gov). Fill out a form which asks for your name, email address, and shipping address.

**Phone:** Call 1-800-232-0233 (TTY 1-888-720-7489). You will be asked to give your name and address.

Kits will be mailed through the U.S. Postal Service. There is no shipping charge. No one from the government will call you for information like a credit card, bank account or Social Security number. Anyone who calls to “help” you order your free kits is a scammer. ●

## MLCRA Community Conversations Continue

*By Cynthia Childs, The Overlook, and Caroline Jacobs, The Commons in Lincoln*

The third Community Conversation was held via Zoom on February 10, 2022 to discuss available health services for residents in independent living in member CCRCs (Continuing Care Retirement Communities). This was a complicated topic, as contracts vary. Fifteen of our seventeen member communities were represented. Five of them are CCRCs with Life Care contracts; monthly service fees do not change when residents move from independent living to assisted living or other levels of care. The other ten are CCRCs in which the monthly fees change as residents move from one level to another.

Twelve communities offer health services and three do not. The health services are delivered by nurse-staffed clinics, physicians and nurse practitioners (NPs) during specific hours, and/or resident care providers. Eight communities reported the availability of a 24 hours a day seven days a week (24/7) nurse or aide, with first aid services provided by onsite assisted living or skilled nursing. One community has a physician on call 24/7.

The services offered by these providers vary greatly. Physicians and NPs provide primary care for a fee. Nurses in eleven of the

communities provide blood pressure checks and six provide simple dressing changes. Some of these nursing services are fee for service. Communities providing occupational therapy, physical therapy, speech therapy, home blood draws, X-rays and other tests charge fees. Several communities provide support groups, care coordination and transition planning (advice on change in level of care).



Companions and aides are available for a fee at all communities. Eleven have their own aides and companions while four make it the responsibility of family to make these arrangements. One community

includes in the contract one hour per day per year of aide services if needed. Another community's contract provides 60 hours a year of home care services.

All communities reported that Covid tracking is provided for both staff and residents and vaccination clinics were held onsite.

These community conversations have been very well received by our member communities and more conversations will be planned in the future.

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## The Ad-Event Calendar

By Joan Kerzner, Edgewood

Thanks to the pandemic, a new tradition was created at Edgewood: **The Ad-Event Calendar**. In the fall of 2020, as the reality of the pandemic set in, it became obvious that holiday programming would look very different. The Director of Life Enrichment asked a small group of residents for help. As there could be no public gatherings for the usual holiday events, we had to invent doable and creative alternatives.

Since the offerings would have to be pre-recorded and then shown on our in-house TV station, we decided on a mix of live pre-recorded programs and commercially available holiday videos.

We came up with 12 programs for the month of December. These pre-recorded programs included dramatic readings, a parody of “The Twelve Days of Christmas,” Live Caroling with a Brass Band, All About Hanukkah: explaining holiday traditions and learning how to make potato latkes, a resident performance of “’Twas the Night Before Christmas,” and a video of The Mormon Tabernacle Choir. But how could we advertise these offerings and generate excitement about them? Our answer was to create an **Ad-Event Calendar** to display in the front lobby of The Clubhouse.

We created a large (6 ft. x 8 ft.) calendar for December where each of the 12 events would



Photos by Donald Abbott



Quilt Artist Betsy Abbott

be represented by an original piece of resident-created art that was inserted into the appropriate date space (8 ½” x 11”). Each of those “dates” would then be covered by a color photo of a holiday door. Like a traditional Advent calendar, we opened the doors on the date of the event, revealing the program and the artwork. The art pieces were 6”x 8” and included quilting, collage, stitchery, watercolor, oil painting and drawing. The Edgewooders constructed the calendar frame in the woodshop and Maintenance installed it in the lobby. The entire month of events and the Calendar were wildly successful and involved more than 60 residents in

one way or another, either through planning, performances, artwork, building or assembly.

In October 2021, we brought the **Ad-Event Calendar** out of storage and started the planning process to recreate last year’s successful project. There were more than 12 events in 2021. Every Edgewood artist we approached said “yes,” including new resident artists who weren’t here in 2020. In addition to requesting artwork for individual program events, including the Hannakah program, we also asked artists to create special pieces for Christmas Day, Kwanzaa, and New Year’s Eve. We hope to bring the **Ad-Event Calendar** out again each December. It’s a tradition! ●

# Massachusetts State Legislators for MLCRA Communities

## The 192<sup>nd</sup> General Court (2021-2022)

*By Lauren Hale, Southgate*

The Massachusetts legislature has been known as The General Court since the days of the Massachusetts Bay Colony. A legislative session lasts for two years. The legislature has two houses: the Senate, which currently has 40 members, and the House of Representatives, which has 160 members.

Below is a list of the state senators and state representatives for each MLCRA community. Use this list to identify and contact your legislators if you want to voice your opinion on pending bills. You may also use the list to contact your legislators for constituent services such as help interacting with a state agency.

### **BROOKHAVEN AT LEXINGTON**

#### **Senator Michael J. Barrett**

Mike.Barrett@masenate.gov  
24 Beacon St., Room 109-D, Boston, MA 02133  
617-722-1572

#### **Representative Michelle L. Ciccolo**

Michelle.Ciccolo@mahouse.gov  
24 Beacon St., Room 473F, Boston, MA 02133  
617-722-2210

### **BROOKSBY VILLAGE, PEABODY**

#### **Senator Joan B. Lovely**

Joan.Lovely@masenate.gov  
24 Beacon St, Room 413-D, Boston, MA 02133  
617-722-1410

#### **Representative Thomas P. Walsh**

Thomas.Walsh@mahouse.gov  
24 Beacon St, Room 185, Boston, MA 02133  
617-722-2960

### **EDGEWOOD, NORTH ANDOVER**

#### **Senator Diana DiZoglio**

Diana.DiZoglio@masenate.gov  
24 Beacon St, Room 416-B, Boston, MA 02133  
617-722-1604

#### **Representative Christina A. Minicucci**

Christina.Minicucci@mahouse.gov  
24 Beacon St, Room 448, Boston, MA 02133  
617-722-2582

### **LASELL VILLAGE, NEWTON**

#### **Senator Cynthia Stone Creem**

Cynthia.Creem@masenate.gov  
24 Beacon St, Room 312-A, Boston, MA 02133  
617-722-1639

#### **Representative Kay Khan**

Kay.Khan@mahouse.gov  
24 Beacon St., Room 167, Boston, MA 02133  
617-722-2230

### **LOOMIS LAKESIDE AT REEDS LANDING, SPRINGFIELD**

#### **Senator Eric P. Lesser**

Eric.Lesser@masenate.gov  
24 Beacon St., Room 410, Boston, MA 02133  
617-722-1291

#### **Representative Bud L. Williams**

Bud.Williams@mahouse.gov  
24 Beacon St., Room 160, Boston, MA 02133  
617-722-2304

### **NEWBRIDGE ON THE CHARLES, DEDHAM**

#### **Senator Michael F. Rush**

Mike.Rush@masenate.gov  
24 Beacon St., Room 208, Boston, MA 02133  
617-722-1348

#### **Representative Paul McMurtry**

Paul.McMurtry@mahouse.gov  
24 Beacon St., Room 171, Boston, MA 02133  
617-722-2015

### **NEWBURY COURT, CONCORD**

#### **Senator Michael J. Barrett**

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24 Beacon St., Room 109-D, Boston, MA 02133  
617-722-1572

#### **Representative Tami Gouveia**

Tami.Gouveia@mahouse.gov  
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617-722-2011



**ORCHARD COVE, CANTON****Senator Walter F. Timilty**

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617-722-1643

**Representative William Galvin**

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**SOPHIA SNOW PLACE, WEST ROXBURY****Senator Michael F. Rush**

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**Representative Edward Coppinger**

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617-722-2080

**SOUTHGATE AT SHREWSBURY****Senator Michael Moore**

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**Representative Hannah Kane**

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**SPRINGHOUSE, JAMAICA PLAIN****Senator Michael F. Rush**

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**Representative Edward Coppinger**

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**SWEETWOOD OF WILLIAMSTOWN****Senator Adam G. Hinds**

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24 Beacon St., Room 109-E, Boston, MA 02133  
617-722-1625

**Representative John Barrett**

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617-722-2305

**THE BRIARWOOD COMMUNITY,  
WORCESTER****Senator Harriette Chandler**

Harriette.Chandler@masenate.gov  
24 Beacon St., Room 333, Boston, MA 02133  
617-722-1544

**Representative James O'Day**

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617-722-2090

**THE COMMONS IN LINCOLN****Senator Michael J. Barrett**

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**Representative Thomas Stanley**

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**THE OVERLOOK, CHARLTON****Senator Anne Gobi**

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617-722-1540

**Representative Peter Durant**

Peter.Durant@mahouse.gov  
24 Beacon St., Room 33, Boston, MA 02133  
617-722-2060

**THE WILLOWS AT WESTBOROUGH****Senator James B. Eldridge**

James.Eldridge@masenate.gov  
24 Beacon St., Room 511-C, Boston, MA 02133  
617-722-1120

**Representative Danielle W. Gregoire**

Danielle.Gregoire@mahouse.gov  
24 Beacon St., Room 23, Boston, MA 02133  
617-722-2140

**THE WILLOWS AT WORCESTER****Senator Harriette Chandler**

Harriette.Chandler@masenate.gov  
24 Beacon St., Room 333, Boston, MA 02133  
617-722-1544

**Representative John J. Mahoney**

John.Mahoney@mahouse.gov  
24 Beacon St., Room 146, Boston, MA 02133  
617-722-2575

## MLCRA Board and Resident Associations

*MLCRA represents over 1,000 older residents throughout Massachusetts. Its membership includes individual resident members and 17 Resident Associations*

### BOARD OF DIRECTORS

#### President

##### Jean Stringham

Lasell Village  
617-244-2492  
[jean.stringham@gmail.com](mailto:jean.stringham@gmail.com)

#### Vice-President for Membership

##### Caroline Jacobs

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[c.jacobs57@gmail.com](mailto:c.jacobs57@gmail.com)

#### Vice-President for Advocacy and Education

Vacant

#### Recording Secretary

##### Eunice White

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#### Corresponding Secretary

##### Mary-Louise Eggimann

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#### Treasurer

##### Allison Dolan

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#### MEMBERS-AT-LARGE

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**Lauren Hale**, Editor;  
**Suzette Barbier**, Design and Layout;  
**Elizabeth Losa**, Copy Editor

#### MLCRA COMMUNITY MEMBERS

##### Brookhaven at Lexington

##### Brooksby Village, Peabody

##### Edgewood, North Andover

##### Lasell Village, Newton

##### Loomis Lakeside at Reeds Landing, Springfield

##### Newbridge on the Charles, Dedham

##### Newbury Court, Concord

##### Orchard Cove, Canton

##### Sophia Snow Place, West Roxbury

##### Southgate at Shrewsbury

##### Springhouse, Jamaica Plain

##### Sweetwood of Williamstown

##### The Briarwood Community, Worcester

##### The Commons in Lincoln

##### The Overlook, Charlton

##### The Willows at Westborough

##### The Willows at Worcester

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### The Massachusetts Patriot

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The Massachusetts Patriot is the quarterly newsletter of the Massachusetts Life Care Residents' Association (MLCRA). As the residents' voice, the Patriot covers news about Massachusetts retirement communities, monitors laws and regulations that affect residents of retirement communities, and serves as an advocate for residents' rights. Readers are encouraged to send letters or articles to:

Lauren Hale, Patriot Editor

[LHale20003@aol.com](mailto:LHale20003@aol.com) or 508-842-0515

**Massachusetts Life Care Residents Association**  
**MLCRA Membership Application/Renewal Form for 2022**

Date: \_\_\_\_\_

Name(s) of member(s): \_\_\_\_\_

Check here if this is a renewal. (The date on mailing label is when your current membership expires.)

**IF YOU ARE A NEW MEMBER: fill in information below; or attach a personal address label. If you are an existing member: fill in **only** if you are making changes.**

Street: \_\_\_\_\_ Apt. # \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip code: \_\_\_\_\_

Email: \_\_\_\_\_ (for MLCRA purposes only)

Phone: \_\_\_\_\_ (for MLCRA purposes only)

Your Retirement Community: \_\_\_\_\_

**Dues for New Members and Renewals - Circle your choice.**

1 year (expires 12/31/2022)      Individual: \$15 **or** household: \$25

5 year (expires 12/31/2026)      \$75 (individual/household)

Lifetime Membership      \$150 (individual/household)

**Please make checks payable to MLCRA.**

*If your community is having a membership drive, please give this form with your check to your MLCRA representative; otherwise mail form and check to:*

Allison Dolan, Treasurer  
 104 Brooksby Village Drive, Unit 405  
 Peabody, MA 01960



## Massachusetts Life Care Residents Association

Lauren Hale, Editor  
Southgate  
35 Julio Drive, Apt. 208  
Shrewsbury, MA 01545

**NOTE: The date next to your name on the mailing label above indicates when your membership expires.**

<p>Join MLCRA now to maintain your quality of life!</p>	<p><b>What is the Massachusetts Life Care Residents Association?</b> <i>The voice of residents of Continuing Care Retirement Communities</i></p> <p>The Massachusetts Life Care Residents Association (MLCRA) was founded in 1998. MLCRA is a state-wide non-profit volunteer organization with 501(c)(3) status. It represents individual members and resident associations located in non-profit and for-profit retirement communities know as Continuing Care Retirement Communities (CCRCs) or Life Care Communities. These communities are also sometimes referred to as Life Plan Communities. They provide facilities and services for independent living and assisted living/skilled nursing care or both.</p> <p>The general purposes of MLCRA are communication, education, advocacy, and collaboration with members, resident associations and other organizations to support the well-being of seniors living in retirement communities. MLCRA is the Massachusetts Chapter of the National Continuing Care Residents Association (NaCCRA).</p> <p>MLCRA recognizes and respects the common interests of residents and management. It supports efforts to promote a mutually beneficial relationship. When the interests of management and residents occasionally diverge, MLCRA serves as the residents' advocate.</p>
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