



# Massachusetts PATRIOT

Massachusetts Life Care Residents Association (MLCRA) APRIL – JUNE 2023

The Residents' Advocate – Management's Friend • *Serving our community for 25 years* • [www.mlcra.org](http://www.mlcra.org)



Brookhaven



Brooksby Village



Edgewood



Lasell Village



Loomis Lakeside at  
Reeds Landing



Newbridge on  
the Charles



Newbury Court



Orchard Cove



Sophia Snow Place

Happy  
**25<sup>th</sup>**

**ANNIVERSARY**

**1998-2023**



Southgate at  
Shrewsbury



Springhouse



Sweetwood of  
Williamstown



The Briarwood  
Community



The Commons  
in Lincoln



The Overlook



The Willows at  
Westborough



The Willows at  
Worcester

## President's Message

*By Jean Stringham, Lasell Village*

Congratulations to all 1000 members of MLCRA on our 25th anniversary — we are the only statewide organization that serves CCRCs in Massachusetts. Our Annual Meeting in early May was our 3rd successful Zoom meeting. Sixteen communities and 55 people participated. On the next pages please read more about our keynote presentation by Paul Lanzikos, and the three people we honored for their many years of service to our organization. To watch their presentations, you can visit our website [www.mlcra.org](http://www.mlcra.org) and look for our 2023 Annual Meeting. You'll find the speeches as well as slides from our business meeting.

Please also read about our two new additions to our Board of Directors, Maggie Horn and

Steve Straus. If during the year you would like to get more involved in any way, please be in touch with me.

In the meantime, enjoy reading this issue of the Patriot and be thinking of additional ways we can celebrate our 25th year milestone. We'd love to read and see more stories and photographs about your community's unusual activities. Thank you! ♦



## Keynote speaker: Paul J. Lanzikos



Paul Lanzikos has more than fifty years' experience in designing, implementing, analyzing, and managing programs serving older adults and persons with disabilities. He has contributed to elder

care policy and program development at the state and national levels, and has served under three Massachusetts governors.

During the last term of Governor Michael Dukakis, he was the Cabinet Secretary of the Massachusetts Executive Office of Elder Affairs. From 2004 until July 2019, Paul

Lanzikos served as the Executive Director of North Shore Elder Services, Inc., a not-for-profit aging service agency that functions as a state-funded Aging Service Access Point and a federally funded Area Agency on Aging. He also served two terms as a member of the Massachusetts Public Health Council appointed by Governors Deval Patrick and Charlie Baker. In the spring of 2020 at the onset of the pandemic, he co-founded Dignity Alliance Massachusetts, a statewide advocacy undertaking to transform the provision of long-term services, support, and care in the Commonwealth via public policies, legislation, regulations, and best practices. He serves as the Coordinator of the Alliance. See page 3 for some notes from his presentation *Aging: Past, Present and Future*. ♦

# Paul Lanzikos: Aging: Past, Present & Future

*(Notes from his presentation at the MLCRA 2023 annual meeting; video available at [mlcra.org](https://mlcra.org))*

Paul set the stage for his discussion by sharing pictures of seniors in 1900, 1950, and 2020, along with a table of numbers, including the number of seniors and the ratio to total US population. For example, in 1900 seniors represented 4% of the population, with average life expectancy of 46 years, and about 48,000 people 100 years old and older. In 2020, seniors were 17% of the population, with a life expectancy of 76 years, and 214,000 people over 100. He discussed the changes in sanitation (water and sewage) and other factors that contributed to changes in life-expectancy (which he noted is currently declining, due to the pandemic, gun violence and drug overdoses).

He described the major legislative action at the federal level — Social Security in 1935, and Medicare and the Older Americans Act in 1965. He noted that in 1935, the life expectancy was well under the “retirement age” of 65, hence the legislators thought not very many people would need Social Security(!)

In Massachusetts, 1975 marked the creation of the 1st Cabinet-level agency in the country focused on seniors: the Executive Office of Elder Affairs. Unfortunately, over the years, the Office was relocated under Health and Human Services. Paul and others are working to get it moved back to the Cabinet-level, given the increasing percentage of the state population it is responsible for.

Of course there have also been many demographic changes in 120 years. For example, older people are now concentrated unevenly around the country, especially in

New England. Other areas of the country have populations which average 10-15 years younger. The pool of family caregivers is shrinking, older adults are working longer, and the number of people living with one or more disabilities is increasing. Although dementia seems to be declining, there are high rates of obesity and diabetes.

Paul discussed 10 common stereotypes that just aren’t true including “older people aren’t interested in the outside world”, “mental and physical deterioration are inevitable”, and “older people are more set in their ways”.

He concluded with Dr. Harry Lodges’ Rules for Health Living, from the book “Younger Next Year” by Chris Crowley:

- Exercise 6 days/week: serious aerobic exercise 4 days a week (e.g., walking); 2 days of strength training with weights (maintaining muscles is key)
- Spend less than you make
- Quit eating garbage, such as highly processed foods
- Practice self-care
- Connect & commit — we are social beings and social connections are absolutely critical to our well being

He pointed out that how we age is up to us — whether we remain active, eat right, and have a purpose in life.

He concluded with some quotes about aging, which we’ve shared throughout this issue of the Patriot. ♦



## MLCRA 2023 Annual Meeting Honorees

### ★ Patricia Jehlen ★



We are thrilled that Senator Patricia Jehlen was with us for our Annual Meeting and we are most grateful for her work and her on-going support of our MLCRA communities and our residents.

Senator Jehlen is the sponsor of a bill, up for consideration by the current Legislature, which would allow some health services in Assisted Living. MLCRA is advocating for passage of this bill.

She was also instrumental in the creation and passage of the CCRC “residents’ rights” bill that took effect in 2013. This gave residents in CCRCs the right to receive information about the organization, operation and finances of their communities, and gave legal status to Resident Associations.

Senator Jehlen’s academic training included undergraduate work at Swarthmore College and a graduate degree in teacher education at Harvard. She entered politics as a member of the Somerville School Committee from 1976-1991. Since 2005, Senator Jehlen has represented the Second District of Middlesex County which includes Medford, Somerville, and portions of Cambridge and Winchester. She serves as Senate Chair of the Joint Committee on Labor and Workforce Development and Senate Chair of the Joint Committee on Elder Affairs.

We thank Senator Jehlen for being a long time friend of MLCRA and a very important

advocate for the shared future of our communities.

### ★ Elissa Sherman ★



Elissa Sherman, PhD has been an invaluable resource for MLCRA in many ways and for many years.

She is the President of LeadingAge MA, which represents not-for-profit providers of

health care, housing, and services for older persons in Massachusetts. With over 30 years of experience in the field and 25 years with LeadingAge MA, Elissa understands how the landscape has changed over time and continues to change.

Elissa worked with us on the Residents Rights Bill, the same bill mentioned in conjunction with Senator Jehlen. More recently, she has collaborated with us on the Disclosure of Entrance Fee Refund Bill which is still in process. In the meantime, Elissa has encouraged members of LeadingAge MA to voluntarily disclose entrance fee refund information.

During the Covid disruptions, Elissa wrote two leading articles for the Patriot, one on the crisis in the workforce and one on the creative ways communities worked to keep their residents and staff safe and healthy during the pandemic. She has also been a speaker at our Annual Meetings.

As MLCRA celebrates our 25th Anniversary, it gives us great pleasure to honor her for the collaboration and support she has given us.

## ★Margaret Hoag★



As with Senator Jehlen and Elissa Sherman, Margaret Hoag has been working with MLCRA far longer than most of the Board members have been involved with MLCRA.

In 2008 the leadership of MLCRA reached out to the Acton law firm of Eckel, Hoag & O'Connor for legal assistance. Attorney Margaret Hoag began working with us then as a pro-bono lawyer and is still helping us fifteen years later. She helped us navigate the process of incorporation, as well as getting our not-for-profit status.

Working with MLCRA was a natural fit for her. Margaret has a long involvement in elder law and she continues to concentrate her practice in this area. She is a published author of a book and articles about elder law, and she lectures frequently about elder law in various venues. She is also a current member of the National Academy of Elder Law Attorneys.

The Board wishes to express their deep appreciation for all Margaret has done for MLCRA over the years. We wouldn't be where we are now without her guidance.

*MLCRA has made a donation to Dignity Alliance in recognition of our three honorees as well as our keynote speaker. Dignity Alliance Massachusetts was co-founded by Paul Lanzikos and is dedicated to transformative change to ensure the dignity of older adults, people with disabilities, and their caregivers. ♦*

## Membership, Community Conversations and Online Forum

*By Caroline Jacobs, The Commons in Lincoln*

As reported at the Annual Meeting on May 3, we have been maintaining membership levels at around 1,000 from 17 communities. This includes 382 Life and unexpired multi-year members, 352 renewals for 2023 and 70 new members, as well as 191 members who had not yet renewed at that time. Every effort is being made to follow up with the non-renewals. Also, the new trifold brochure is being used to attract new members, particularly new residents moving into MLCRA communities.

Sharing information and ideas is one of the main goals of MLCRA. Since October of 2021, we have held five Community Conversations on Zoom on topics ranging from health

services to technology. All the Conversations were summarized in previous issues of The Patriot, and are available on the MLCRA website, [www.mlcra.org](http://www.mlcra.org).

The next Community Conversation will be held on Thursday, September 21, from 3:00 – 4:00 pm. on Zoom. The topic will be Navigating Levels of Care. There will be one or two representatives from each community and, as in the past, the conversation will be summarized and shared later with everyone.

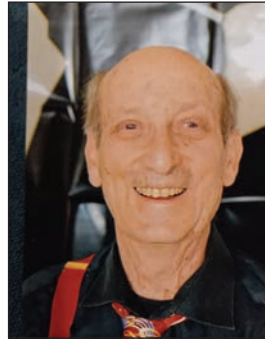
We are also developing an online forum which will enable MLCRA representatives to engage more directly with each other by asking questions and sharing information. More details will be coming soon. ♦

## MCLRA Board Changes



**Maggie Horn** has lived at Loomis Lakeside at Reeds Landing since 2017. She spent most of her childhood in Cambridge, MA, growing up with nine brothers and sisters. With a master's degree in library science

from the University of North Carolina, she has held senior positions in libraries at well-known universities all over the country. Maggie and her late husband traveled extensively and Maggie has many interests, including an ongoing love affair with books and other collectibles. At Reeds Landing Maggie is Chair of the Library Committee, Editor of their quarterly newsletter, coordinator of volunteers for their Country Store and also a MLCRA representative for the past five years. One of Maggie's brothers, Dave Horn, is a past president of The Briarwood Community in Worcester.



**Steve Straus** moved to Orchard Cove in June of 2017. He had previously lived in Randolph, MA, then Easton MA with his family. Steve has been Orchard Cove Resident Association President as well as Vice-President. He

was also a member of various ad hoc groups and advisor to the Program Director. Prior to his retirement he was in expanded service general dentistry. Steve is a professional musician (clarinet, saxophone). Music performed by his group Generation Saxophone Quartet (GSQ) was played during the 2021 Zoom Annual Meeting! He is also an avid sports fan.

### FAREWELL AND THANK YOU:

**Charlie Sokoloff**, Orchard Cove, stepped down after four years on the MLCRA board. Jean Stringham thanked Charlie for his many years of service and contributions to MLCRA. ♦

## Earth Week Activities Around MLCRA

MLCRA communities recognized Earth Week in a variety of ways, such as:

- cleaning up around campus, nearby public roads, water ways
- Setting up textile recycling
- Arranging clothes collection for charity
- (Re) educating re: what's recyclable and what's not

- Shredding documents via a shredding truck campus visit
- Planting a tree ♦

*Tree Planting at Lasell Village. Photo by Jean Stringham.*



**“It's not how old you are, it's how you are old.”**

— Jules Renard

## Advocacy Corner

MLCRA is advocating for 2 bills this legislative session:

1. ***An Act relative to disclosing continuing care retirement community entrance fees*** (S.386/H.635) which would ensure that the entrance fee refund policy is clearly communicated. This bill is sponsored by Senator Joan Lovely and Representative Kay Khan.
2. ***An Act authorizing common sense health services in assisted living*** (S.374/H.650). Currently, Massachusetts law does not permit Assisted Living facilities to provide basic health care services such as injections, wound dressing, application of ointment or drops, management of oxygen and glucose monitoring. During the pandemic and into 2024, Assisted Living facilities have been permitted, via an executive order from the governor, to provide health care services if they

choose to do so, even exceeding the basic services enumerated in this bill. This bill is sponsored by Senator Patricia Jehlen and Representative Thomas Stanley and others.

Legislators see thousands of bills each session. The ones that move forward are the ones that constituents say they support. Therefore, **MLCRA members are encouraged to send emails or call their own Senators and Representatives** (see pages 8-9). In your call/email, give your address to identify yourself as a constituent. Say you are very supportive of S386/H.635 or S.374/H.650 and that you hope [Senator or Representative name] will help get the bill out of committee to the floor for a vote. If you are sending email, put the bill numbers in the subject line — one bill per email. If you can personalize your comments (e.g. how beneficial it would have been had this been in place for you) all the better. ♦

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**“Age is an issue of mind over matter. If you don’t mind, it doesn’t matter.”**

— Mark Twain

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## Did You Know...

The Social Security Administration says that service to beneficiaries seeking help via the 800 number will not improve in the near future, and in some areas will get worse. Estimated hold times are expected to increase to 35 minutes, due to “unanticipated delays” in overhauling their phone system. (per AARP)

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**“Aging is just another word for living.”**

— Cindy Joseph



# Massachusetts State Legislators for MLCRA Communities

## The 193<sup>rd</sup> General Court (2023-2024)

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 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 or other issues of concern, or to request constituent services such as help interacting with a state agency.

### **BROOKHAVEN AT LEXINGTON**

#### **Senator Cindy F. Friedman**

Cindy.Friedman@masenate.gov  
24 Beacon St., Room 313, Boston, MA 02133  
617-722-1432

#### **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 20, Boston, MA 02133  
617-722-2410

### **EDGEWOOD, NORTH ANDOVER**

#### **Senator Barry Finegold**

Barry.Finegold@masenate.gov  
24 Beacon St., Room 511-C, Boston, MA 02133  
617-722-1604

#### **Representative Adrienne Pusalen Ramos**

Adrienne.Ramos@mahouse.gov  
24 Beacon St., Room 21, Boston, MA 02133  
617-722-2140 ext. 7758

### **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 166, Boston, MA 02133  
617-722-2230

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

#### **Senator Adam Gomez**

Adam.Gomez@masenate.gov  
24 Beacon St., Room 413-B, Boston, MA 02133  
617-722-1660

#### **Representative Carlos Gonzalez**

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

### **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 26, Boston, MA 02133  
617-722-2080

### **NEWBURY COURT, CONCORD**

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

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

#### **Representative Carmine Lawrence Gentile**

Carmine.Gentile@mahouse.gov  
24 Beacon St., Room 167, Boston, MA 02133  
617-722-2810



**ORCHARD COVE, CANTON****Senator Paul Feeney**

Paul.Feeney@masenate.gov  
24 Beacon St., Room 112, Boston, MA 02133  
617-722-1222

**Representative William Galvin**

William.Galvin@mahouse.gov  
24 Beacon St., Room 166, Boston, MA 02133  
617-722-2692

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

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

*Following a special election on 5/30/23, Bill MacGregor will replace Ed Copping as Representative*

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

Michael.Moore@masenate.gov  
24 Beacon St., Room 109-B, Boston, MA 02133  
617-722-1485

**Representative Hannah Kane**

Hannah.Kane@mahouse.gov  
24 Beacon St., Room 167, Boston, MA 02133  
617-722-2810

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

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

**Representative Samantha Montano**

Samantha.Montano@mahouse.gov  
24 Beacon St., Room B-1, Boston, MA 02133  
617-722-2000 ext. 7317

**SWEETWOOD OF WILLIAMSTOWN****Senator Paul Mark**

Paul.Mark@masenate.gov  
24 Beacon St., Room 70, Boston, MA 02133  
617-722-1625 or 413-464-5635

**Representative John Barrett**

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

**THE BRIARWOOD COMMUNITY, WORCESTER****Senator Robyn Kennedy**

Robyn.Kennedy@masenate.gov  
24 Beacon St., Room 437, Boston, MA 02133  
617-722-1544

**Representative James O'Day**

James.O'Day@mahouse.gov  
24 Beacon St., Room 540, Boston, MA 02133  
617-722-2090

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

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

**Representative Carmine Lawrence Gentile**

Carmine.Gentile@mahouse.gov  
24 Beacon St., Room 167, Boston, MA 02133  
617-722-2810

**THE OVERLOOK, CHARLTON****Senator Ryan Fattman**

Ryan.Fattman@masenate.gov  
24 Beacon St., Room 213-A, Boston, MA 02133  
617-722-1420

**Representative Peter Durant**

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

**THE WILLOWS AT WESTBOROUGH****Senator Michael O. Moore**

Michael.Moore@mahouse.gov  
24 Beacon St., Room 109-B, Boston, MA 02133  
617-722-1485

**Representative Kate Donaghue**

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

**THE WILLOWS AT WORCESTER****Senator Robyn Kennedy**

Robyn.Kennedy@masenate.gov  
24 Beacon St., Room 437, 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

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**“It matters not how long we live but how.”**

— Philip James Bailey

## MLCRA Board and Resident Associations

*MLCRA represents about 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*

#### Vice-President for

**Membership**

**Caroline Jacobs**

The Commons in Lincoln

781-430-6119

*c.jacobs57@gmail.com*

#### Vice-President for

**Advocacy and Education**

**David VanArsdale**

Edgewood

978-655-8345

*vanarsdale@mlcra.org*

#### Treasurer

**Allison Dolan**

Brooksby Village

978-587-2955

*allisondolan77@gmail.com*

#### Recording Secretary

**Eunice White**

Orchard Cove

339-502-8985 or

617-784-3294

*eunicewhitehome@gmail.com*

#### Corresponding Secretary

**Mary-Louise Eggimann**

Southgate at Shrewsbury

508-925-5745

*mleggimann@yahoo.com*

### MEMBERS-AT-LARGE

**Cynthia Childs**

The Overlook

508-434-2824 or 978-697-6460

*cchilds\_rindge@yahoo.com*

**Maggie Horn**

Loomis Lakeside at Reeds

Landing

413-783-0420

*magweet@gmail.com*

**Steve Strauss**

Orchard Cove

339-987-0429

*stephen.straus@comcast.net*

### WEBMASTER – Consultant

**Allen Broughton**

*admin@mlcra.org*

### PATRIOT Staff

**Allison Dolan**, Interim 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: Allison Dolan, Patriot Interim Editor, *allisondolan77@gmail.com* or 978-587-2955

**Massachusetts Life Care Residents Association**  
**MLCRA Membership Application/Renewal Form for 2023-24**

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)

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

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

1 year (expires 12/31/2024)      Individual: \$15 **or** household: \$25

5 year (expires 12/31/2028)      \$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

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

**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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