

Impressions

52 Accord Park Drive • Norwell, MA 02061

2007



Health, Happiness and Friendship

Carolyn Norris (left) and Ervina (Vina) Marstin have 75 years of friendship between them, so it is no surprise that they became neighbors at the Allerton House assisted living community in Duxbury.

Walk into any Allerton House and you're likely to meet an avid golfer, a world traveler and a new friend. The Welch Healthcare & Retirement Group assisted living communities seem to attract older adults who are more passionate about pursuing their interests than worrying about home repairs or lawn care.

Residents bring a wealth of experience and enthusiasm, and quickly strike up friendships with new acquaintances also determined to lead happy, healthy and productive lives. Bill Brewer is a prime example.

A 30-year diplomatic career once occupied most of Bill Brewer's time, but now he is happy to share stories of his foreign service with other adventure lovers in the spacious sunroom at the Hingham community. He is quick, however, to correct the misconception that the ambassador's role is one of endless exotic travel, saying, "Being in the Foreign Service is hard work." Serving as Ambassador to the Sudan during a tumultuous time in the country's history was particularly challenging.

For Carolyn Norris, making her home at Allerton House at The Village at Duxbury is all about friendship and socializing. Ever since her school chum, Ervina (Vina)

Allerton House

Assisted Living Communities

Presorted
First Class Mail
U.S. Postage
PAID
Permit #6
Abington, MA



Bill Brewer, whose diplomatic career sustained his love of adventure, takes a moment to relax in the Allerton House living room at Harbor Park in Hingham.

Marstin, became a resident, the two have kept busy with their Thayer Academy reunions, family and a range of activities. Carolyn says, "There is so much to do here – mystery rides, lectures, games, a Mother's Day brunch."

Continued on page 2

And chimes in Vina, "It's good to know there are nice people to help when I need it."

Phil Tetreault's daughter, Judy Tetreault Murphy of Hingham, says that as far back as she can remember her father was well known in golfing circles, as much for his precision swing as for the way he mentored those with less experience. Today, he keeps active as a member of the Hingham assisted living's basketball and golfing teams, and goes out of his way to welcome new Allerton House residents. "He really loves contributing his time, and the staff do think of him as a kind of goodwill ambassador," says Judy.

Tetreault isn't the only Allerton House ambassador. In Quincy at Allerton House at Hancock Park, Mary Williams says she goes out of her way to talk to the newcomers because "it is a nice way to welcome someone." She prides herself on being self-sufficient, but admits to enjoying having someone else do most of the cooking. Mary has five children, 12 grandchildren and 11 great-grandchildren, so she is surrounded by a loving family. Even so, about Allerton House she says, "I love it here."



Phil Tetreault and his friend Steve Scullen enjoy the putting green at Allerton House in Hingham.

What's Cooking at Allerton House?

John Cooney is spicing things up at Allerton House at Central Park, following in the footsteps of his grandfather, a chef for an ocean liner in the Caribbean Islands. A menu-of-the-day at this Weymouth community might feature eggs benedict, homemade Italian meatballs and pumpkin ice cream. John says he particularly enjoys offering residents a personalized egg dish, so that everyone begins the day having "exactly what they want."

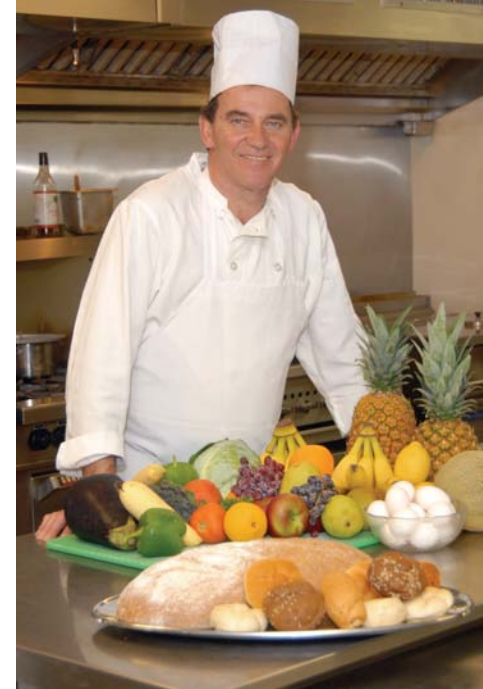
"We buy the best cuts of meat – top-quality prime rib, sirloin, ham, and fresh, not frozen, turkeys," says Cooney, who spent years in the restaurant business at such well-known eateries as Abington's Vin and Eddy's.

Cooney, a Welch Healthcare & Retirement Group

employee for over a decade, has been at Central Park for six years. He is proud of the variety of daily menu choices at the community. Beyond a selection of eggs, residents can enjoy a breakfast of blueberry pancakes, a ham-and-cheese omelet, French toast or a danish. The breakfast favorite on weekends is corned beef hash, says Cooney.

Lunch is the big meal of the day, and selections include fresh fish, baked ham, roast turkey and short ribs. Fish is a favorite, with lots of hearty-healthy lean protein and omega-3 fatty acids. A dietitian reviews all menu plans to ensure they are high in nutrients and low in sodium and saturated fats.

Typically, dinner is soup and a sandwich, although a hot entrée is always available. Favorite light evening meals include chicken Caesar or the grilled reuben or Monte Cristo sandwiches. Many residents enjoy the regional favorite "hot dogs and beans" because the dish is reminiscent of times with family or friends. According to Cooney, homemade desserts of grape nuts custard, hot rice pudding, apple crisp or seasonal ice creams such as eggnog are always "a big hit." When it comes to celebrating



Chef John Cooney of Allerton House in Weymouth enjoys preparing a range of delicacies for the community's residents.

Continued on page 4

Resident Care Directors Ensure Quality and Safety

At Allerton House communities, highly experienced nursing professionals serve as resident care directors. We'd like you to meet two of these dedicated people who do so much to enhance the safety and care of our residents – Lynne Furze, RN, resident care director of The Village at Duxbury, and Ellen Laramee, RN, resident care director for Harbor Park in Hingham and Central Park in Weymouth.



Lynne Furze, RN Ellen Laramee, RN

Q) WHAT IS THE ROLE OF A RESIDENT CARE DIRECTOR?

Furze: We are responsible for training and supervising staff, ensuring compliance with all regulations and standards, and, an important part of what we do is assess residents before they move into their apartments.

Laramee: I'd say Lynne and I have similar responsibilities. Comprehensive health and wellness assessments are a very important part of our jobs. Communication is important too, as we are in constant contact with residents' families and physicians. We also organize wellness events, such as blood pressure screenings and flu shot clinics.

Q) WHY ARE ASSESSMENTS SO IMPORTANT?

Furze: Our biggest goal is to help residents stay as healthy and as independent as possible, and that starts with a good assessment. We really want to get to know the whole person — medical needs of course, but social needs, too.

Laramee: We want to know as much as we can about our residents, including their hobbies. It is the resident care director who coordinates all the services for the residents, from dietary and medical needs, to housekeeping requirements.

Q) WOULD YOU SAY IT IS IMPORTANT TO HAVE A NURSE IN THE ROLE OF RESIDENT CARE DIRECTOR?

Furze: Yes, absolutely. Nurses have the clinical skill-set and the relationship with area physicians and rehabilitation facilities, so that they can assist residents and families throughout their stay. Once we have an initial assessment, we can pick up on any day-to-day changes in health status, and these can be subtle with a person who is older. This is where we have such an impact on safety, because by monitoring residents every day we are able to spot potential health problems that may require hospitalization. We do a great deal of counseling with families too, letting them know how loved ones are

functioning and if changes are required in the level or number of services they are receiving.

Laramee: It is important to have a nurse in this position because we are familiar with the illnesses that can accompany aging. We've also trained the staff who work with us – such as the aides and wellness nurses – to observe any changes with the residents. If someone isn't eating very much or a normally social person is a little withdrawn, they let us know. This type of service and attention to individual needs really does enhance residents' quality of life.

There's Always Something to Do at Allerton House

A great benefit of living at one of the four Allerton House assisted living communities is the tremendous array of activities offered at each site. With all of us keeping busier than ever, residents' families, and even some of the Allerton House staff, forget just how much exercise and recreational options enhance everyone's quality of life – regardless of one's age.

Case in point: John Murphy, 86, happily takes full advantage of the gamut of activities offered at Allerton House at The Village at Duxbury. In addition to enjoying spirited games of poker and cribbage with other residents, he is a committed exercise enthusiast who works out about an hour and a half each day.

He says, "I like to use the machines in the fitness room, including the weights. I also like to walk around the grounds in good weather. Even if the weather is bad, you can get some great exercise by walking the halls with friends."

Mr. Murphy transitioned to Allerton House in February from the independent living apartments at The Village at Duxbury. It is clear he enjoys life at Allerton House, a place where his grandson works and just a stone's throw away from his sister-in-law at The Village at Duxbury. "I would certainly recommend it to others," he says enthusiastically. "Any hobby or activity you enjoy, they offer it here. And if there's something you don't like to do, they take care of that as well. The room and housekeeping services here are excellent. If you want plenty to do and need some help and great care, go to Allerton House."



John Murphy, a resident of Allerton House at The Village at Duxbury, stands alongside one of the many state-of-the-art fitness machines he uses daily to keep in shape.

Everyone Wore Red!

During Red Hat Day at Allerton House at Central Park, receptionist Ann Clow was pleased to join in the fun. Clow, who has been greeting visitors and answering phones at the Weymouth community for many years, sported a Red Hat in honor of a visit by the Rosa Capellas,



Chapter 21546 of Weymouth. The Society motto, 'Fun over Fifty,' results in many festive occasions in which members encourage other women to don red hats and celebrate the happy moments of their lives.

What's Cooking, continued from page 2

birthdays, "We pull out all the stops," Cooney says. "Birthday fare is a filet of beef or lobster tail with béarnaise sauce, fresh asparagus, and of course a birthday cake."

Ruth Ghiorse, a resident of Allerton House at Central Park for the past seven years, shares an easy-to-make minestrone soup from her personal collection, "Ruthie's Favorite Recipes." She made the hearty soup for her husband and nine children when they lived in Braintree. A few years ago Ruth joined Central Park's Executive Chef John Cooney in the kitchen, to make the soup, which delighted Allerton House residents.

INGREDIENTS

One clove of garlic in 1/2 cup salad oil
1 large onion - diced
2 large carrots - diced
2 stalks celery - diced
1/2 lb. green beans - cut to 1 inch
4 cups water
1/2 small cabbage - shredded
1/2 of a 1lb. bag spinach - coarsely shredded
6 medium tomatoes peeled
2 medium zucchinis - diced
4 beef bouillon cubes
1 can chick peas or white kidney beans - drained
1 can red kidney beans
1 cup (dry) small macaroni
Grated Parmesan cheese as a topping

COOKING INSTRUCTIONS

In a kettle, heat oil, clove of garlic, onion, carrots, celery and green beans until brown, about 20 minutes. Stir occasionally. Add water, cabbage, spinach, tomatoes, zucchini and bouillon cubes. Heat to a boil, stirring to break the tomatoes. Simmer for 40 minutes, add beans and macaroni. Heat another 15 minutes longer. Serve and enjoy!

Allerton House

Assisted Living Communities

CENTRAL PARK

43 School House Road • Weymouth, MA 02188 • 781-335-8666

HANCOCK PARK

164 Parkingway • Quincy, MA 02169 • 617-471-2600

HARBOR PARK

15 Conditto Road • Hingham, MA 02043 • 781-749-3322

THE VILLAGE AT DUXBURY

290 Kings Town Way • Duxbury, MA 02332 • 781-585-7136

