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LIVINGSTON  
TAYLOR

*‘Life is Good’*  
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# Majority of LGBT adults concerned about social support and discrimination in long-term care

By MIKE FESTA, STATE DIRECTOR  
AARP MASSACHUSETTS

When it comes to aging-related concerns, older LGBT adults worry most about having adequate family and other social support to rely on as they age, discrimination in long-term care (LTC) facilities, and access to LGBT-sensitive services for seniors, according to a new AARP survey. Black and Latino LGBT adults report the greatest concern about future family and social supports, and a greater number worry about potential abuse in LTC facilities because of their race/ethnicity and sexual orientation/gender identity.



Mike Festa



The survey, “Maintaining Dignity: Understanding and Responding to the Challenges Facing Older LGBT Americans,” found gay men and lesbians have similar concerns about whether they’ll have enough family and/or social support. However, gay men are more likely than lesbi-

ans to be single, live alone, and have smaller support systems, which may put them at higher risk for isolation as they age. Transgender adults also report smaller support systems and are at an increased risk of isolation, while bisexuals are least likely to be “out” within health systems.

Older LGBT Americans live in cities and towns of all sizes. Just under one-third of those surveyed live in big urban cities, while the rest reside in suburbs, medium-sized cities, or small towns and rural areas. Survey responses suggest that community size is less important than LGBT-friendliness when it comes to living in a supportive community.

Nevertheless, the share of residents with access to LGBT community resources is significantly higher in bigger cities compared to smaller and more rural areas, but health and senior services still lag everywhere. Just 48 percent of big city residents surveyed and as few as 10 percent of rural and small town residents say they have access to LGBT senior services in their community.

Housing access is another  
AARP page 3



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# Majority of LGBT adults concerned about social support and discrimination in long-term care

AARP

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dimension significantly impacted by the LGBT-friendliness of the community. When asked if they are worried about having to hide their LGBT identity in order to have access to suitable housing options as they age, 34 percent of all LGBT survey respondents reported being at least somewhat worried, as did half (54 percent) of transgender and gender expansive participants.

Older LGBT adults often have serious concerns about aging with dignity, compounded primarily by fears of discrimination and lack of social support. Most LGBT adults want but don't have access to LGBT-sensitive care and services.

Over half (52 percent) of LGBT adults said they fear discrimination in health care as they age. A majority are especially concerned about facing neglect,

“With well over a million LGBT seniors in the U.S., a number that will double by 2030, this is an opportunity for the health care and housing industries to step up and meet the needs of this growing demographic.”

abuse, and verbal or physical harassment in LTC facilities, with black LGBT adults reporting the highest level of concern.

Despite concerns about prejudice affecting future quality of care, most LGBT survey respondents are relatively satisfied with their current health care. Eighty-seven percent of respondents have at least a good relationship with their healthcare provider.

The survey found high demand for long-term care providers who actively welcome the LGBT community and demon-

strate awareness and knowledge of the specific needs of LGBT adults as they age. More than eight in 10 survey respondents say they would feel more comfortable with providers who are specifically trained in LGBT patient needs (88 percent), use advertising to highlight LGBT-friendly services (86 percent), have some staff members who are LGBT themselves (85 percent), or display LGBT-welcoming signs or symbols in facilities and online (82 percent).

These data underscore the

importance of federal and state anti-discrimination laws to protect all LGBT Americans wherever they live as well as the desire for safe housing. The survey found very high levels of interest in LGBT-welcoming older adult housing developments: 90 percent of respondents were extremely (35 percent), very (27 percent) or somewhat (28 percent) interested in that option.

With well over a million LGBT seniors in the U.S., a number that will double by 2030, this is an opportunity for the health care and housing industries to step up and meet the needs of this growing demographic that aspires to thrive, not hide, as they age.

**Mike Festa is the state director for AARP Massachusetts. Archives of articles from previous issues can be read at [www.fiftyplusadvocate.com](http://www.fiftyplusadvocate.com).**



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# LIVINGSTON TAYLOR

## *'Life is Good'*



PHOTOS/MIM ADKINS

By JANE  
KELLER  
GORDON

*Assistant  
Editor*

M

usician Livingston Taylor's essence has been captured in a new feature length documentary, "Life is Good," by Peter Fish and Tracey Anarella, who are partners in life and the film's co-producers. Packed with music and dialogue, the film is named after Taylor's 1988 song, "Life is Good." The film reveals that Taylor is truly defined by the song's lyrics — "Life is good when you're proud of what you do, giving your all to others and it all comes back to you."

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There's a lot more to Taylor than meets the eye.

He's a bow tie-wearing Renaissance man and mentor, not just a teacher, songwriter, and performer.



# may

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Salem's  
Artists' Row  
continues  
evolving in  
14th season

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Breast cancer  
survivor is  
hopeful its  
cause will be  
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# Chelmsford prepares for 50th Fourth of July Art Festival

BY ED KARVOSKI JR.  
CULTURE EDITOR

CHELMSFORD — After the Chelmsford Art Society (CAS) was founded in 1970, the non-profit organization began organizing the town's already-existing Fourth of July Art Festival. In addition to preparing for this year's 50th annual Art Festival, the CAS is planning a retrospective celebration of the half-century holiday event.

Among those looking forward to the milestone celebration is the CAS President Roberta Witts, a watercolor and pen-and-ink artist, and owner of Picture Yourself!, a gallery and frame shop in Chelmsford.

"This year is the 50th anniversary of the Fourth of July Art Festival, so the CAS will also have a special exhibition in the gallery at the Chelmsford Center for the Arts (CCA)," she explained. "We'll have scrapbooks



Roberta Witts, president of the Chelmsford Art Society

with photos and a slide presentation of past winners' artwork. You don't need to be a CAS member to have your work shown at our Fourth of July Art Festival. We welcome everybody."

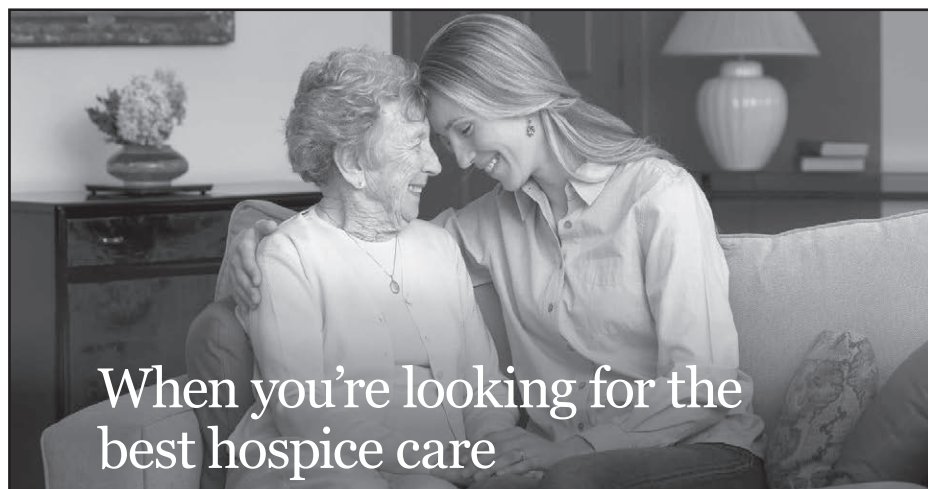
Likewise, the CAS member-

ship is open to residents outside of Chelmsford. There are currently about 200 members including artists from throughout the Merrimack Valley and beyond. A quarterly newsletter announces regional art shows and

competitions. Members' artwork is displayed year-round at Picture Yourself!, the CCA, and the retirement residence Summer Place. The CAS annually awards a scholarship of at least \$1,000 to a Chelmsford resident pursuing education in an art form.

Meetings are held the last Wednesday of each month from September to May with guest artists offering demonstrations. While some demonstrations are presented by professional artists who are CAS members, most are invited guests from outside of the organization. Guest artists are recruited by program manager Helen Moriarty, a longtime CAS member who has served in various officer positions.

"Our members ask a lot of questions during the demos, so we learn about new techniques and art materials," Witts noted. "We've had some artists demonstrate an exciting new Festival page 7



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# Chelmsford prepares for 50th Fourth of July Art Festival

## Festival

Continued from page 6

medium, alcohol ink on yupo paper. Members enjoy the demos' entertainment factor and the social aspect of the meetings."

Most meetings are held at the CCA, which is also where the Art Festival and 50-year retrospective will take place. The building was formerly the Town Hall from 1879 to 1981, then became a community center. In 2009, the CCA opened as a visual and performing arts venue.

The golden-anniversary festival retrospective will begin jogging memories Friday, June 15, 5:30 to 7:30 p.m. in the CCA Gallery. Shoppers of the Chelmsford Farmers' Market at the nearby Town Common can also visit the retrospective Thursdays, June 21 to Aug. 23, 1 to 5 p.m. The retrospective will be open Saturdays and Sundays, June 16 to Aug. 26, 1 to 4 p.m.

As for the Fourth of July



**Watercolor painting of the Chelmsford Center for the Arts by Chelmsford Art Society member Tom Christiano**

Art Festival, award ceremonies and receptions are scheduled for Monday, July 2: kindergarten through grade 12 artists from 4 to 5 p.m.; adults from 5 to 7 p.m. Ribbons are given in various categories. Cash prizes are awarded to adult professional and non-professional artists.

The Art Festival will be open

to the public Tuesday, July 3, 4 to 9 p.m., and Wednesday, July 4, 8:30 a.m. to 1 p.m. Another holiday festivity in the neighborhood those two days is the Chelmsford Lions Club's Country Fair at the Town Common, and July 4 will also feature the 51st annual parade and the John Carson Memorial Two-Mile Road Race.

"We get a couple thousand

people wandering through the building to see the Art Festival," Witts said. "It's a great way to introduce lots of people to many art media."

For more information about the Chelmsford Art Society, visit [chelmsfordartsociety.com](http://chelmsfordartsociety.com); for Chelmsford Center for the Arts, visit [chelmsfordarts.org](http://chelmsfordarts.org) and [facebook.com/ChelmsfordArts](https://facebook.com/ChelmsfordArts).



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# Volunteer's love of animals offers chance to give back

BY NANCE EBERT  
CONTRIBUTING WRITER

MARLBOROUGH - Bobby Sprio's love for animals is evident as he enthusiastically talks about his volunteer work at both the Marlborough Animal Hospital and Berlin Animal Hospital. He wears his identification tags with pride for each location.

He started volunteering after going with his brother, Robert, to Marlborough Animal Hospital to have their cat examined. Soon afterwards, he became a greeter there and has never looked back. He started volunteering at the Berlin Animal Hospital as well. He spends about three hours each Thursday helping the office staff with many tasks.

Sprio has been a client at THRiVE Support and Advocacy (formerly known as the Greater Marlboro Programs, Inc.) for over 20 years.

"All of our funding is from



**Bobby Sprio and Dr. Karen M. Patti of Marlboro Animal Hospital with a "client".**

the Department of Developmental Services (DDS). We are a family support center for those with a disability. We serve many communities in Metrowest and beyond," said Nanette Goldstein, director of family and individual support.

The organization's mission

is to "empower individuals with development disabilities to lead rich, active and self-directed lives while supporting their families."

Some of Sprio's responsibilities at the hospitals include helping to count the pills for the animals' prescriptions, greeting the pet owners and their animals,

and assisting the technicians with weighing the animals. He even gets to watch the doctors, on occasion, perform surgery and more.

"Dr. Howard Coffman checks in with me on Wednesdays and asks me which location I want to spend some time at. I always ask him which hospital has more animals to tend to. That's always the one I pick. I just love being around them and helping," said Sprio.

"The one thing that makes me the saddest is when an animal has no hope of getting better and has to be put down. That is terrible," he added.

Prior to his volunteer work, Sprio had worked in the Marlborough Public Schools for 36 years before retiring. He worked in the kitchen and was responsible for making sure the dishes were clean, the freezer, fridge and milk were stocked and he always

Sprio page 9

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# Volunteer's love of animals offers chance to give back

Spirio

Continued from page 8

made sure that the juice machine was full. While he enjoyed his years there, he was happy to retire.

Volunteering at the hospitals has given Spirio a newfound energy, he said. He has seen many different animals come into the hospitals, not only cats and dogs, but also a rat, bald eagle, guinea

pig and even a boa constrictor and more.

"I even got to see Marlborough Police Officer Kenneth McKenzie's police K-9, Kaiser when he came in for a checkup. He is a German Shepherd with very large, sharp teeth," said Spirio.

Spirio truly loves the animals and the animals appear to love

him right back. He is currently searching for a cat in need of adoption and has already visited a few shelters. He is just waiting for the right one to come along.

When he is not volunteering at the animal hospitals, he enjoys doing challenging puzzles that have upwards of 2,000 pieces. He also volunteers at the Immaculate Conception Church in Marlbor-

ough as an usher and donation collector. In addition, he helps set up for Bingo Monday evenings where he resides. He also gets five hours of support weekly at THRiVE. His direct care staff member, Jason, works with Bobby to help achieve his exercise goal.

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# LIVINGSTON TAYLOR

## *'Life is Good'*

**Livingston Taylor**  
Continued from page 4

Taylor is a member of a musically famous family that includes his siblings James and Kate Taylor, former sister-in-law Carly Simon, niece Sally Taylor and nephews Ben and Isaac Taylor.

Anarella has directed several award-winning short documentaries. Her highly regarded, award-winning first feature length documentary, "Not Black Enough," can be seen on Amazon Prime. Fish is a multi-E Emmy winning composer, who has expanded his focus to include content.

Fish and Anarella connected with Taylor, through Simon, for whom Fish was a producer. They were aware that Taylor was a gifted songwriter and performer, but knew less about his life and the depth of his knowledge.

They did not know that since 1989,

Taylor has changed the lives of thousands of students by teaching stage performance at Berklee College of Music; that he is an enthusiastic pilot and motorcyclist, author, and lifelong learner who continues to strive to understand how things work; that he has released 20 albums since he was 19 years old; and that he has performed throughout Massachusetts, where he has lived during his adult life.

There's a lot more to Taylor than meets the eye. He's a bow tie-wearing Renaissance man and mentor, not just a teacher, songwriter, and performer.

Once Anarella got to know Taylor, she described him as, "(One) part Mark Twain, one part WC Fields, one part musical icon — a man whose life is testament to the concept that 'Life is Good.'"

Taylor was enthusiastic about a film that focused on his students, rather

than himself.

"Films should be made about ambitious, enthusiastic, good looking young people, not me. You should film my classes. My students are engines of hope," he told Anarella. "They have a vision of themselves as being their contemporaries' creators. That's bold."

Given a green light — with Fish by her side — Anarella launched into a two-year odyssey filming Taylor's classes. Fortunately, they were able to spend time with Taylor at his home in Martha's Vineyard, and at his performances in Asbury Park N.J., Chatham N.J., and Rockville Center, N.Y. Anarella even got to fly with Taylor in his Cessna.

In addition, Anarella interviewed several people important in Taylor's life: Tom Chapin (the late Harry Chapin's brother), Ian Anderson (Jethro Tull), Don Law (concert

promoter), Roger Brown (Berklee's president), and members of his family.

Throughout the film, Anarella interweaves Berklee classroom scenes, interviews, stunning performances, and Taylor's pontifications on mechanical devices and life. There's a bounty of insights about Taylor in the film.

Isaac, the son of Taylor's brother Hugh, described his uncle in a way that sounded like lyrics to a song.

"[Taylor's] curiosity is insatiable... It's so deep that it's hard to find for him sometimes, but when he quenches his thirst from that well he wants you to be with him and to know where it's coming from."

Ben, James's son, added that Taylor's concerts are "... a performance, a lecture, a lesson, a dissertation."


A few times during the film, Chapin, who is a close friend of Taylor and has performed with him, discussed that they were both in the same business as a famous brother.


As for Berklee, Taylor said that he trolls the school's cafeteria to recruit students. By the numbers, that hardly seems necessary. Taylor said that he teaches 100 students a semester.

While every student's issue is different — connecting with the audience, articulation, tempo, releasing his or her full voice — there is universality to Taylor's message. In fact, he has


Livingston Taylor page 11

adventurous  
energetic  
positive






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**Livingston Taylor**

Continued from page 10

printed a list of common themes.

Berklee graduate Nick Veine's musical gifts were further developed at the school, but it was Taylor who profoundly impacted his performance.

"Taylor's class irreversibly improved my writing, my singing, my performing, my playing, all of it," Veine said.

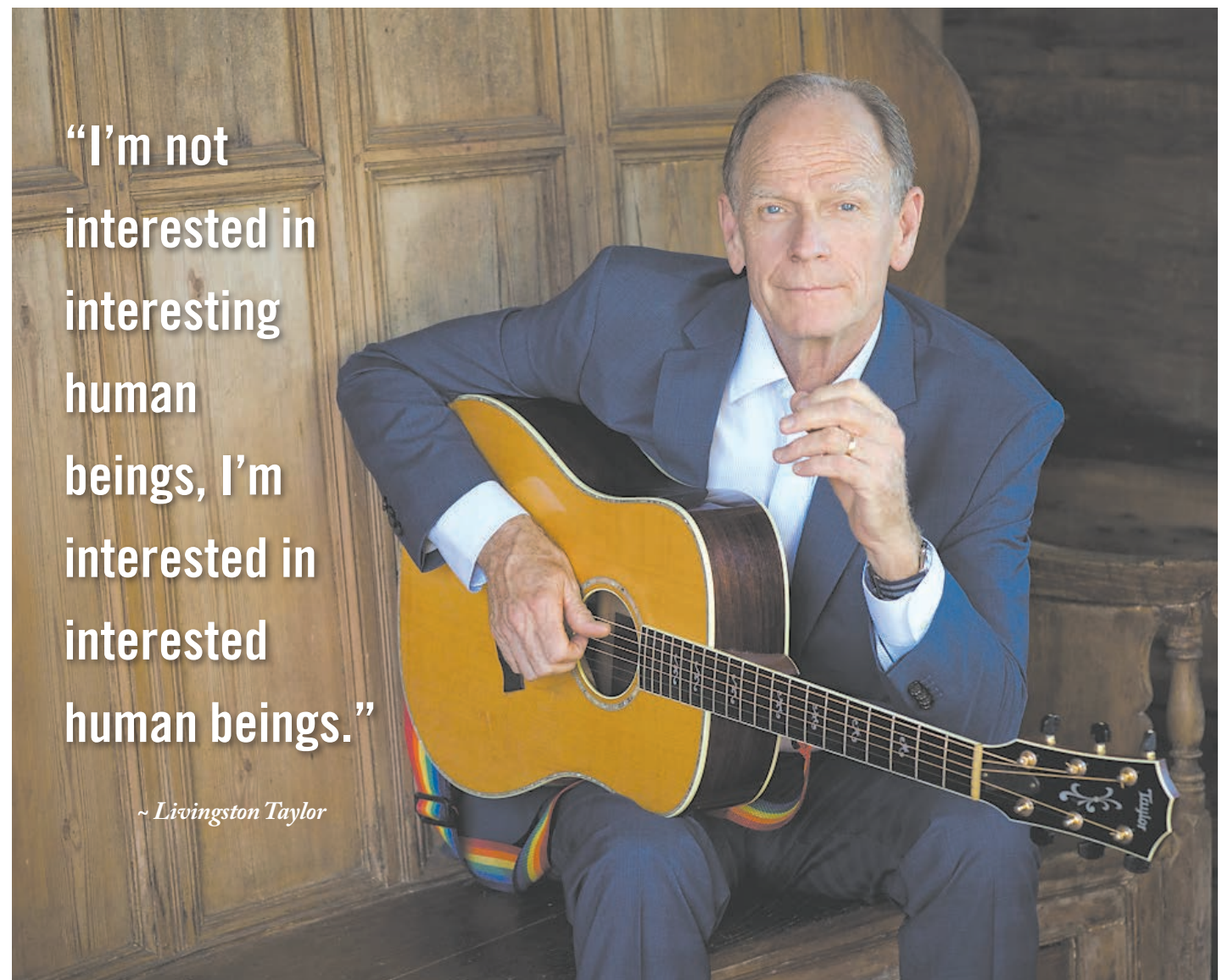
Another student, Julia Edelston commented, "Taylor doesn't just see the world through rose tinted glass, his are rainbow. He just sort of sees everything in brighter colors."

Summing it all up, Taylor said, "According to an actuarial table, I have 18.6 years left to live. I plan to spend that time combining observation, enthusiasm, and as much gratitude as possible... I'm not interested in interesting human beings, I'm interested in interested human beings."

The documentary will be presented at Firehouse Center for the Arts, Market Square in Newburyport Monday, May 7 at 8 p.m. Tickets maybe purchased at [www.firehouse.org](http://www.firehouse.org).

For more information on the documentary, visit [www.traceyanarella.com](http://www.traceyanarella.com). At some time, the DVD will be available for purchase through this website.

Taylor's concert schedule and more information may be found on his website, [www.livingstontaylor.com](http://www.livingstontaylor.com).



**"I'm not  
interested in  
interesting  
human  
beings, I'm  
interested in  
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*~ Livingston Taylor*



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## travel and entertainment

# Jamaica – much more than just resorts

By VICTOR BLOCK  
TRAVEL WRITER

One meal my wife Fyllis and I will long remember was a gourmet five-course candle-lit dinner served in a romantic setting. The other was a simple vegetarian lunch at a ramshackle lean-to perched precariously on a steep mountainside.

It's not often that two repasts encapsulate much that a destination has to offer visitors, but Jamaica is such a place. The Chef's Showcase dinner dished up at the Sunset at the Palms resort had little in common with the modest spread prepared by Fire, a Rastafarian man of uncertain age.

This is one example of the diversity that greets travelers to Jamaica. That island-nation has an abundance of magnificent beaches, a long list of outdoor activities, an intriguing history and a rich cultural mélange.

Even tourist-magnet towns along the northern coastline demonstrate Jamaica's split personality. Montego Bay is all hustle and bustle. Ocho Rios is more relaxed, except when one or more cruise ships disgorge their passengers. Negril overlooks the island's finest beach. Port Antonio offers outdoor markets, a maze of narrow back streets and buildings whose



A beach in Negril

dilapidated condition can't hide the beauty of their Georgian architecture.

For visitors seeking excitement activities range from exploring the island by horseback or Jeep, and hiking and biking excursions, to climbing up mountains and scampering down into limestone caves. Those who prefer to commune with Mother Nature find plenty of alternatives. As if the island weren't already a tropical paradise British colonists gilded the lily – literally – by importing

flowers and fruits from around the world.

The Brits were preceded by Taino Indians, who arrived around 650 AD and Christopher Columbus, who dropped by in 1494. Spain controlled the island until 1655, when British forces took over. Jamaica became independent in 1962.

The Spanish introduced sugar cultivation and slavery, both of which were expanded by British settlers. Among reminders of the heyday of sugar, from the 17th

to 19th centuries, are the "Great Houses" which plantation owners built. They ranged from grandiose to more modest, and provide insight into part of Jamaica's past.

Halse Hall was built in 1680 on the foundation of a Spanish hacienda. It was constructed with the thick walls of a fortress for security.

Rose Hall comes with a legend concerning Annie Palmer who, according to the story, murdered three husbands, among

Travel page 13

PHOTOS/SUBMITTED

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# Jamaica

## Travel

Continued from page 12

others. Some people believe that Annie's spirit haunts the grounds.

While Seville isn't one of the more imposing plantation houses, what's inside makes the structure, well, great. A museum traces Jamaica's history, and displays artifacts from the times of the Taino, Spanish and British. Scattered around the grounds are portions of the sugar cane processing factory, the bookkeeper's and overseer's houses, and tiny huts where slaves lived.

Jungled mountains cover about 80 percent of Jamaica's terrain, which is laced with rushing rivers and tumbling waterfalls. Most famous is Dunn's River Falls, which plummets 600 feet down a series of natural steps that people may climb, carefully and clutching the hand of other daring risk-takers.

A different water experience is a river trip through the verdant countryside. As Captain Gayle expertly piloted the bamboo raft transporting Fyllis and me along the Martha Brae River, he identified trees and flowers and described rusting equipment along the shore left over from sugar growing days.

For information go to [visitjamaica.com](http://visitjamaica.com).



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# ARTISTS' ROW

## Salem attraction continues evolving in 14th season

By ED KARVOSKI JR.  
CULTURE EDITOR

SALEM – Artists' Row in Salem continues to evolve in its 14th year. While its season formerly opened in late-May, this year it began April 1 and will run through Saturday, Nov. 3, at 24 New Derby St., across from the Old Town Hall and Derby Square. Also new this year, plans are underway to schedule performers to complement the visual artists and an already-existing music festival.



**Above:**  
Artists' Row  
kiosk

**Left:**  
Artists' Row  
participant  
Sibel  
Alpaslan of  
Ceramics by  
Sibel



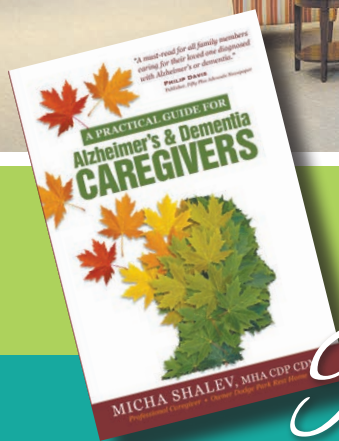
PHOTOSUBMITTED

Serving since summer 2014 as the city's first public art planner, Deborah Greel of Salem strives to work with the Public Art Commission to attract residents and visitors to Artists' Row. She draws upon eight years' experience as executive director of the Marblehead Art Association and five years of leading the Salem Main Streets organization, whose mission is to promote the city's downtown revitalization.

"Knowing that the city is very supportive of the public art initiative, I was intrigued by the idea of taking on the challenge," she said. "It's more than just about loving art; it's also how we play in our spaces."

Artists' Row is a pedestrian walkway with four small buildings housing several artists specializing in various media. Occupying a fifth building is the restaurant Lobster Shanty. Features added last year include an artist in residence placemaking program, and a community table for all ages to gather for creativity and conversation.

Artists' Row page 15



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# ARTISTS' ROW

**Artists' Row**  
Continued from page 14

"We wanted a place for residents to engage on a regular basis," Greel explained. "As much as we absolutely love tourism in Salem, we also understand how much residents enjoy living in this city."

The multi-use plaza is also the site for activities such as the annual Jazz and Soul Festival. Last spring, students from Lesley University College of Art and Design rebranded Artists' Row's infrastructure, Greel noted.

"They chose different colors, new doors and bigger windows, and put supergraphics on the buildings," she said. "We made an investment to change the physical environment to show that something exciting is happening there."

The downtown plaza's environment has also been enhanced

in recent years with a Mural Slam conducted the first weekend in June during the annual Salem Arts Festival. Designs are painted on 10 primed plywood sheets mounted on brick walls at Artists' Row. Last season's murals can still be viewed. New murals will be painted during this June's festival.

"This will be our third year doing the Mural Slam," Greel noted. "Before we did the murals, you'd drive up and see a brick wall; now, you see the murals. It has brought awareness to an area as a creative place."

Earlier this year, Mayor Kim Driscoll and the Public Art Commission released a statement announcing the inaugural Performers Series in Artists' Row and Derby Square. According to the statement, the Performers Series will take place "one or two weeks between [Monday,]



**Artists' Row participant Boston Woodturning**

June 18 and [Monday,] Sept. 24. ... Final selection [of performers will be] announced [Monday,] May 7."

Greel is hopeful that Artists' Row's season will once again get

extended.

"We received a grant from the state to make some improvements and we're looking at winterizing the buildings, so that we can have a 12-month season," she said. "If we're successful in being able to put some heating units in there, then we're hoping that they'll be open all year-long starting in November."

The Artists' Row hours through Tuesday, May 15, are Thursdays to Sundays from noon to 6:00 p.m. Beginning Wednesday, May 16, through Sunday, Nov. 3, the hours are Mondays, Wednesdays, Fridays, Saturdays and Sundays

from noon to 6:00 p.m., and Thursdays from noon to 7:00 p.m. For updates on the Performers Series, visit [facebook.com/ArtistRowSalemMa](https://facebook.com/ArtistRowSalemMa) or [creativenorthshore.com](https://creativenorthshore.com).



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# Alan Pasnik

## The Trustees of the Reservation 2017 Volunteer of the Year

BY JANE KELLER GORDON  
ASSISTANT EDITOR

Alan Pasnik, The Trustees of the Reservations (The Trustees) 2017 Volunteer of the Year has donated 1,500 hours of his time over the past two years, mostly with his hands, but also with his heart. A retired data analyst and skilled carpenter, Pasnik has built Adirondack chairs, retail displays, trestle tables, and many other creative pieces for The Trustees, a member-supported nonprofit conservation organization that preserves land, nature, and historic places in Massachusetts.

Annie Wolf, The Trustee's Volunteer Program Coordinator, said, "Choosing a Volunteer of the Year is always a wonderful challenge! This honor is one of the many ways we show our appreciation for our 2,500-plus incredibly hard working, dedicated, and creative volunteers, statewide."

"In a year when our Charles River Val-  
Pasnik page 17



Alan Pasnik built this kid-size farm tractor and hay wagon for Powisset Farm

PHOTO/THE TRUSTEES

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# Alan Pasnik: The Trustees of the Reservation 2017 Volunteer of the Year



Alan Pasnik

PHOTO/JANE KELLER GORDON

Pasnik  
Continued from page 16

ley properties like Powisset Farm in Dover and Rocky Woods in Medfield saw a significant rise in popularity, Alan Pasnik's prolific volunteer contributions, including his carpentry and wonderful woodworking creations, were instrumental in improving the overall experience for our many visitors," she added. "We were thrilled to honor and recognize Alan for his important work."

Growing up on Long Island, Pasnik's father, a dentist, taught him to use his hands.

"My father's attitude was that he could fix anything. He wasn't going to hire a contractor unless a project was too big," he said.

Pasnik, an engineer, moved to the Boston area in the early 1970s to attend the Sloan School of Management at the Massachusetts Institute of Technology. By the time he was 24, he had purchased a home on the Charles River in Newton. Forty-five years

later, he and his wife live in that same house, although he has remodeled it from top to bottom.

Throughout Pasnik's career, which was in publishing, he used faster machines and bigger computers to automate data processing and data distribution.

"I helped manage technology and computer systems, and move from manual to fully automatic operations," he said.

Along the way, he continued to work with his hands.

"I maintained my father's attitude. I learned how to do carpentry. I was facile with tools," he said "I knew that if I screwed up a piece of wood, I could throw it away."

Pasnik had no plans when he retired two years ago. He registered with Volunteermatch.org, and saw that The Trustees were looking for a carpentry volunteer.

When he met Mike Francis, The Trustee's Stewardship Manager for the Charles River Valley Region, Pasnik thought that

he would be building birdhouses. That was not the case.

His first project was building Adirondack chairs for Powisset Farm in Dover.

"I knew the property well. I spent years there cross-country skiing, hiking, snow shoeing, and mountain biking," Pasnik said.

To find the best plans for the chairs, Pasnik turned to a video by Norm Abrams, the well-known carpenter familiar to viewers from his appearances on the PBS television programs *This Old House* and *The New Yankee Workshop*. Pasnik first built a prototype, which he and others tested out to make sure that it fit shorter and taller people.

He wanted to build the chairs using cypress wood.

"I did some research online and found that Lowe's sold cypress, but it was located in Buford, South Carolina. I made a call, and ended up getting a pallet shipped to Dover. That was great," he said.

One prototype led to a dozen chairs. Pasnik has made a few others out of fancier wood – mahogany and cedar – so that The Trustees could auction them off.

He also made tables for Powisset Farm, and a kid-size farm tractor and hay wagon, which he calls his "pride and joy."

At the Chestnut Hill Farm in Southborough, Pasnik worked on an elaborate retail display. Next year he plans to build a child-size replica of a beehive for that property.

Pasnik has also done significant work at the Rocky Woods location, including building ski, snowshoe, and fishing poll racks.

Growing up, Pasnik never knew that his father's mantra, "I can build anything," would lead him to a meaningful retirement. There are more chairs and tables to be built, and creative designs to dreamed up and brought to life.

For information on The Trustees of Reservations, visit [www.thetrustees.org](http://www.thetrustees.org).

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## caregiving tips

# Dodge Park Rest Home: Caring Super Star

By MICHA SHALEV  
MHA CDP CDCM

WORCESTER - Dodge Park Rest Home's resident center programs, which incorporate a warm, welcoming environment, trained staff and innovative tech-



niques, have earned the facility industry kudos – a Caring Super Star Award.

## Caregiving Tips

The Caring Star, as well as the Caring Super Star Award (which was created in 2012), is bestowed on the best senior living communities and home care agencies in the United States by Caring.com. These awards serve as a guiding light for families, caregivers and older adults who are searching for the best providers for their particular senior care needs.

The Dodge Park Rest Home, located at 101 Randolph Road, in Worcester, is proud to be the only facility in Massachusetts that has earned this designation, not only once, but three times in the last five years. The facility has been named a Caring Super Star for the past several years.

Micha Shalev, who owns the facility with business partner



**Micha Shalev (left), and Ben Herlinger of Oasis at Dodge Park in Worcester.**

Ben Herlinger, noted that receiving this award not only helps seniors select the best option for independent or assisted living, non-medical in-home care and memory care, but it also boosts the morale of staff who care for seniors. Furthermore, the award sets Caring Stars apart from competitors.

For Dodge Park, this award is particularly meaningful since large chains often earn attention due to more resources. Only 16 percent of communities on the

best in care that appeals to seniors in spite of its changeable weather. The facility's ability to engage residents in meaningful activity, regardless of weather conditions, is a tribute to the quality of care it offers.

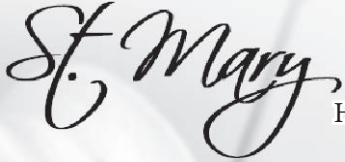
The Caring Super Star award is driven by customer satisfaction. Family caregivers, residents and others who receive care provide feedback through online reviews to Caring.com; to win the award, a facility has to receive ten or more reviews with an average rating of 4.5, on a scale of 1 to 5. Three or more reviews have to be submitted within a one-year timeframe, one of which has to be a rating of 5. Finally, the facility must respond to every negative review it receives.

Shalev and Herlinger are proud to have been given the Caring Super Star Award for several consecutive years.

"We are honored to be part of this elite group of best senior care and memory care communities across the country," Shalev said. "The fact that we have achieved this accomplishment in the short history of the award is very satisfying."

2018 list are small businesses or single-community care providers, like Dodge Park. Moreover, many facilities that earn the Caring Super Star award are located in warmer climates. Situated in the heart of Central Massachusetts, Dodge Park delivers the


**Micha Shalev MHA CDP CDCM CADDCT, is the co-owner of The Oasis at Dodge Park, Dodge Park Rest Home and The Adult Day Club at Dodge Park located at 101 and 102 Randolph Road in Worcester. He holds a master's degree in healthcare management and is a graduate of the National Council of Certified Dementia Practitioners program, and well-known speaker covering Alzheimer's and dementia training topics. He can be reached at 508-853-8180 or m.shalev@dodgepark.com. Archives of articles from previous issues can be read at www.fiftyplusadvocate.com.**




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## money matters

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By ALAIN VALLES, CRMP,  
MBA, CSA  
MANAGING DIRECTOR  
HELPING HANDS COMMUNITY  
PARTNERS, INC.

**T**he real estate market in Massachusetts is red hot. Housing prices have climbed sharply after bottoming out during the Great Recession. In just the past year, the median Massachusetts home value has risen 5.8 percent to \$386,500. If you have owned your home for more than



## Reverse Mortgage



20 years, it is likely that its value is greater now than ever before. Which means the value of your equity is also at an all-time high. It makes sense to capitalize on the strength of your home's value while the market is at its peak. The obvious way is to sell your home, getting the maxi-

mum selling price from buyers eager to scoop up a home in a market with limited inventory. But that leaves you with a predicament: finding another place to live could be even more expensive, and quickly erode the profit you make from the sale.

If you are 62 years of age or

older, another approach is to convert the equity that you have built up into cash by using a reverse mortgage. Depending on how much you still owe on your home, a reverse mortgage can allow you to obtain a significant portion of your home's equity in the form of tax-free cash, if or as needed. More importantly, you would have the added benefit of remaining in your home, with no mortgage payments, and no need to spend your money on another place to live. You would, of course, be responsible for real estate taxes, homeowner's insurance, and other loan guidelines.

Why is now a good time to look into a reverse mortgage? The feverish real estate market won't last forever and is already showing early signs of slowing down. Accessing your hard-earned equity through a reverse mortgage will help you maxi-

Reverse mortgage page 20

# SUPER CROSSWORD PUZZLE

"Celebrity  
Spoonerisms"  
(answers on page 20)

### ACROSS

- 1 Former Delta rival  
4 Humane org. since 1866  
9 Shining  
14 Birds' beaks  
19 On top of, in verse  
20 Nerd relative  
21 City in Utah  
22 Bugged a lot  
23 Support a female donkey?  
25 All fired up  
26 Flag sewer  
27 "Dies —" (Mass hymn)  
28 Squirmy  
30 "Listen up, warm-blooded animal!"  
32 More itty-bitty  
34 African country  
36 Disfigure  
37 Horror director  
38 Open a new tavern?  
41 Magna — laude  
42 Baltique or Adriatique  
43 Units of bag thickness

- 44 "Bridge of Spies" actor Mark  
46 Core belief of orthopedic practice?  
48 Home to Paga Paga  
52 "Vesti la giubba," e.g.  
53 — Majesty the Queen  
54 IM-offering ISP  
55 Choose a wooden peg?  
57 Aromatic resins  
59 Chai or pekoe  
62 Pyle and Els  
63 Railcar walkways  
64 Sees  
66 Church call  
67 Makes a warden gentle?  
72 Australian avians  
73 Be the king  
75 Delilah  
76 Rub down  
78 Sketch show since '75  
79 Estate of a winegrower  
81 Curly-furred cat's giggle?

- 84 The way, to Lao-tzu  
85 Undertake  
86 Thing to hum  
87 Wraith  
88 Descend upon a certain grainfield in droves?  
92 Circles around heavenly bodies  
94 Sails through  
95 Neither hide — hair  
96 Bad review  
97 Very tentative taste of food?  
102 Greek "H"  
103 Match unit  
104 Ballroom dance  
106 Dr. Seuss' real surname  
107 Pale people writing things quickly?  
110 Jetsons' dog  
113 Caffeine-laden nut  
114 Perrier rival  
115 Aristocratic  
117 Toast topper that's nifty?  
119 Tuscan town  
120 Bugs a lot  
121 Sporting site  
122 Big cat's lair

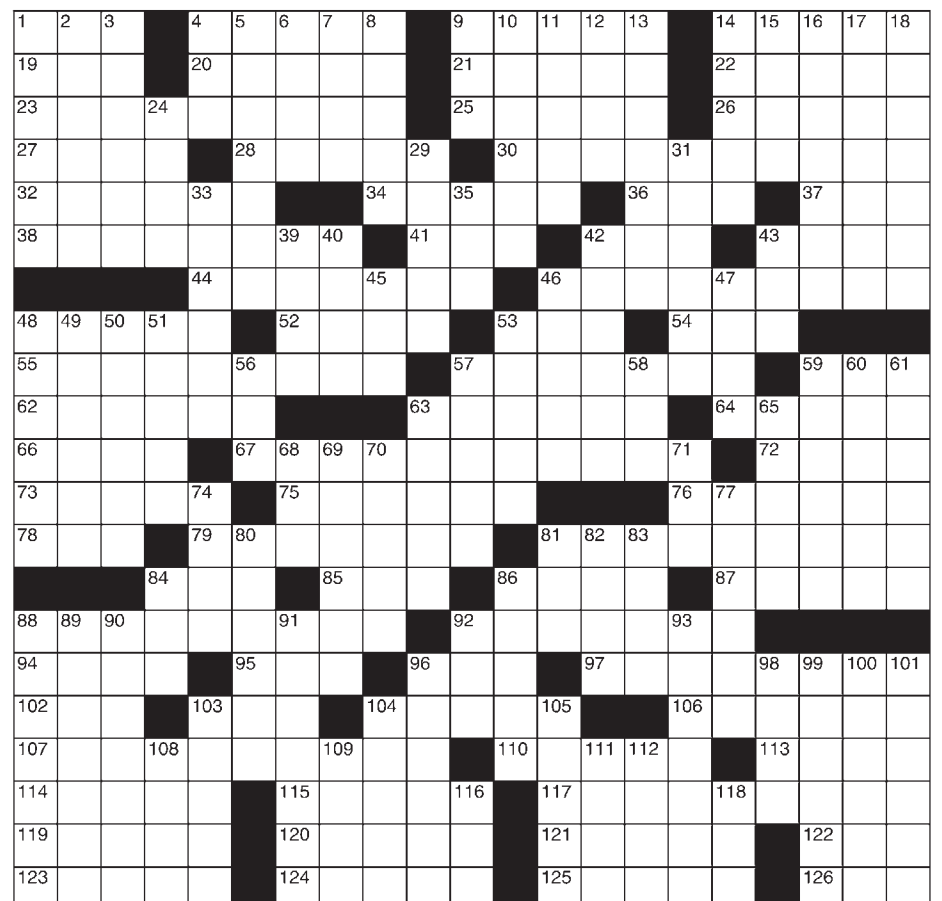
- 123 Stunning gun  
124 Cries out  
125 Cyclist, e.g.  
126 Before, in verse

### DOWN

- 1 Way of being thrilled or torn  
2 What to do if the shoe fits  
3 Esoteric stuff  
4 Modifying word: Abbr.  
5 Really rely on  
6 100-Down's partner in magic  
7 Euro fraction  
8 Big gulf  
9 Orang, e.g.  
10 Minister Billy  
11 Boston airport  
12 Outranking  
13 Guys on the job site  
14 Elephant king of kiddie lit  
15 Agenda unit  
16 "Open up!"  
17 The Bunkers' "old" car  
18 Hair salon employee  
24 Actor Dullea  
29 Agave plant

- 31 Actress d'Abo  
33 Online brokerage  
35 Receivable  
39 What "there oughta be"  
40 Uncommon  
42 Choice bit  
43 Hollywood's Gibson  
45 Zippo  
46 Celebrity lawyer  
47 Mix, as salad  
48 Pickle units  
49 Flying guys  
50 "Chicago Hope" doctor  
51 Assenting to (effects)  
53 — impact on  
56 East, in Ulm  
57 Small jewel  
58 Suffix of enzymes  
59 V8 ingredient  
60 Musician's exercises  
61 Affirm  
63 Analyze  
65 Australian state capital  
68 — whole  
69 Subject  
70 Manicure aid  
71 Scoundrel  
74 University sports org.  
77 Tuna variety  
80 Wasp variety

- 81 1921 sci-fi play  
82 Sufficient, in verse  
83 TV "Warrior Princess"  
84 "Conan" network  
86 Pacific island country  
88 "My Little Chickadee" co-star  
89 Wife of Nero  
90 Head-hugging hats  
91 Mega Millions, e.g.  
92 Soup holder  
93 French forest region  
96 Soft shade  
98 Moped, e.g.  
99 "Tristan und —"  
100 6-Down's partner in magic  
101 Boosler of comedy  
103 Sub detector  
104 Quaver  
105 Actor Werner  
108 Tarzan's lady  
109 Author Wiesel  
111 Actress Polo  
112 Bog grass  
116 Slalom path  
118 Pickle holder





# Breast cancer survivor is hopeful its cause will be found

BY ED KARVOSKI JR.  
CULTURE EDITOR

FRAMINGHAM/BOSTON – Breast cancer survivor Ellie Anbinder of Framingham is determined to help find what causes the disease. She co-founded and serves as executive director of Find the Cause Breast Cancer Foundation, formerly known as Art beCAUSE. While its name changed last year, the Framingham-based nonprofit organization continues to fund scientific research on environmental causes of breast cancer and educate the public on prevention.

As in past years, scientists will explain how the funds are invested to donors attending the foundation's 15th annual Gala, scheduled for Tuesday, May 29, from 6 to 9 p.m., at Fairmont Copley Plaza, 138 St. James Ave. in Boston. Emceeding the event is Candy O'Terry, co-founder and president of Boston Women in Media & Entertainment. Hon-

ored as an advocate for women's health and cancer prevention will be style and beauty expert Gretta Monahan.

Anbinder explained, "The foundation is based on our belief that the environment is triggering the rise in breast cancer. The big organizations are mostly about cure, treatment and awareness; they're not asking why and what are the causes. We don't know the cause for sure yet because the science hasn't been funded sufficiently."

Immediately upon hearing her diagnosis in 1991, Anbinder began questioning its cause. She was shocked because there's no history of breast cancer in her family.

"That was a long time ago when we were just learning about breast cancer," she noted. "We now know that 90 percent of us have no family history – and that includes me."

She was among the first board members of the Massa-



Ellie Anbinder

chusetts Breast Cancer Coalition (MBCC), founded in 1991. The MBCC contributed to Massachusetts becoming the first state to declare breast cancer an epidemic. Additionally, MBCC founded Silent Spring Institute to investigate the link between breast cancer and the environment.

"It didn't sit well with me that millions of dollars were going into treatment, but we still didn't know the cause," Anbinder said. "No one could give me the answer to why I have breast cancer, so I concluded that the cause must have come from outside of my body."

In 2000, she co-founded Art beCAUSE with Joyce Creiger, an art gallery owner at the time. They decided to use some of the art gallery profit to fund breast cancer research.

"It was initially a very lovely, esoteric kind of business plan, but not a really good one," Anbinder acknowledged. "As our mission grew, people asked what we did. We were trying to find the cause for breast cancer, so we finally – and appropriately – changed the name."

Anbinder has observed a gradual evolution in the general

public's reaction since the organization's inception to now.

"People had told me that I was wasting my time," she relayed. "Now, there's a difference with more talk about the environment and toxins, but there's still not enough research. Ninety-three percent of all monies raised in breast cancer research goes to treatment, to the cure. That doesn't leave much to figure out the causes."

Find the Cause gives scientists preliminary seed grant money, allowing their projects to advance to the next levels.

Over the years, the foundation has given seed grants ranging from \$5,000 to \$60,000. Anbinder is hopeful that funding scientific research will help find the breast cancer cause within the foreseeable future.

"We've already given close to \$1 million for research," she noted. "I'd like to know that my five grandchildren will live in a world that's a lot healthier than the one we're in now."

For more information about Find the Cause Breast Cancer Foundation and the upcoming Gala, visit [findthecausebcf.org](http://findthecausebcf.org) and on Facebook at [facebook.com/findthecausebcf](https://www.facebook.com/findthecausebcf).

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Reverse mortgage  
Continued from page 19

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Alain Valles is Managing Director of Helping Hands Community Partners, Inc. and was the first designated Certified Reverse Mortgage Professional in New England. He obtained a Master of Science from the M.I.T. Center for Real Estate, an MBA from the Wharton School, and graduated summa cum laude from UMass Amherst. Alain can be reached directly at 781-724-6221 or by email at [av@hhcp.org](mailto:av@hhcp.org)

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Want to know more about reverse mortgages? Give me a call at 781-724-6221 or email at [av@hhcp.org](mailto:av@hhcp.org) and request a free copy of the official reverse mortgage consumer booklet approved by the U.S. Department of Housing & Urban Development (HUD) called "Use Your Home to Stay at Home" published by the National Council on Aging (NCOA). This is a great place to start to receive basic information. Or I would be happy to review your specific situation to help you achieve your goals, reduce financial stress, and maintain your independence.

## Answers to Super Crossword

(puzzle on page 19)

TWA	ASPCA	AGLOW	BILLS
OER	DWEEB	PROVO	ATEAT
BACK	JENNY	EAGER	BETSY
IRAE	ANTS	HARK	MAMMAL
TINIER	SUDAN	MAR	ELI
START	BAR	CUM	MILS
RYLAN	CE	BONY	TENET
SAMOA	ARIA	HER	AOL
PICK	DOWEL	BALSAMS	TEA
ERNIES	AI	SLES	SPOTS
AMEN	TAMES	JAILER	EMUS
REIGN	SAMSON	ABRADE	
SNL	CHATEAU	REXT	TITTER
TAO	TRY	TUNE	GHOST
MOBB	ARLEY	CORONAE	
ACES	NOR	PAN	WARYBITE
ETA	SET	TANGO	GEISEL
WANJ	OTTERS	ASTRO	KOLA
EVIAN	ELITE	KEEN	JELLY
SIENA	RILES	ARENA	DEN
TASER	YELLS	RIDER	ERE



# Back in my day

“Age is foolish and forgetful when it underestimates youth.”

~ J.K. Rowling

BY MARIANNE DELOREY, PH.D.

**T**ension between the generations is natural. Even young toddlers need to push off from their mothers' arms and learn to walk without help. This sets the precedent for many many things to come. It is most obvious when those beautiful babies become temperamental teenagers and nothing you can say or do is even remotely correct. It is



## Housing Options

hard, as the mother of a teenager, to not take this independence personally. It is hard to see it for what it is: a way for them to find their own footing and become who they were meant to be. It is also hard for parents to recognize them as their own individuals, irrespective of who they are relative to us. We hope that they rec-

ognize the wisdom of the older generations and – gasp! – even occasionally ask for assistance and insight.

But every generation of teenagers needs to find its own way, and our generations were no different. It is still hard for me to ask for help – whether it is from my children, asking about how to use a new piece of technology – or from my elders on how they handled difficult situations (for example, living with teenagers). Each generation assumes so much has changed that the older generation may not be able to offer help. Certainly, I cannot ask my mother if 12 is too young for a first phone. But the bigger picture is still there – I could ask her at what point I was ready for more responsibility.

The reality is, despite how the world changes, we can still rely on our older generations to teach us. And one of the best things they can teach us about is how to age. The younger generations won't listen, let's be honest about that, but our older folks can lead by example, and sometimes, that is even better.

Meet Louise and Ann. These two sisters remember visiting their mother and aunt in elderly housing 30 some odd years ago. When it came time for them to consider the move, there was a comfort level with the building they had visited before. One had taken a fall, the other was sick to death of stairs. But for both, the familiarity of the building felt right when the time came. Having each other nearby made the transition easier, but they have both embraced aging in their own way. One jumped in with two feet, volunteering to do announcements for the office. The other quietly does puzzles in the library. Given the example of their mom, they are anticipating aging for a long time to come. They have set themselves up for

their next chapter and are enjoying what it offers.

For our company, it feels warm and fuzzy for us to be a tradition of sorts, but it is also wonderful and humbling and scary that we have now been around for generations. And the hope is that we will be there for generations to come. I think ahead about my own retirement. It is hard to picture myself even shorter and with even more gray hair, but I think I would thrive in a community where I could help out and enjoy the company of others.

We all need role models. In my line of work, I am blessed to have had several wonderful examples of how to age. If you don't have a role model, find one, or even better, make your own.

Marianne Delorey, Ph.D., is the executive director of Colony Retirement Homes. She can be reached at 508-755-0444 or [mdelorey@colonyretirement.com](mailto:mdelorey@colonyretirement.com) and [www.colonyretirementhomes.com](http://www.colonyretirementhomes.com). Archives of articles from previous issues can be read at [www.fiftyplusadvocate.com](http://www.fiftyplusadvocate.com).

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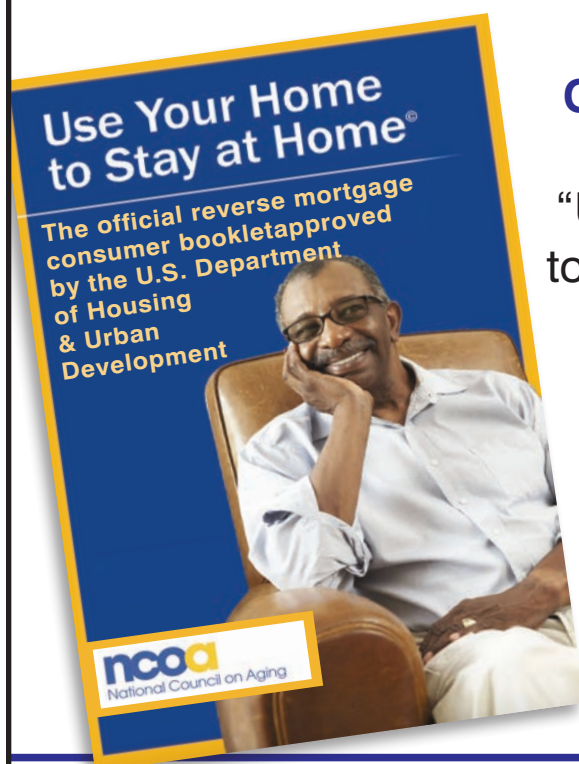
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# Advice column

By JANICE LINDSAY

I sit at my computer and prepare to write this column, intending to impart some very good advice for people about to graduate from high school or college.



## Inklings

But first I decide the weather is warm enough and I could open the window. My window has no

screen yet. Flying insects are abundant now. I hasten to the cellar to fetch the screen.

While I fit the screen into the window frame, I glance toward the woods beyond the house and notice a duck waddling through the underbrush toward our small patch of water that I optimistically refer to as a pond. What kind of duck is it?

I slip into the kitchen for my binoculars, slip outside and scan the ground cover. Duck has hidden itself, crouching motionless. It knows I am watching.

I don't want to disturb it, so I return the binoculars to the kitchen, then go back to my desk and prepare to write this column.

I hear the ding that means an e-mail has arrived. I'm trying to schedule some appointments, so I'd better check. The e-mail isn't about an appointment but it's a message I should answer anyway, so I do.

Now I feel thirsty. I walk to the kitchen and pour a mug of water, which I place on the coaster on the corner of my desk.

Then I prepare to write this column.

But my sister phones. I assume she's calling about an e-mail I sent earlier, but she hasn't seen it yet, so I explain what's in it and we discuss that for a while. We have news to catch up on, and observations to share, and all the et-cetera that sisters talk about.

After we hang up, I turn to the computer and prepare to write this column.

I realize that, in order to pro-

Do not allow yourself to be distracted or sidetracked. Keep at it until you are done.

ceed, I need some notes in the file cabinet next to my desk. When I turn to open the file cabinet, my elbow hits the mug full of water. I have recently rearranged my office furniture. The coaster sits on the opposite side of the desk from where it used to be. My elbow forgot to watch for it.

Now water flows on the desk and the file cabinet and dribbles down the sides of both.

I rush to the bathroom closet for a towel, soak up the mess, and hang the towel on the drying rack in the mudroom.

I realize, now, that a mug of water on the desk isn't a good idea. I should use my water bottle. Its tight cover will prevent a spill if my elbow gets forgetful again.

But first, I have to find the bottle. I hunt it down, rinse it, and fill it with water.

I carry it back to my desk and prepare to write this column.

But now I'm too hungry to concentrate. In the kitchen, I munch some crackers with peanut butter. I return to my desk and prepare to write this column.

The column is about advice I would give to this year's high school or college graduating classes, if any school ever invited me to speak at their graduation.

The advice is this: Whenever you have a task to do, focus all your attention on it. Do not allow yourself to be distracted or sidetracked. Keep at it until you are done.

This is very good advice.

Contact [jlindsay@tidewater.net](mailto:jlindsay@tidewater.net)



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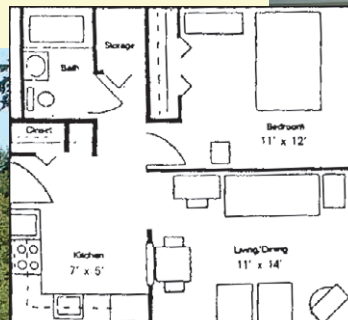
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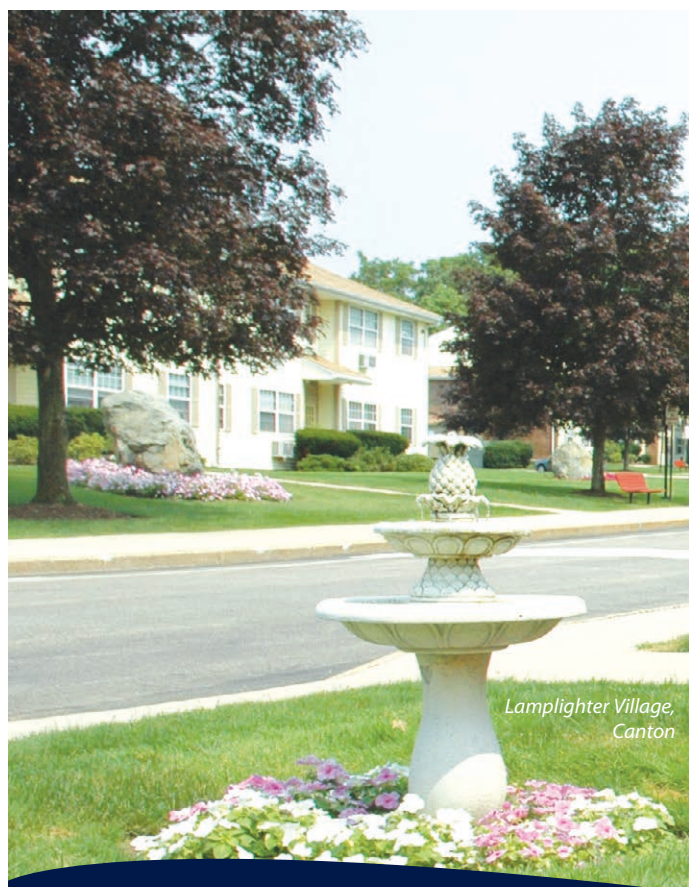


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