

## CONCORD PARK

A Community Established by the Nonprofit



### UPCOMING EVENTS

#### THURSDAY, OCTOBER 7

Musician Archie Richards at 2:00 P.M.

#### TUESDAY, OCTOBER 12

Enjoy the sounds of Jeff Thomas  
at 2:00 P.M.



#### THURSDAY, OCTOBER 21

Country tunes with Dave Andrews  
at 2:00 P.M.

#### THURSDAY, OCTOBER 28

Tony Raris will play at 2:00 P.M.

#### FRIDAY, OCTOBER 29

Join us for our annual Halloween Fashion Show at 2:00 P.M.! Come in costume, or come just to see what creative outfits our residents and associates have dreamed up! *Public is welcome!*



### RESIDENT PROFILE



Ned Hodgson grew up near Dover, Delaware, on a fruit farm with his family. Ned has lived a very interesting life! He was born with a severe heart defect and the doctors didn't think he would live very long. As a consequence, he was never enrolled in school, but that didn't stop Ned from learning. When he was between eight and ten years old he went to Philadelphia to visit relatives. It was while visiting the museums

there that he became enthralled with learning. He schooled himself and went on to study biology at Allegheny College.

Ned married his college sweetheart, Valorie. They both majored in music and biology, and became accomplished pianists and biologists. The couple was married for 50 years and Ned described their marriage as "perfect." Ned and Valorie had two sons, Karl and Gregor, and three grandsons. The Hodgsons have unusual family pets: a pet skunk named Willy, a boa constrictor, and an armadillo!

Through Ned's impressive career he worked at Johns Hopkins, Columbia, and Tufts Universities. He was asked by Britain and the United States Navy to work on Bimini Island to study shark behaviors, specifically a way to control or eliminate their nerve taste receptors. His research has sent him to places like Africa, Japan and Australia, where he completed his Fulbright fellowship. During his busy career, Ned also gave lectures on evolution at Harvard University, where he met renowned heart doctor Helen Taussig. It was Dr. Taussig who discovered what caused Ned's heart defect and it was she who arranged for surgery at Mass General with Dr. Gerald Austen. That was over 30 years ago.

Ned has lived at Concord Park since 2004. He has been a gracious presenter, often sharing slides of his amazing and educational experiences with the other residents.



## Questions about making a tax-deductible gift?

Contact **Nancy Crowley**, executive director of Concord Park at 978-369-4728 or **George Mathieson**, director of development of Volunteers of America, Massachusetts at 617-390-0228.

## FIND US ON FACEBOOK!



SEARCH FOR SENIOR LIVING RESIDENCES ON FACEBOOK AND BECOME OUR FAN!

RECEIVE UPDATES ON EVENTS, VIEW PHOTOS, AND STAY CONNECTED TO OUR COMMUNITIES!

## SINGING AND DANCING!



*Our community is entertained by these young Irish Step Dancers (above) as well as our own Concord Park chorus (seen rehearsing at right).*



## HEALTH TIP



### CHANGE YOUR PACE!

Try **interval training** but do so safely. **Warming up** is especially important because you will be asking your body to go above and beyond its comfort level. Try **running or jogging** three minutes but follow it by low intensity **walking** for six minutes. Over time you find you can go further and faster and you will **condition your muscles**. Bursts of high intensity exercise will increase your **cardiovascular capacity** and your body's ability to **burn fat** in general.

## FOR FAMILIES AND CAREGIVERS



Join us for a presentation by **Dr. Patricia Sardella** on Wednesday, October 20<sup>th</sup> at 6:30 P.M.

### “HOW TO TALK SO DOCTORS WILL LISTEN”

Patricia is president of The Health Care Consulting Group, and will present simple yet effective methods to ensure your doctor will hear your concerns and prescribe the most effective treatment essential for your overall health and well being.