



NEWSLETTER

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The Ethos Edge

Empowering Independence • Elevating Community



From Our CEO, Loren Singer

In this inaugural edition of The Ethos Edge, Loren shares Ethos' vision for a future where aging is defined by independence, joy, and the ability to thrive in one's home and community.

Welcome to the inaugural edition of The Ethos Edge. This publication marks a new chapter in how we share ideas, elevate innovation, and spark dialogue about the evolving experience of aging. At Ethos, we believe that aging is not a decline to be managed — it is a stage of life to be lived fully, with purpose, dignity, and joy. For more than fifty years, our mission has been to ensure that older adults and people with disabilities can remain in their homes and communities for as long as possible, surrounded by care and connection. That mission remains at the heart of everything we do. →

Leading with Courage: Edna Pruce



Edna Pruce brings decades of leadership and advocacy to the Ethos Board. From breaking barriers as the first Black nurse at MGH Outpatient Clinics to shaping policy for seniors statewide, she champions programs that keep older adults connected, independent, and thriving. →



When Funding Falters, City Fresh Keeps Delivering

City Fresh has long been a leader in addressing food insecurity across Massachusetts. Through strong partnerships with community organizations—including Ethos, Boston's Meals on Wheels provider—the company delivers more than 30,000 healthy, fresh, and reasonably priced meals each day to at-risk communities “*Story continues →*”

AGE+



How Do You #Age Strong?

Having enough food - and the right food - is an important part of aging well. A healthy diet helps us keep our brains and bodies working properly, protecting us against things like heart disease, diabetes, and other chronic illnesses. We've seen this highlighted in the news recently, when critical programs like SNAP, Meals on Wheels, and Community Cafes were put at risk with a federal shut down. This helped to highlight the fact that not everyone has access to the food they need for a healthy diet, and this is particularly true for Boston's older residents “*Story continues →*”



New England's First LGBTQ+ Senior Affordable Housing

In June 2024, the nonprofit organization LGBTQ Senior Housing, Inc. in partnership with Pennrose Companies, opened The Pryde. Located in the heart of the walkable Hyde Park neighborhood of Boston, this adaptive reuse of the historic former Rogers Middle School is a mixed income community consisting of 74 apartments (studios and one- and two-bedrooms), a beautiful residents' sunroom and courtyard, and The Pryde Community Center, which is located in the transformed former gym “*Story continues →*”



Welcome Our New Board President: Craig McAnough

Ethos is thrilled to welcome Craig McAnough as our new Board President. Craig has served as Ethos' Treasurer for six years, bringing both financial expertise and a deep humanity to his leadership “*Story continues →*”

What's Inside

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Breaking the Cycle of Isolation

Ethos leads the way with a new pilot program helping older adults stay connected.

[▶ Watch the video]



CEO Message

But we also know the world is changing. Longevity is reshaping our communities, our workforce, and our systems of care. The Ethos Edge exists to explore those shifts — to examine the policies, partnerships, and innovations that will define what it truly means to age well in the twenty-first century.

Through this newsletter, we will share insights from across the aging network, highlight the people and programs leading the way, and advance conversations that move us toward a more equitable, compassionate, and sustainable model of care.

Together, we can reimagine aging — not as a challenge to endure, but as a journey to celebrate.

With Gratitude,

Loren Singer

Chief Executive Officer, Ethos

The Policy & Advocacy Corner



New Medicare Requirement for MassHealth Seniors (Effective January 1, 2026)

Seniors must now enroll in Medicare, provide a denial letter, or show they've applied to retain MassHealth benefits. This new rule has created longer wait times and added complexity, making it difficult for some older adults to maintain coverage. Ethos continues to help seniors navigate the process and access the resources they need to age in place with dignity.

“I was in a full, hard, eviction process. To give myself some stability, I got Meals on Wheels for about a year. It was a wonderful program, and I'd easily recommend it to anyone.”

Sunny Davidson

Leadership, Advocacy, and a Lifelong Commitment to Seniors



Edna Pruce's life has been shaped by courage, resilience, and a dedication to justice and community. Growing up in Wilmington, Delaware, during the civil rights era, she experienced segregation firsthand and

was inspired by leaders like Martin Luther King Jr. and the actions of Rosa Parks. These formative experiences instilled in her a determination to challenge barriers and advocate for equity throughout her career.

Edna earned her nursing diploma from Freedman Hospital School of Nursing in Detroit. Early on, she faced challenges, including living alone after a roommate left her responsible for the apartment bills—but she persevered. Inspired by the Air Force Nurse Corps, she enlisted and became the first Black nurse at Scott Air Force Base in Illinois. There, she faced discrimination firsthand: once, she and a colleague went to a restaurant, and the waitress told them, “We don't serve colored people.” Undeterred, her colleague replied, “I wasn't planning on eating colored people for dinner,” demonstrating the courage and humor that helped them navigate such moments.

Her Air Force service later took her to the UK, where she met her future husband, Glenn Pruce, outside a Woolworths store. After a brief courtship, he wrote to her father, and they married in England. Edna returned to the U.S., earned a degree in healthcare education, and welcomed a son. She joined Massachusetts General Hospital as the first Black nurse in the Outpatient Clinics, but left when she refused to serve as an assistant instructor to a white colleague with fewer credentials—a decision that reflected her unwavering commitment to fairness.

Edna's career then shifted to education and leadership. She joined Northeastern University as Assistant Dean and later Associate Dean, served on boards including Bunker Hill College and the first organized YWCA chapter in Boston, and led Boston Senior Home Care Services. Her advocacy extended to the Massachusetts Senior Action Council, where she testified before legislators and worked tirelessly to expand programs for seniors.

After meeting Ethos' Dale Mitchell through legislative advocacy, Edna was invited to join the Ethos Board of Directors, bringing decades of experience and steadfast commitment to older adults.

Reflecting on her guidance for the organization, she emphasizes maintaining vital programs like senior centers and encouraging community engagement: “Get involved and don't take anything lying down. Bring issues to the attention of all who matter.”

With her extraordinary life and career, Edna Pruce exemplifies leadership, advocacy, and the power of standing up for what is right. Ethos is proud and grateful to have her on our board, helping guide our mission to support seniors with dignity, independence, and connection.



When Funding Falters, City Fresh Keeps Delivering

...Their reach extends from Boston to Cape Cod, Lynn, Salem, and Greenfield, serving high-quality meals with dignity to schools, childcare programs, and agencies supporting older adults.

To meet growing demand, City Fresh has adopted its delivery and service models to expand capacity while keeping its core operations in Boston. The organization remains committed to paying all employees at least the Boston living wage, reinforcing its belief that supporting workers strengthens communities. City Fresh is also active in advocacy, meeting with legislators on Beacon Hill and in local government to elevate the needs of vulnerable residents. Boston City Councilors and other officials regularly tour their facility to see the impact firsthand.

Many partner agencies face funding constraints. As a result, demand has not increased, and some programs have reduced services, leading to roughly 1,300 fewer meals for older adults.

As a trusted meals vendor for Ethos, City Fresh helps power our shared mission of supporting older adults across Boston. Their partnership strengthens the Meals on Wheels program, one of the most proven interventions for keeping older adults healthy at home. Research shows a full year of Meals on Wheels costs roughly the same as a single day in the hospital, preventing unnecessary hospitalizations and premature nursing home placements. Through this collaboration, City Fresh helps seniors remain in the communities they love.

City Fresh remains a steadfast ally, supporting partner agencies and the well-being of the communities they serve.



Honoring Longevity Through Care and Connection

How Do You #Age Strong?

We know that on fixed budgets and in a high cost city, many of our older residents struggle to pay for their basic expenses, and often are choosing between purchasing food, paying for medications, and heating their homes. When budgets are tight, or mobility is decreased, finding affordable, healthy food that is easy to prepare can be difficult. That is why programs like SNAP, Meals on Wheels and Community Cafes are so critical. SNAP can help people pay for groceries and Meals on Wheels delivers healthy prepared meals right to the door. And Boston's Community Cafes, run by Ethos and the Chinese Golden Age Center, provide spaces where older residents can come together for meals and social connection.

These critical programs provide stable access to free nutritious meals and are one of the most effective ways to promote independence and increase quality of life for Boston's older adults. In a 2024 survey of Boston Meals on Wheels and Community Cafe programs 84% of respondents said the programs help them to continue living independently, and over 50% of survey respondents said these programs provide more than half of the food they eat in a day. Programs like SNAP, Meals on Wheels and Community Cafes are a lifeline - helping people stay healthy and connected - and we all have a role to play in their success. I'm grateful to live in Boston, a community where we care for each other, and I know that during the holiday season and beyond, we will come together to make sure that all our residents have what they need to live and age well.



Did you know that Age Strong offers a wide range of programs and activities across Boston?

We operate two senior centers and are launching new programs at sites throughout the city. We also provide virtual classes and on-demand videos—all at no cost to Boston residents. **In partnership with Ethos**, we are expanding programming and operations at the Senior Pilot Center in West Roxbury.

For help accessing resources, please make an appointment with your Age Strong Advocate at **617-635-4366**.



Breaking Ground: New England's First LGBTQ+ Senior Housing

The Pryde Community Center offers a fabulous and innovative range of programs and services for residents and our allies, as well as accessible meeting and event space.

Now 100% occupied and with a growing waiting list, The Pryde's outward-facing and community-embracing model is proving to be life-changing for residents while also strengthening and knitting together the communities we serve. Residents are creating networks of care and support, developing and leading on-site programs and classes, and volunteering and supporting small businesses in the Hyde Park community. Our Hyde Park neighbors host events large and small in our space. The LGBTQ community knows that The Pryde is a safe and supportive gathering place. We collaborate with organizations like Ethos to offer programs found nowhere else in Boston.

Earlier this year, WGBH reached out to interview a few residents for a short piece on what it feels like to be an LGBTQ elder during this time of growing backlash. That piece turned into the documentary, "Living In Pryde." Make a cup of tea, refill your coffee, and come along with the filmmakers as they tell the story of The Pryde and why we need LGBTQ-welcoming affordable housing in every community.

Here's how to join our mailing list and support our groundbreaking work:
www.lgbtqseniorhousing.org

Support Our Seniors

We need your help to give back to those who have already given so much to our community. Please visit: www.ethocare.org



Having lunch at the café is the highlight of my week. I love seeing friends, hearing a talk, and listening to live music.

Alicia, Community Café diner

Meet Our New Board President: Craig McNaugh

Craig's connection to elders began early. Growing up in a family of seven children in Plymouth, Massachusetts, he often took on the peacekeeper role, learning the value of collaboration and care. He spent seven years working at a nursing home while in high school and college, where he learned a great deal about how to engage with elders and perform small tasks that improved their day. "Most every time, a simple conversation about the weather ended up being a learning opportunity and a rewarding experience for me," he reflects.

Craig has always had an affinity for underserved communities and elders, which inspired him to pursue a career in community health. He spent 15 years at **Neighborhood Health**, held leadership roles at **Tufts Health Plan**, and has worked across healthcare insurance, providers, and hospitals for 31 years. This commitment to serving others aligns perfectly with Ethos' mission and the clients we serve. **Ensuring the financial integrity of the organization is central to his work. He values his ability to work cross-functionally and enjoys helping others be successful and bringing people together.** For the past year, he has served as **Chief Financial Officer at Blackstone Valley Community Health Care in Rhode Island.**

He fondly remembers taking the DOPE Bird 4 Personality Types test, which identified him as a Dove (peacekeeper) and an Owl (wise and analytical)—traits he brings to every decision and conversation.

Craig lives in Rhode Island with his partner of 12 years, who also serves on nonprofit boards. Motivated by missions that improve lives, Craig was matched with Ethos through a Tufts Health Plan program and has been dedicated to advancing our mission ever since.



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Spotlight: Steven Stroud and the Law Stroud Foundation

Since its founding in 2022, the Law Stroud Foundation has made a meaningful impact, supporting initiatives by Persistent Productions, Tufts University School of Medicine, Solacia (formerly My DNR Wish), Together Gloucester, Ethos, and the BRANCH initiative—reaching communities locally, regionally, and globally.

At the Foundation, Steven Stroud envisions a future where older adults thrive—supported by the resources, systems, and compassionate care they need to live independently in the homes and communities they love. The Foundation champions healthcare built on empathy and meaningful relationships, supporting providers to truly know and care for their patients, leading to better outcomes, reduced burnout, and deeper trust.

Steven draws his inspiration from his 45-year partnership with William “Donald” Stroud, a relationship that guided the creation of the Foundation. He describes Donald as “his fellow traveler in appreciating the beauty of the world,” whose life embraced every stage with possibility. Steven believes love and knowledge are humanity’s greatest gifts—guiding the Foundation’s mission to empower communities, support transformative work, and maximize human potential.


Recently recognized with gold-level status by Candid’s GuideStar, the Law Stroud Foundation is poised to expand its reach, engage new mission-aligned partners, and continue building a future where older adults—and the providers who care for them—can thrive.

Join the Mission

If you share this vision, you can help make it a reality. Visit the Law Stroud Foundation at www.lawstroudfoundation.org to donate, explore partnership opportunities, or spread the word. Together, we can help older adults thrive and foster a more compassionate, person-centered approach to aging and healthcare.

For more information about Ethos, how to volunteer, donate, or:

 www.ethocare.org

 617-522-6700

Thanksgiving Meals Delivered with Gratitude

This year, Ethos partnered with the West Roxbury Elks and a dedicated team of volunteers to deliver warm Thanksgiving meals to seniors across our community. Thanks to their generosity, hundreds of older adults enjoyed a holiday meal and a reminder that they are cared for.

Our heartfelt thanks to the Elks and every volunteer who made this tradition possible.



Partnering for Impact



Age Strong
Commission



BOSTON SENIOR
HOME CARE

Your home. Your choice. Your care.



MEALS ON WHEELS
AMERICA
TOGETHER, WE CAN DELIVER.